



Talking About Death Won't Kill You: A Facilitated Conversation

Seward Co-op
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**Death, Duck & The
Tulip
by
Wolf Erlbruch**



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**What Was Your
earliest Memory of
death and dying?**



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**And, how does that
impact how you talk
about, face, interact
with death, today?**



**“Well, we all gotta die.
You jest gotta hope
you die good.”**

~ Moira Young, Rebel Heart



**What does it mean
to die well?**

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What do you hope for
at the end of your life?SM



How do you get
what you want?

The



**What do you bring
to the table in the
death and dying
experience?**

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End of Life Washington:

great resources AND dementia

specific healthcare directives.



Drop deeper into a
conversation about death,
dying, and dementia with
Jeanne at [Be Love Navigation](#)



Local Resources:

[Minnesota Deathcare Collaborative](#)

[Minnesota State Laws around
healthcare directives](#)

Perhaps the World Ends Here

Joy Harjo

The world begins at a kitchen table. No matter what,
we must eat to live.

The gifts of earth are brought and prepared, set on the
table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe
at the corners. They scrape their knees under it.

It is here that children are given instructions on what
it means to be human. We make men at it,
we make women.



At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.



We have given birth on this table, and have prepared
our parents for burial here.

At this table we sing with joy, with sorrow.
We pray of suffering and remorse.
We give thanks.

Perhaps the world will end at the kitchen table,
while we are laughing and crying,
eating of the last sweet bite.

~ used with permission of Joy Harjo



What are your takeaways and how are you feeling after this conversation?

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