

Flagstaff Death Café held on August 9, 2014

This Café was attended by 31 participants ages 21 to 83, men and women. We are joined today by several young students of psychology from the local Northern Arizona University. What an honor to have them be interested in talking about death! We enjoyed lemon drizzle cake and chocolate chip cookies. Round table groups of 10 each discussed various topics including:

- miscommunications that can happen between the dying and their loved ones
- the ways that grief can become celebrations of life
- embracing the "presence" of loved ones who have passed
- exploring the ways that avoid mortality (fears, belief in afterlife, needing 'something more')
- how to start a conversation with VERY reluctant family members about our burial wishes

Death Café Closing Notes - recorded by Tierra Leonard

- ❖ "Being involved with death has confirmed that there is something else after life"
- ❖ "My final thought is always of gratitude. I came feeling depleted; now I feel full."
- ❖ "This event was respectful, heart-felt, and illuminating"
- ❖ "We got to talk about the heartbeat of life, and the heartbeat of death."
- ❖ "I always feel that I end up in the group I'm supposed to be in."
- ❖ "The depth of kindness in this group is extraordinary."
- ❖ "We spoke about an interesting theory, that we choose our family, and we choose our death."
- ❖ "I've learned that by accepting death and dying, one can live more fully."
- ❖ "The conversations flowed into each other...it all brought "the mystery" back to me."
- ❖ "I enjoy the attitude of gratitude. I call this my 'fear reduction group'."
- ❖ "I love that I don't have to explain what I mean when I say 'I have a Death Café buzz'."
- ❖ "I always hear something that I'm going to take with me."

