The Spirituality of

Welcoming & Introduction

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Community Outreach Coordinator
Resident Chaplain & Celebrant

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Spirituality of Learning Styles

- Tell me...I will forget
- Show me...I will remember
- Involve me...I will understand
- Wisdom of the group

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The Spirituality of the Experience

What holds deep meaning for you?
Tell your sacred story.
Create a meaningful experience.

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Spirituality is...to say...

- When you are grieving...GRIEVE
- When you are crying...CRY
- When you are laughing...LAUGH
- When you are eating...EAT
- When you are sleeping...SLEEP
- When you are loving...LOVE
- When you are dying...DIE
- BE PRESENT...DON'T BE SOMEWHERE ELSE!

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Spirituality of Emotions

[Handout]

All feelings are valid

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Spirituality of Death

End of life

How do you feel?

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Spirituality of Ritualization

Celebration of Life

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The Spirituality of the first funeral service?

130,000 years ago

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Spirituality of Euphemisms

- Death…to die, to expire, to pass on, to perish, to peg out, to push up daisies, to push up posies, to become extinct, curtains, deceased, demised, departed, defunct, dead as a doornail, dead as a herring, dead as a mutton, dead as nits, the last breath, paying a debt to nature, the big sleep, God's way of saying, "Slow down." …to check out, to shuffle off this mortal coil, to head for the happy hunting ground, to blink for an exceptionally long period of time, to find oneself without breath, to be the incredible decaying man, worm buffet, kick the bucket, buy the farm, take the cab, cash in your chips…

-from "Patch Adams" (Robin Williams)

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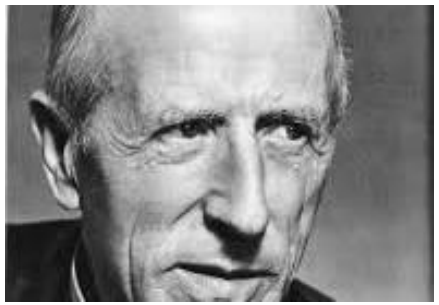
The Spirituality of Fear?

We are not human beings having a spiritual experience -

We are **spiritual beings** having a human experience.



- Pierre Teilhard deChardin d-1955

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What do you fear?

I'm not afraid to die, I just don't want to be there when it happens.

-Woody Allen

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Why Pre-Arrange my Celebration of Life?

- PRE-PAY...
- Relieves your family of emotional and financial burden.
- Convenient, simple, cost-effective.
- Your desires are honored and respected.
- Transferrable between funeral homes.
- Interest bearing; guards against inflation.
- Protected asset.

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Pre-plan *Your* Celebration of Life

PRE PLANNING FORM ON LINE

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Pre-plan *Your* Celebration of Life

stcloudcremation.com

CREMATIONS

A Simple Way

Introduction to The Spirituality of Death 101.01

Questions?

Stories?

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Spirituality of Gratefulness

If the only prayer you ever say

in your entire life is...

Thank you -

...it will be enough.

-Meister Eckhart