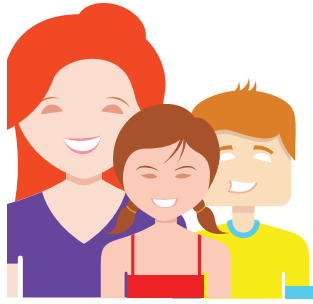




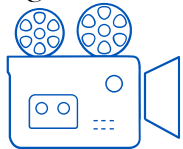
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Create Your Catholic Legacy Video

A Legacy Video is a recorded video sharing life stories, preserving legacies of an individual's life that has passed along their values and beliefs to their children and grandchildren and a living connection to inspire the present and future generations. Whether we are with them or even when we are gone, what is left with our families are the memories, the stories, and the values that we shared with them.

Over the last twenty-five years much research has been done on family storytelling and it tells us that children who know their family's past and their family's stories are much more resilient. In fact, they have higher self-esteem and stronger self-concepts. They have more robust identities, better coping skills, and lower rates of depression and anxiety. And families that leave in the funny bits, the sad bits, even the gory and smelly bits, those are the stories that are most remembered. Your children and grandchildren will tell these stories for generations to come, and come to know you in a unique way and share your values. It is capturing the legacy that you have already created.



Why is it Important?

To commemorate your life, preserve your legacy and transition values to future generations. It's a beautiful gesture to preserve your life experiences to pass them down to generations to come. This is way of giving life teachings to your children and grandchildren.

How Do I Get Started?

Anyone can make a legacy video with some simple technology as simple as an iPhone or an iPad. Consider asking a child or grandchild to help you create it as a gift to you. Many children, teens, and young adults are already creating videos for social media and are savvy with the technology needed.

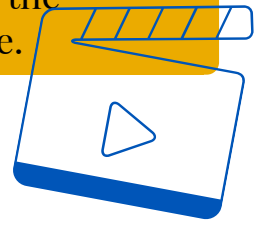
Choose a place for the video interview in your home with natural light and free from distractions and clutter. Make sure the device is shooting horizontally (landscape) and not vertically (portrait). Prop up your device or use a tripod or selfie-stick so that the video is without movement.



What questions should we use to create the video?

Simply Focus on telling your story!

Start by introducing yourself: your name, how old you are, who are you married to, how many children or grandchildren do you have? You can separate the storytelling by many ways, though an easy outline makes it simple.



Early Childhood and Growing Up

What is your first memory?
What was your baptism like?
Where did you live growing up and what was it like?
Tell a story about your brothers and sisters. Did you get along?
What was a time that you had a disagreement?
What church did you attend?
Was your First Communion, Reconciliation, and Confirmation similar to what is done today?
What was school like for you?
What activities or sports did you participate in?

Family

When did you start a family?
Tell us about your children being born, their baptism, and family life.
Was it hard or was it easy?
Share a story about a challenge or a great joy.
What parish did you attend at that time?
Why was faith important to you?

Work and Money and Giving Back

What jobs did you enjoy the most? How did you balance work and family?
Did you volunteer for your childrens' school, sports teams, or your parish?
What was an embarrassing or funny story from that time period.

The Legacy that You Have Created

What legacy in life have you created and how do you hope it will continue?
What is something you still want to do and how will you do it?

Young Adulthood

Did you attend college? Where did you live?
Who were your friends?
What were your first jobs?
How did you choose your career?
What were your greatest challenges during this time?
What were your favorite foods or restaurants?

Love and Marriage

Where did you meet your spouse or go to on your first date?
How did you know you were falling in love?
Share the story of the proposal.
What was your wedding day like? What scriptures did you incorporate into the wedding? What songs?
Did you have a honeymoon? Where?
Who was in your wedding or came to your wedding?

Bringing it forward

Is the present better or were things better when you were younger?
Describe a vacation or travel experience
What are you active in doing today (hobbies, fun, service, giving back)?

Life Lessons and Legacies

What's your most cherished family tradition? Why is it important?
What were moments in your life that are the "lightbulb" moments that you will remember forever?
How has your faith played a role in each stage of your life?
What is your proudest accomplishment? Do you wish you would have done anything different?
What values and beliefs do you hope your children and grandchildren hold dear?

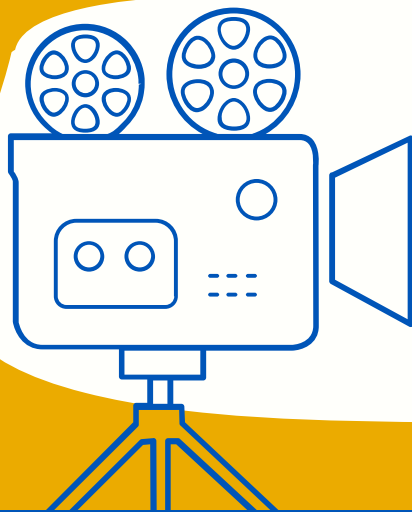
Gather and add memorabilia, photos, videos, and background music.

Legacy videos can be most impactful when photos, memorabilia, newspaper clippings, etc. are added, old videos, and background music.

You may choose to caption them or even have others like a child or grandchild include their thoughts. iMovie is a simple app that can be used to finish editing. You could upload the finished product to YouTube to share with others or on social media. Consider sharing it with your family at a holiday or family gathering.

The right length?

Longer is not always better. Some package their Legacy Video in a short video that is under 10 minutes. Others use several shorter videos for each topic and together they tell the full story. Think about who will be watching and what stories are important for you to tell.



Creating a legacy video and telling your story is an empowering experience. It is a special way of capturing memories before they are forgotten and sharing your life with those you love. It will be treasured by your family for years to come.

If you'd like to find out more about how a legacy gift to your parish, parish school, or Diocesan ministry can be part of your legacy, please contact Janet Caramello.

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