

# DEATH AND DYING

## RESOURCES

### FUNERALS AT EASTPORT UNITED METHODIST

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Death is an inseparable part of life. If we are to live life honestly and without fear, we have to also accept that death is ultimately inevitable.

Death should not cause us to live in fear, but rather to live our lives in the very best way that we can. It is important to not "bury our head in the sand" and instead, to make responsible preparations including financial and legal arrangements, as well as talking about our wishes with our family and friends.

By understanding the rites and rituals that accompany a death in our culture, religion or spiritual group, we can better prepare for the dying and grieving process.

#### Resources:

Elizabeth Kubler-Ross stages of loss:

The 5 stages of grief and loss are: 1. Denial and isolation; 2. Anger; 3. Bargaining; 4.

Depression; 5. Acceptance. People who are grieving do not necessarily go through the stages in the same order or experience all of them.

#### Books:

- *Dying Well*. 1998. by Ira Byock, Riverhead Trade, 320 pages.
- *The Needs of the Dying: A Guide For Bringing Hope, Comfort, and Love to Life's Final Chapter*. 2007. by David Kessler, Harper Paperbacks, 256 pages.
- *On Death and Dying (Reprint Edition)*. 1997 by Elisabeth Kubler-Ross, Scribner, 288 pages.
- *How To Go On Living When Someone You Love Dies*. 1991. by Therese A. Rando, Bantam, 352 pages.
- *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying*. 1997. by Maggie Callanan & Patricia Kelley, Bantam, 256 pages.
- *How We Die: Reflections on Life's Final Chapter*. 1995. by Sherwin B. Nuland, Vintage, 304 pages.
- *Final Choices: Seeking the Good Death*. 1998. by Michael Vitez, April Saul, & Ron Cortes, Camino Books, 72 pages.
- *Peaceful Dying: The Step-By-Step Guide to Preserving Your Dignity, Your Choice, and Your Inner Peace at the End of Life*. 1998. by Daniel R. Tobin & Karen Lindsey, Perseus Books Group, 206 pages.