



## The End of the Journey: Affirming Life in the Process of Dying

Friday, June 16, 2023

Welcome and Introductions  
Creating a Covenant  
Dinner and a Movie: The Last Lecture  
Closing

Saturday, June 17, 2023

Opening Circle and Check In  
Inviting the Ancestors  
Building the Altar and Lighting the Community Candle  
Brainstorming list of euphemisms, metaphors, and slang related to death/dying  
Cultural aspects of dying (didactic)  
Reading from the bowl  
Guided Meditation  
Love and Death Sermon  
Lunch  
What matters at the end? Making and supporting EOL decisions  
Being Mortal video segment  
Overview of Five Invitations  
Discussion regarding preparations  
Green funerals  
Mindful movement

Advance directives  
Pick Your Person Video  
Five Wishes  
Journaling  
Closing circle (Invite each participant to light a candle and name the fear about death and dying they would like to let go.)  
Dinner  
Campfire

Sunday, June 18, 2023

Being with others at the end (Is there such a thing as a good death?)  
Supporting the community  
Next steps for a death positive community  
Closing circle (invite each participant to share what they are leaving behind and what they are taking with them)

## **Resources**

### **Books**

Being Mortal by Atul Gawande  
The Five Invitations by Frank Ostaseski  
Advice for Future Corpses (and Those Who Love Them): A Practical Perspective on Death and Dying by Sallie Tisdale  
The Last Lecture by Randy Pausch  
A Beginner's Guide to the End by BJ Miller  
The Art of Dying Well by Katy Butler  
Die Wise by Stephen Jenkinson  
[https://www.rcpsych.ac.uk/docs/default-source/members/sigs/spirituality-spsig/spirituality-special-interest-group-publications-fenwick-nearing-the-end-of-life-guide.pdf?sfvrsn=ef164fa6\\_2](https://www.rcpsych.ac.uk/docs/default-source/members/sigs/spirituality-spsig/spirituality-special-interest-group-publications-fenwick-nearing-the-end-of-life-guide.pdf?sfvrsn=ef164fa6_2)

## **Websites**

<https://funerals.org>

<https://www.fivewishes.org/for-myself/>

<https://eforms.com/advance-directive/ma/>

<https://www.orderofthegooddeath.com/resources/talking-about-death/>

<https://www.deathwise.org>

<https://theconversationproject.org>

<https://endwellproject.org>

<https://wecroak.com>

## **Videos**

<https://youtu.be/lQhI3Jb7vMg>

<https://youtu.be/wN9P8g21ozQ>

[https://youtu.be/wBraurRo\\_bg](https://youtu.be/wBraurRo_bg)