

Advent Episcopal Church 2023 Lenten Program

BEFRIENDING DEATH

Wednesdays 5:15 to 6:15pm
Feb 22 to Mar 29
@ Advent Episcopal Church
13150 W Spanish Garden Dr.
Sun City West, AZ 85375
(623) 584-0350



February 22

PHYSICAL

Preparing for death.

- Role of death midwife/doula
- History of the Funeral Industry
- Home Funerals
- Eco Body Disposition Options



March 1

DOCUMENTARY

Explore the complex psychological, cultural, legal and financial issues surrounding an important and growing new trend: the home funeral movement



March 8

SPIRITUAL

Building a personal relationship with death.

- Death Phobia and Grief Illiteracy
- Imagining the hours before your death
- Dying Consciously vs. Unconsciously
- Building an Ethical Will



March 15

DEATH FILE

Put your wishes down on paper and share them. Planning in advance is a tremendous gift for you and your loved ones. Forms supplied.



March 22

INTELLECTUAL

Making meaning in your life.

- Diminishing death anxiety
- Pain and Suffering
- Reflection: If you only had 6 months..
- The importance of biography work
- Writing your obituary



March 29

EMOTIONAL

Healing relationships.

- Life on earth is all about relationships
- Soul Crossing across cultures/beliefs
- Deathbed visions
- Words at the Threshold
- Complete and Reconcile relationships



MEET

JENNIFER

Jennifer O'Connell is founder of Crossing Threshold. She has an earthly assignment as a Death Midwife and End of Life Educator that was unveiled in 2017. Jennifer is called to the bedside of the dying and their families. She is a member of the National Home Funeral Alliance and student/teacher of the sacred arts of death and dying. She serves as an 11th hour hospice volunteer and has successfully completed two Death Midwifery Certification Programs - one with Earth Traditions and one with Sacred Crossings, known as The Art of Death Midwifery, a comprehensive training for professional end-of-life caregivers which included spiritual practice, preparation for a conscious peaceful transition, after-death care and home funerals.

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