

### The Integrity Wheel: Memory-Hope Season 2, Episode 5

#### FOR FURTHER REFLECTION

##### Conversation Starters

*He [Abel] died, but through his faith he is still speaking.”  
(Hebrews 11:14 [RSV])*

*“Remember the days of old,  
consider the years long past.”  
(Deuteronomy 32:7 [NRSV])*

*“I am reminded of your sincere faith,  
a faith that lived first in your grandmother Lois  
and your mother Eunice and now,  
I am sure, lives in you.”  
(2 Timothy 1:5 [NRSV])*

*“Those who cannot remember the past are condemned to repeat it”  
(George Santayana, *The Life of Reason*, 1905).*

##### Exercises for Memory-Hope

**Make a list of memories** associated with your worship, your calling to be the person God intends you to be, and your heroes/heroines. How have/do these memories helped to form your character? In what ways do they offer hope for your future? Share your thoughts with a family member, friend, and/or colleague.

**Ask:** How do I want my family and friends to remember me? What kind of legacy do you wish to leave? To help clarify, you may wish to write an your Epitaph (an inscription on or at a tomb or a grave in memory of the one buried there), Obituary (a notice of a person's death usually with a short biographical account), or even a Moral will (often called an ethical will or legacy letter, a document used to pass down personal values, life lessons, beliefs, and hopes to future generations.) Consider sharing with someone with whom you have a close, personal relationship.

##### Additional Resources for Memory-Hope

You can find Garrison Keillor and Friends (as mentioned in the podcast) column about his Aunt Eleanor [here](#). You can subscribe to his [weekly updates here](#).