

OWNING OUR IMPERMANENCE: PRACTICAL PREPARATIONS FOR DEATH

**MARCH 14, 2020
10 AM - 1 PM**



Impermanence is one of the three marks of Buddhism. In Zen practice we don't shy away from contemplating our own death. But many of us still avoid or put off making the practical preparations that reflect our life values and will serve as a great kindness to those who love us.

The workshop will touch on topics including advance directives, wills, funeral options, ways to share your life story, obituaries, and how to initiate conversations about these topics with family and friends.

By the end of the workshop, you will be able to:

- Feel more at ease reflecting on, and talking with others about, your own death;
- Identify three actions you will take to better prepare yourself and others for your own death; and
- Name five resources (people, books, websites) that can help you in the process of preparing for dying.

Instructor: Abby Jingo Lang has been practicing at Soji Zen Center for 14 years. She was a hospice volunteer at the Philadelphia VA Medical Center for 5 years and participated in a year-long Foundations in Contemplative Care program through the New York Zen Center for Contemplative Care.

Soji Members \$25; Non-Members \$30; Onsite \$35

Pre-Registration is Required

Email: registrar@sojizencenter or call (484) 844-1414

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