



**Celebration of Sisters: It is Never Too Late to Grieve
Reading Guide Questions**

1. Celebration of Sisters relays the message there is no recipe for grief. Have you lost someone special? Did you have support?
2. What did grief look like for you?
3. Siblings are the forgotten mourners taking care of parents and other family members. What is necessary to change this pattern?
4. Where are you in the birth order of your siblings? Are there distinct personalities? Do you feel closer to one sibling over the other? Why?
5. Sisters share a unique bond. What special memories do you recall with your sister or other siblings.
6. Sibling relationships can be complicated despite the utmost love for one another. Was there a time you felt guilty. Why? How did you resolve your emotions?
7. Judy had to learn forgiveness. How do you forgive yourself?
8. What is your biggest regret? Have you made peace with it?
9. Who in your life outside of your family provided you the most support, encouragement, to guide you to the person you are today?
10. Skating is theme throughout, the chord holding Judy to her sisters bringing her full circle. What is important in your life that binds you together with your siblings?
11. As a skater, what was your greatest hurdle to overcome? Your greatest achievement? Your proudest moment?
12. What is your passion? Does it guide you through challenging times?
13. Music is another theme shared by the Lipson sisters sparking memories, decisions on performances, and enjoyment. Did you share favorite songs with your siblings?
14. Family relationships are complex. What relationship did you have with your parents?

15. In three words describe each member of your family.
16. There are many avenues to honor our lost love ones. What would be the most meaningful to pay tribute to your loved one?
17. What would you have told 25 year old Judy? 35 year old Judy? 55 year old Judy? Judy of today?
18. Did Judy's story resonate with you? Why?

Judy Lipson is the Founder and Chair of Celebration of Sisters established in 2011 to commemorate the lives and memories of her beloved sisters to benefit Massachusetts General Hospital. Judy has published articles, given speeches, and been interviewed for articles in The Open to Hope Organization, The Centering Organization, Skating Magazine, and in literature published by Massachusetts General Hospital where she maintains a close philanthropic relationship for more than twenty years. Her passion for figure skating secured her the proud recipient of the United States Figure Skating Association 2020 Get Up Champion Award.

