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| Final_SGM_logo | **Eulogize Me Now – Write my epitaph** By Bob BrittonDeath is a debt to nature due,which I have paid and so must you. |
| Opening and Chalice Lighting (1 minute) | Beauty is before me, and beauty behind me,Above me and below me hovers the beautiful.I am surrounded by it, I am immersed in it.In my youth, I am aware of it,And, in old age, I shall walk quietly the beautiful trail.In beauty it is begun.In beauty it is ended.**Navajo Prayer** |
| Check-in (24 min, 3 min each) | Take this time to share how you are spiritually, psychologically, emotionally, and physically.  |
| Sharing (5 min) | Take time to respond to what you have just heard by asking clarifying questions or to deepen their remarks. |
| Quiet Reflection (1 min) |  |
| Topic Readings (5 min) | Beyond is the infinite morning of a day without tomorrow. - **W.S. Abbott**Dust thou art, to dust returnest, was not spoken of the soul. –**Longfellow**He hath awakened from the dream of life. – **Shelley**Yet in this heart’s most sacred place, thou, alone, shall dwell forever. - **Moore**Come blooming youths, as you pass by, and on these lines do cast an eye. As you are now, so once was I. As I am now, so must you be. Prepare for death and follow me.Frail as the leaves that quiver on the spray, like them man flourishes, like them decays.No pain, no grief, no anxious fear, can reach our loved one sleeping here.Tell not in mournful numbers. Life is but an empty dream. For the soul is dead that slumbers and things are not what they seem.Happy the babe who privileged by fate to a shorter labour and a lighter weight. Reciv’d but yesterday the gift of breath, ordr’d tomorrow to return to death.Farewell conflicting hopes and fears where lights and shades alternate dwell. How bright the unchanging morn appears. Farewell inconstant world farewell. |
| Break (5 min) |  |
| Sharing/Deep Listening (32 min, 4 min each) | **Speak about this topic in any way that is comfortable to you. You may use these questions if they are helpful.**What kinds of things have you heard in eulogies that were meaningful and true about the person?Have you attended particularly meaningful funerals/memorial services?Have you attended particularly offensive or distasteful services?What purpose do you see funerals/memorial services serving?What would you like to have said about you when you die?What epitaph would you write for your own tombstone? |
| Open Discussion (32 min) | This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared. |
| Likes – dislikes about this session(10 min) | What went well in this session? What changes would you like to see in future sessions? |
| Announcements (2 min) | Next session – Monday March 2, 2015, 7:00pm **– Junk of your possessions** |
| **Closing Reading/ Extinguish Chalice**(1 min.) | To live in this worldyou must be ableto do three things:To love what is mortal; to hold it against your bones knowing your own life depends on it;And when the time comes to let it go,to let it go. – **Mary Oliver** |