



The Good Death: Preparing Ourselves & Our Loved Ones

We come from God and we will return to God. Death is a certainty. What would a “good death” look like for you? Join us for a 3-week exploration of the dying process and how we can prepare ourselves and our loved ones for our movement into the next phase of our life in God. All meetings take place on Thursday evenings from 6:30-8:00 pm in the Social Hall at St Anne Church, 1600 Mt Hope Ave., Rochester NY 14620.

Week 1 January 16, 2020 *Don't Be Afraid*—What can we learn from the recent medical research on Near Death Experiences about what happens during the dying process? Where are we headed? Is there anything to be afraid of?

Week 2 January 23, 2020 *Letting Go*—As we prepare for our own deaths, how do we learn to let go, and how does that affect the way we live now? Can we imagine what a “good death” would look like?

Week 3 January 30 *The Way You Live Is the Way You Die*—Stories of others who have made a good death, and what difference it made to those around them. What can we do to make it happen for us?

Presenters:

Deacon John McDermott—Deacon at St Anne and Our Lady of Lourdes Churches. First started rethinking his own approach to death and dying through his volunteer experience at a hospice home.

Kristin Kildea RN, Director of Isaiah House, a local hospice home for the homeless and needy. She also leads a separate consultancy to provide compassionate end-of-life care in the client’s home.

Please register in advance by email to: john.mcdermott@dor.org . There is no charge for the workshop.