

YOUR GIFT: LETTER BOXES

Your Legacy

- Name recognition displayed on a sign in the chapel.

Your Impact

Writing a letter or journaling during a cancer diagnosis can be an incredibly cathartic experience, offering a personal meaningful way to express feelings, fears, and hopes. In our Chapel, we are creating a Letter Box area, providing patients, caregivers, and children at risk of losing a parent with a safe space to release their emotions through the written word. This initiative aims to support them in embracing the healing power of self-expression during such a challenging time.



Letter to God: Writing a letter to God or Spirit can create a sense of connection to something greater than oneself, especially in a time of uncertainty. It can offer a form of surrender or solace, where one can ask for strength, guidance, or healing. The process of articulating these feelings can release emotions, helping individuals process their complex relationship with spirituality and mortality.

Letter to Your Oncologist: A letter of gratitude to an oncologist can be a deeply moving expression of appreciation, acknowledging the impact of their care, expertise, and humanity during a challenging and often overwhelming time. It can be a heartfelt message that highlights not just the medical care received but the emotional support, patience, and kindness shown throughout the journey.

Letter to Your Family: Writing a letter to a spouse, parent or child while facing cancer is deeply emotional and serves as a legacy. This letter can become a heartfelt message of love, wisdom, and reassurance. It's a way of leaving behind an enduring piece of oneself, a testament to the connection and care one has for them. Even in the face of uncertainty, it's a chance to offer words of hope and guidance, and to share moments of joy and love that might be difficult to express in person, especially if the future feels uncertain.

Each letter is an act of emotional release, a way of confronting fears, expressing love, and finding a sense of closure or peace. Writing them allows space for feelings that are difficult to articulate in everyday life to be released into words, which can be therapeutic in ways that transcend traditional conversation.