

Goals of a Dialogue on Death and Dying

We aim to help people be more comfortable with the many facets of death and dying, overcome their fears about dying, understand that only by embracing death can one fully live, be aware that comfort in dying is available in this country, learn more about the culture of dying in America, and feel safe enough to share and discuss – in confidence-- their personal death and dying experiences with other interested persons.

We also hope that these discussions will open up needed dialogue between family members, so that each family member can know what each family member wants done for them at the end of life, or how they wish to live the last chapters of this life.

Guidelines for a Dialogue on Death and Dying

A Dialogue is:

- A non-denominational event that is not associated with any one particular religion, theology, or philosophy.
- An event where there is no intention of leading participants to any particular conclusion, product, or course of action.
- An open, respectful, and confidential space – free of discrimination and debate – where we can all express our views safely.
- A space where death can be discussed and explored among friends as topics arise.

A Dialogue is not:

- A lecture by experts on the topics around death and dying. In this space, we learn from each other as we explore this life event we will all encounter at some point in time.
- A bereavement or grief support group.
- A platform for telling long stories of life events. If a participant has a lot to share, keep in mind there will be more “Dialogues” in the future, so it is best to save long stories for another time.