

COMPLETING THE CIRCLE OF LIFE: Preparing for the End of One's Life

A Practical Guide
for Members and Attenders

**Prepared by:
Ministry & Counsel Committee
Sandy Spring Monthly Meeting
of the
Religious Society of Friends
(Quakers)**

Note:

This guide has several forms (pages 13, 14, 15, & 16)
that need to be completed and
returned to the Sandy Spring Monthly Meeting office.

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TABLE OF CONTENTS

Introduction	3
What are the matters and decisions I need to consider in preparation for death?	4
Personal Preparation for My Death.....	4
Practical Preparation for My Death.....	6
My advance directives	6
My will.....	6
The disposition of my body after death	7
My final resting place	8
My Memorial Meeting for Worship	9
Services of a mortuary.....	10
What does Sandy Spring Monthly Meeting need to know from me or my family at the time of my death?	12
Form: Application for the Use of the Graveyard or Memorial Garden (for use by living members and attenders).....	13
Form: Statement of Information and My Wishes at the Time of My Death	14
Form: Personal Information for Death Certificate and Announcement.....	16
What do my survivors need to know from me at the time of my death and how do I wish for them to support one another?	18
Family's Application on Behalf of Deceased for Use of Graveyard or Memorial Garden at Sandy Spring Monthly Meeting	19
Form: Application for Use of Graveyard or Memorial Garden (for family or survivor's use on behalf of deceased)	20
Care for Self and Others	21
Helping Another Prepare for Death and Recovering from Another's Death.....	23
Additional Resources at Times of Loss	24
Annotated Bibliography	26

Copies of this guide may be obtained online at the Sandy Spring Monthly Meeting website at www.sandyspring.org or upon request from the Sandy Spring Monthly Meeting office by emailing office@sandyspring.org; calling 301-774-9792; or by writing 17715 Meeting House Road, Sandy Spring, MD 20860.

As the details in this guide may change without notice, you may wish to contact the Sandy Spring Monthly Meeting office if you have any questions about the details.

Introduction

The Ministry & Counsel Committee of Sandy Spring Monthly Meeting has a specific responsibility to be available to the family and friends of the deceased to assist with funeral or memorial services and to express the loving care of the Meeting.

The purpose of this booklet is to provide practical guidance to members and attenders of Sandy Spring Monthly Meeting on matters related to preparing for the end of one's life. To be clear, this processes and procedures described in this document relate to Memorial Meetings for Worship facilitated by Sandy Spring Monthly Meeting and interment at Sandy Spring. **For those desiring a Memorial Meeting for Worship at Friends Center or interment in the ash garden at Friends House, please contact Friends House.**

Though we wish a long, healthy, and happy life for all who consult this document, we also know the realities of the circle of life require all of us to be thoughtful about the future. At the time of one's death there are often numerous pieces of information that need to be gathered quickly and easily to inform the many important decisions that need to be made in that moment. It is important to be preparing this final information now. Our survivors will need some of this information as will Sandy Spring Monthly Meeting.

This guide provides assistance with the logistical planning that surviving family members may not have adequate time or energy to address at the time of our death. It is designed to define what information is needed. It helps us think about the end of life decisions we need to make, gather the information we need to provide to family and others, and, finally, to communicate it to Sandy Spring Monthly Meeting where it will be securely retained until it is needed. Each of us is led through this process by thoughtfully responding to three important personal planning questions:

1. What are the matters and decisions I need to consider in preparation for death?
2. What does Sandy Spring Monthly Meeting need to know from me or my family at the time of my death?
3. What do my survivors need to know from me at the time of my death and how do I wish for them to support each other?

The guide is organized in three sections to address each of these questions.

What are the matters and decisions I need to consider in preparation for death?

The truest end of life is to know the Life that never ends.
He that makes this his Care will find it his Crown at last.
And he that lives to live ever, never fears dying:
nor can the means be terrible to him
that heartily believes the end.

William Penn, 1693

Facing death is one of the great challenges we encounter; it brings us to more serious questioning and affirmation of our religious faith. Although death asks of us the most difficult questions, it may be the occasion of our greatest insights into the meaning of life and our relationship with God.

Friends have chosen to commemorate the passing of loved ones with the same dignity and simplicity which is used in worship and other aspects of our community life.

Few of us expect our own death, and too often it finds us unprepared to deal with our own situation and to support others. Taking responsibility for our own death, as we customarily take for our own life, can help us face death with less anxiety for ourselves and ultimately for others. Our loved ones will need a great deal of information at the time of our death. Each of us can be extraordinarily helpful to them by ensuring that needed information is readily available to them if and when they become emotionally distraught with our death.

