

# DOING GRIEF™ COMMUNITY HEALING PROJECT

“Befriending Death” (4-part series) with Jennifer O’Connell

SUNDAYS, OCT 1, NOV 5, DEC 3, 2023 & JAN 7, 2024 ~ 3-4:30 PM



## A HOLISTIC APPROACH TO BEFRIENDING DEATH

This four-part talk & workshop series (First Sundays, Oct-Jan) walks participants through an interactive experience on imagining and preparing for their own death. These conversations are vital for not only our end of life but to live more fully now. (Come to one or all sessions.)



### Oct 1 - PHYSICAL

Preparing for death.

- Role of death midwife/doula
- History of the Funeral Industry
- Home Funerals
- Eco Body Disposition Options
- Compiling your death file



### Dec 3 - INTELLECTUAL

Making meaning in your life.

- Diminishing death anxiety
- Pain and Suffering
- Reflection: If you only had 6 months..
- The importance of biography work
- Writing your obituary



### Nov 5 - SPIRITUAL

Building a personal relationship with death.

- Death Phobia and Grief Illiteracy
- Imagining the hours before your death
- Dying Consciously vs. Unconsciously
- Building an Ethical Will



### Dec 7 - RELATIONSHIPS

Healing relationships.

- Life on earth is all about relationships
- Soul Crossing across cultures/beliefs
- Working with the ancestors
- Deathbed visions
- Words at the threshold
- Complete and reconcile relationships

**INTERFAITH CHAPEL FOR HEALING AT THE CHURCH OF THE PALMS**

14808 N Boswell Blvd, Sun City, AZ 85351 – Questions? 602.315.8480

\$5-10/Session Suggested Donation at Door

Kindly RSVP on our “Healing Project” page at [DoingGrief.com](http://DoingGrief.com) or email [Connect@DoingGrief.com](mailto:Connect@DoingGrief.com)



Jennifer O’Connell is founder of Crossing Threshold. She has an earthly assignment as a Death Midwife and End of Life Educator that was unveiled in 2017. Jennifer is called to the bedside of the dying and their families. She is a member of the National Home Funeral Alliance and student/teacher of the sacred arts of death and dying. She serves as an 11th hour hospice volunteer and has successfully completed two Death Midwifery Certification Programs - one with Earth Traditions and one with Sacred Crossings, known as The Art of Death Midwifery, a comprehensive training for professional end-of-life caregivers which included spiritual practice, preparation for a conscious peaceful transition, after-death care and home funerals.

**MEET  
JENNIFER**

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