

# Reflections

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## Preparing for the end of life with grace and gusto

It's easy to put off creating a "going-away" file. But, getting your affairs in order now will allow you to live the rest of your life to the fullest. The Adult Care Committee of Pastoral Care is offering a four-week seminar this fall that will focus on developing a plan for preparing for the end of life. Mark your calendars now to attend the Wednesday sessions from 4:00-5:00 p.m. in the Amphitheater.

- September 25 - "Don't Slam the Door on Your Way Out"
- October 2 - "WILL Power"
- October 9 - "Anticipating the Next Stage of Your Life"
- October 16 - "Hope for Survivors"

The series, based on the book, *You Only Die Once: Preparing for the End of Life with Grace and Gusto* by Margie Jenkins, will be led by the author. "Wouldn't it be wonderful if when your time comes, virtually all plans were made by the one person most qualified to make

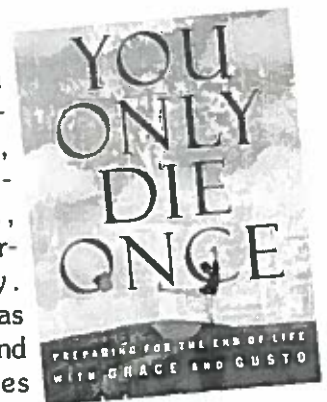
them — you?" asks Margie, longtime therapist and member of MDPC. "Come find how you can live bodaciously now!"

This seminar is for anyone who thinks they will die some day, or knows someone who will. The sessions will offer recommendations for making arrangements for the inevitable final journey we will all take. There will be time for lecture, exercises, interaction, and discussion on this important



**Margie Jenkins**

topic. The presentation will be informative, light-hearted, and user-friendly. Margie has creative and sometimes amusing suggestions for leaving the world in great style and for leaving one's family and friends with wonderful memories.



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