Personal Preparation for My Death

As a result of its concern with the spiritual challenges of preparing for death and recovering from the death of another, Langley Hill Monthly Meeting developed *Queries of Preparing for Death*, which are adapted for use here. As a starting point, these queries may be particularly helpful in clarifying the issues and decisions to which one must attend in preparation for death.

- Death often comes by surprise, interrupting lives in the midst of life's progress. What if I should die before I wake? If I knew my death was imminent, how would I devote my remaining time? Should I do any of that activity now, or on a daily basis?
- Am I prepared to die? What do I need to do or feel now in order to be ready for death? Can I accept that I did all that I did, and can't undo it?
- How do I prefer to face death? Welcome it as a part of the cycle of life? Ignore it until it happens? See it as a wholly negative phenomenon? As a personal transition to an afterlife? As an adventure?
- Do I give myself and others enough space and opportunity for genuine forgiveness to take place?
- Are there things I can do now that would ease the experience for those who would suffer or be burdened in the event of my sudden death? Are there words of comfort or pieces of information that I can prepare in advance, to help those people with their grief or their new responsibilities?

- Are there matters that I want to communicate with others before I die?
- In what kind of relationship do I want to be with others before I die? Are there conflicts that I want to resolve, or people I want to forgive or be forgiven by? Can I feel connected to them again or for the first time?
- Do I want my nearest and dearest to minister to my needs if I have a long final illness? Do I want to be with one of these people as I die? Do I hope to be able to say goodbye?
- How would I like to be remembered? What can I do or feel now to create that memory?
- Are there other jobs I need to do before I die? What are the most important loose ends that should be tied up before I die? How important are they? What can I let go of?
- Do I feel burdened with my material possessions and their disposition upon my death? Have I communicated effectively how they are to be distributed and used? Would parting with some of them before my death be helpful?
- How can I develop a sense of completion about my accomplishments? Can I let go of the uncompleted parts of my life? What can I do now that will make letting go easier or better?
- In what contingencies would the quality of living become more important to me than the quantity of life?
- Are there circumstances in which I would consider using a nursing home?
- What would these circumstances be, and how would I want a nursing home to meet my emotional and physical needs?
- What forms of life-preserving care would I be willing to accept? Would I want to be able to control my pain in my last illness? Are there circumstances in which I would not want to have pain-killers administered to me? If I needed pain-killers that deprived me of consciousness, would I want to have an opportunity for trials of withdrawal and painful consciousness?
- If faced with an incurable terminal illness, would I want to be treated for treatable secondary conditions that could kill me if left untreated?
- What frame of mind would I want to be in as I die? Surrendering? Giving up the ghost? Looking forward to an adventure?
- How do I help myself and those whom I love and will miss to confront concerns about my passing on?
- How can I accept death and living as they coexist in me?
- Do I want to have special elements in the ceremonies following my death?
- How else do I want to prepare for what follows my death? For me? For others?

Practical Preparation for My Death

In addition to our personal and spiritual preparation for death, there are a number of practical issues that must be considered. Many of these need to be decided and communicated in advance of death so our survivors will have the needed information to make the many decisions that will confront them. The following are matters that require forethought and responsible preparation while health and strength are firm.

My advance directives (also known as a “Living Will”)

A person has a right to make health care decisions in advance, through instructions called “advance directives.” An advance directive can be used to name a health care agent to make health care decisions for you as well as to say what your treatment preferences are, especially about procedures that might be used to sustain your life. Advance directives are covered in a pamphlet published by the State of Maryland and can be downloaded at this link:

<https://www.oag.state.md.us/healthpol/adirective.pdf>. The pamphlet includes information and forms for documenting your Living Will, Appointment of Health Care Agent, Health Care Instructions, and Organ and Tissue Donation.

Once completed, copies of your advance directive need to be provided to your primary care physician, your lawyer, family members, and even friends who may be involved in your care. In addition, a copy of your advance directive needs to be filed in a location in your home where it can be easily and quickly found by family or friends.

Maryland Medical Orders for Life-Sustaining Treatment (MOLST) is a portable and enduring medical form that you can complete to provide guidance for cardiopulmonary resuscitation and other life-sustaining treatments. For additional information on Maryland MOLST and to download the MOLST forms, visit: http://marylandmolst.org/pages/molst_form.htm. You can also obtain the MOLST forms from Friends House.

My will

Friends are encouraged to prepare a will to make disposition of their possessions. A will is the basic way to assure that those you wish to be beneficiaries of whatever you leave behind in fact receive the shares of your estate that you intend. A will can also be used to designate whom you would want to be the guardians of any minor children in the event that you and your spouse are no longer available. To provide the greatest level of assurance that the will is legally acceptable, it should be drawn with the assistance and approval of an attorney, and signed under the auspices of the attorney in the presence of witnesses in the manner and form as required by state law.

