

# Living Fully As We Contemplate Death

You are invited to a series of four sessions designed to create a safe place for conversations and reflections on the nature of death and dying. Together we will explore, ponder, contemplate and imagine a way of approaching death that opens a space for peace, well-being and untold possibilities.

Bring your questions, concerns, stories and insights.

Open to any and all who believe that sooner or later,  
that bell is gonna' toll for you and me!

## **BEFRIENDING THE LESSONS OF GRIEF AND LOSS TUESDAY, FEBRUARY 4, 2020 (1:30-3:30)**

Is there a way to envision Grief and Loss as a wise teacher, perhaps even a friend who longs to sit down and discuss the stuff of life that really matters? Sounds strange, but in times of major life transitions, lessons emerge out of challenge and hardship. Befriending our grief and loss prepares us to begin to face our own mortality with eyes and hearts wide open.

## **MEDICAL ASSISTANCE IN DYING: THE BASICS 101 TUESDAY, FEBRUARY 11, 2020 (1:30-3:30)**

This session, offered by Dying with Dignity (Victoria Chapter) will bring you up to date with assisted dying on southern Vancouver Island including: what MAiD means, some basic statistics, who would qualify, how one would go about applying (Patient Request), getting approval, what to do after getting approved, the peace one feels, setting the date, what happens on the day, what arrangements need to be made and other considerations.

## **ACCEPTING THE INVITATION TO ENGAGE OUR DYING TUESDAY, FEBRUARY 18, 2020 (1:30-3:30) PART 1 TUESDAY, FEBRUARY 25, 2020 (1:30-3:30) PART 2**

In the final two sessions, we will have ample time to explore and consider how our personal experiences with death have shaped and formed us. Given your life's experience, what are the practical, emotional and spiritual aspects and questions that yearn for deeper reflection and action? Rather than something to be feared, or ignored, could death instead invite us to pay attention to this one precious life that is ours?

**FACILITATOR:  
REV. MARGARET HARPER,  
PASTORAL CARE MINISTER  
CADBORO BAY UNITED CHURCH**

*Co-Hosted by:  
Oak Bay United Church  
& First Met United Church*

*All Sessions at:  
Oak Bay United Church  
Community Hall  
Corner of Mitchell & Granite  
Accessible Entrance & Parking Lot  
accessed off Granite*

*Free, But Space is Limited!  
Registration Required  
by January 30th  
via OBUC Church Office:  
250-598-5021  
[admin@oakbayunitedchurch.ca](mailto:admin@oakbayunitedchurch.ca)*

