Sessions

1. Getting Comfortable With Death Talk - 10/21/24
Death has become hidden, making it harder for us to come to terms with the reality of it., It hasn't always been this way. The modern death positive movement creates ways for those who want the chance to talk openly about mortality. Will explore how the Date WIth Death Club provides a chance to grow our comfort and knowledge about this topic.

2. Aging: Better Than the Alternative - 11/18/24
In this life, there's no escaping aging or declining health. It is part of the mortal dance. In our youth-oriented society, one must be intentional to feel good about aging or about health challenges. We will use this session to explore what it means to come face to face with the two realities of aging and getting sick, lessening fear by facing it.

3. Afterlife/Afterlives - 12/16/24
What happens after we die is a mystery. There's lots of speculation and theory but no concrete evidence. In this non-dogmatic session, we'll explore the concepts of an afterlife (or not) through an interfaith panel representing different traditions and outlooks and then engage in personal reflection on what our beliefs are, where we got them from, and how they have held up over our lifetimes.

4. Grief: Loving & Losing, Learning & Living - 1/20/24
With love comes loss. With living comes dying. This session explores how grief and disenfranchised grief work and what it means in our own lives. While our focus is grief, and there may be grieving people in the room, this is not a grief support group.

5. Dying, Death, & Poetry - 2/17/24
Reflecting upon dying and death can sound morbid, but really it can connect us with what is truly meaningful in our lives, as well as with beauty in the world and gratitude in our healrts.THis session will use easy-to-understand poetry to help us find our own way of understanding our mortality.

6. Facing Extinction: Processing Eco-Grief - 3/17/24
Due to the climate crisis, we face not our own mortality but questions about our collective existence as a species and whether the planet is dying (at least as it is inhabitable by humans). Using concepts from the "work that reconnects," developed by Joanna Macy, we will bravely explore this emotional terrain.

7. Good Life & Good Death - 4/21/24
What do people mean when they say "a good death?" And how is this connected to having "a good life?" Is this the same for everyone? Are there barriers to a good life? What do these terms mean for you?

8. Resistance & Acceptance: The Mortal Dance - 5/19/24
Our attitudes toward our own mortality are a dance between resistance (do not go gentle into the good night) and acceptance (no one gets out of here alive). This session will use music and reflection to explore death anxiety and the new science around the use of psilocybin ("magic mushrooms") to help ease the fear of death in those with terminal diagnoses.