

# Flagstaff Death Café #7

## Discussions from May 17<sup>th</sup> 2014

Small group discussion topics:

1. “Understanding and finding grace in the exit years”
  - a. A loved one transitioning into hospice/palliative care – feeling happiness knowing that loved one is comfortable but also feeling sad knowing that death is near.
  - b. Can a person find happiness in a place like that?
  - c. Some elders welcome death when they do not want to live past a certain age
  - d. General sadness over the circumstances involved in a “bad death”
  - e. Family members who are welcoming death vs. those who resist death
2. “Quality of life & processing death, the different ways we do”
  - a. Frightened about the possibility of pain.
  - b. Things that I still want to do add to my quality of life.
  - c. Society teaches us to value life rather than value quality of life
  - d. We are taught to live in fear of death
3. “Pondering our own deaths; thoughts, conclusions - what we can learn from each other”
  - a. A group member had been caught up in grief for so long it led to thinking about their own death.
  - b. It has been witnessed in others how resisting death can often bring forth a bad death.
  - c. Peace of mind comes when thinking about our own deaths.
  - d. Sadness of leaving behind family members, and worrying about how they will move on.
4. “Frightening aspects of dying”
  - a. We have learned to trust life, and to be present in life.
  - b. Losing the ability to live out our goals and finally be able to have fun.
  - c. People can be dangerous by having thrill seeking behaviors (such as sky diving, riding a motorcycle, etc.) but why aren't we emotionally dangerous?
  - d. We can give up the worry we carry about leaving loved ones behind – accepting people and their life choices is the best gift to give to others

Our Group's Takeaway Messages:

- “The gift of acceptance and giving up our worry and control for our loved ones during their passing is the best gift we can give to them.”

- “Society has taught us to be fearful of our own death. We value living, but not our quality of life”
- “When I am dying, take care of yourself so that I don’t have to”
- “Experiencing the deaths of loved ones throughout my life has shaped me into the person that I am to this day.”

Group Discussion’s Takeaway Messages:

- “Society needs to have this discussion!”
- “There are many positive things that happen when we get together at the Death Café – We have a spiritual connection with one another, we can connect with like minded people, and we can have a meaningful conversation about everything related to death!”
- “I always learn something new at each Death Café I attend”
- “When we are present in death, life is so much fuller”