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Coffee, Tea, and Mortality: How is the International Death Cafe Movement Changing How People Think About the Hereafter?

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Coffee, Tea & Mortality



The Death Café Movement

- ▶ International presence, began in Europe
- ▶ A space to celebrate life through recognizing mortality
- ▶ A diverse gathering of all walks of life

- ▶ What it is NOT:
 - ▶ Grief counseling
 - ▶ A support group
 - ▶ A space for religious debate

- ▶ What we are doing today...

Expectations for Participants:

- ▶ Confidentiality- Just like Vegas! What happens in a Death Café stays in the Death Café
- ▶ This is a Judgement Free Zone: discuss, share your thoughts, and create a space that each person can share their ideas and feel heard
- ▶ Death Cafés are safe spaces that are accessible to everyone, they are respectful and nurturing.
- ▶ When differences of opinion, or ideas arise, take a student view: “What could I learn more about how this person sees things?”

Expectations for Participants:

- ▶ While listening to others, focus on what they are saying.....consider your response **after** they are finished
- ▶ When responding use “I” statements “I feel.....when you shared that” or “when you shared that it made me think of this...”
- ▶ Connect with others through your own experience

Language of Feelings

BIG LIST OF FEELING WORDS!

HAPPY
MAD
SAD
SCARED
RESTLESS
SHY
NERVOUS
BORED
STRESSED
FRUSTRATED
PROUD
EMBARRASSED
EXCITED
LONELY
JEALOUS
CURIOUS
CONFUSED
ASHAMED
RELAXED
PLAYFUL
FRIGHTENED
CONCERNED
DISGUSTED
USELESS

WORRIED
HELPLESS
GRATEFUL
DISAPPOINTED
ECSTATIC
NUMB
ENCOURAGED
SURPRISED
CONTENT
INTERESTED
ANXIOUS
LOVING
IRRITATED
HUMILIATED
REJECTED
CHEERFUL
USEFUL
GREEDY
NEGLECTED
HOPELESS
BOTHERED
AWKWARD
EXHAUSTED
CONFIDENT

SHOCKED
ANNOYED
CALM
SAFE
HURT
IMPATIENT
SILLY
TENSE
UNSURE
HESITANT
PEACEFUL
APPRECIATED
GRUMPY
CAREFREE
ENTHUSIASTIC
DISTANT
MOODY
FURIOUS
HYPER
UNAPPRECIATED
STUBBORN
HOPEFUL
OVERWHELMED
MOTIVATED

Conversation Starters

- ▶ How would you complete the statement, “Death is...”
- ▶ What events in your life have influenced how you view and/or feel about death?
- ▶ What, if any, contradictions do you experience in your thoughts or feelings about death?
- ▶ “Before I die, I want to...”
- ▶ Which of the following quotes resonates with you?

Some Quotes about Death

Death never takes the
wise man by surprise, he is
always ready to go.

~ Jean de La Fontaine

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

~ Woody Allen

That it will never come
again is what makes life
so sweet.

~ Emily Dickinson

The boundaries which
divide Life from Death are
at best shadowy and
vague. Who shall say where
the one ends, and where
the other begins?

~ Edgar Allan Poe

While I thought that I was
learning how to live, I have
been learning how to die.

~ Leonardo da Vinci

End? No, the journey
doesn't end here. Death is
just another path, one that
we all must take.

~ J.R.R. Tolkien

Discussion

- ▶ **What question(s) did you discuss?**
- ▶ **What struck you?**
- ▶ **What surprised you?**
- ▶ **What scared you?**
- ▶ **What brought joy?**

“ I wanted a perfect ending. Now I’ve learned, the hard way, that some poems don’t rhyme, and some stories don’t have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what’s going to happen next. Delicious ambiguity. ”

~ Gilda Radner

Campus Resources and Support

- ▶ Student Counseling Center
 - ▶ Medical Office Building, Suite 112
 - ▶ 215-951-1355
 - ▶ Walk-in hours at 1pm and 3pm daily

- ▶ Ministry Service and Support
 - ▶ Lower Level of College Hall (by the chapel)
 - ▶ 215-951-1048

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