

# Moments of Peace & Dying Well

Two workshops on different aspects of dying: First, we focus on the spiritual journey of dying and the limitations to completion near the end of life. Second, we explore what a good death means.

**Saturday, February 18, 2023, 9:00 am-12:00 pm—Moments of Peace**

**Sunday, February 19, 2023, 11:30 am-1:00 pm —Dying Well**

at First Congregational Church, 2401 Cornwall Ave.

Hosted by the Called to Care Ministry

## *Moments of Peace: Finding Meaning and Hope Toward End of Life*

This workshop is appropriate for anyone who is contemplating their mortality, is reflective as they engage their aging process, or is accompanying others along these journeys.

In this workshop we will:

- Learn about:
  - 1) making meaning out of a new relationship with aging and mortality,
  - 2) engaging in practices that help in coping with life's limits.
- Explore life completion through contemplation, journaling, and discussion
- Engage in centering techniques for coping with the challenges of facing mortality
- Meet for 3 hours including a 20-minute break

## *Dying Well: An Open Conversation about a Good Death*

This workshop is appropriate for anyone who is curious about the idea of what a good death means and is also open to exploring this concept in a community setting led by an experienced professional.

In this workshop we will:

- Learn about the concept of a good death
- Engage in a discussion about what a good death means
- Meet for 90-minutes

**Rev. Lorraine Leist, MDiv, BCC-PCHAC** is a palliative care chaplain in Seattle, WA. She is pursuing her Doctor of Ministry degree at Iliff School of Theology. Presenting these workshops and collecting feedback in survey format is part of her degree project.



Questions? Contact Pastor Sharon, [sharon@fccb.net](mailto:sharon@fccb.net) or one of our Called to Care team.