Like the advance directive, once completed, copies of your will need to be provided to your lawyer and a copy of your will needs to be filed in a location in your home where it can be easily and quickly found by family or trusted friends upon your death.

Friends who have felt themselves a vital part of the Meeting, or who have supported worthwhile causes as an expression of Quaker concern, may be moved to donate or bequeath money or

property to the Meeting or other Friends organizations. Friends so moved are urged to contact the Sandy Spring Monthly Meeting office for additional information.

The disposition of my body after death

There are typically three options available for the disposition of one's body after death.

1. ***Burial:*** In preparing for one's eventual death, arrangements for the place of interment should be made well in advance of actual need. If one wishes to be buried in the Sandy Spring Monthly Meeting Graveyard, eligibility guidelines are found on the next page.
2. ***Cremation:*** Arrangements for the final disposal of cremation remains should be made. If one wishes ashes interred in the Sandy Spring Monthly Meeting Graveyard or scattered in the Memorial Garden, the guidelines are found on the next page. Special restrictions may apply to the scattering of ashes in some areas of public domain, including the Chesapeake Bay; please check with a local funeral director or the Funeral Consumers Alliance (www.funerals.org) for the current regulations.
3. ***Donation for Medical Research or Transplant:*** If one wishes to donate organs or one's body the intention to do so should be made known to members of the family at the time the decision is reached, and they should be advised at that time of the steps to be taken after death, since immediate action is necessary when death occurs.

For Medical Research

One's body may be donated to the Maryland State Anatomy Board to be used for medical purposes, however, registration with the Board must be made prior to one's death. Once accepted and registered with the Maryland State Anatomy Board, immediately upon death, notice is given the Board which claims the body as soon as the death certificate is signed. When the use of the body is completed, the remains are disposed of by the State without charge to the survivors. The ashes may be claimed by the survivors for a small sum if previous notice has been made in writing.

Body donation forms may be obtained by contacting the State Anatomy Board, 655 West Baltimore Street, Room B-026, Baltimore, MD 21201, at (410) 547-1222 or (800) 879-2728. Information can also be obtained on the State Anatomy Board website at <http://dhmh.maryland.gov/anatomy/SitePages/Home.aspx>. The Maryland Motor Vehicle Administration should be contacted for specifics on using one's driver's license as a donor form.

If donation is to be made outside the state of Maryland, the National Anatomical Service (NAS) may be called 24 hours a day at (800) 727-0700; NAS is in the business of procuring and transporting cadavers for various medical schools and is aware of the schools with the greatest need.

For Transplant

Organ donation for transplantation at the time of death is a gift of life or sight, although circumstances surrounding death may limit such choices. Eye donation forms may be obtained from the nearest Lion's Club (www.lionsclubs.org).

My final resting place

There are two options at Sandy Spring Monthly Meeting for a final resting place. Either option requires completion of an application. While your survivors may make application on your behalf after your death, you are encouraged to do so now while you are still able. (An application form for use by members and attenders is included in the next section of this guide.)

Graveyard: The primary purpose of the Sandy Spring Monthly Meeting Graveyard is to provide a final resting place for the disposition of human remains. The Meeting, in addition, recognizes other important values served by the Graveyard as a place for peaceful contemplation and as an historic resource. Title to the real property occupied by assigned gravesites is not privately owned by any individual or family, but is owned communally by the Meeting.

In years past, the Meeting provided family plots. Due to limited remaining space, the Meeting has discontinued this practice although it continues to honor previously assigned family plots.

Gravesites for full burial are 48" by 96", and may accommodate one casket (single depth) or two caskets (double depth). In some circumstances, full burial sites assigned to individuals have been used for the burial of cremation urns rather than full burial. In such instances, the site may contain eight (8) cremation urns. When multiple urns are interred, only those of the two individuals placed at the West end of the site can have a stone which stands above the level of the ground. All others within the full burial plot must have markers flush with the ground.

Plots limited to cremation urns only are 42" by 48", and are large enough for four urns with markers. Plots for cremation only may have one stone, on the West end, which stands above the level of the ground. Additional markers must be flush with the ground. The use of cremation plots is encouraged to conserve graveyard space, but urns containing cremated remains may also be interred in regular gravesites. Examples include the burial of cremation urns in a family plot, or overlying a family member's casket. All cremation urns must be interred at least 18" underground.

The following guidelines shall be used in considering requests for gravesites:

1. Members of the Sandy Spring Monthly Meeting and their immediate family members.
2. Regular attenders who have been active in the life of this Meeting.
3. Friends who are members of other Meetings, including sojourners, if a relationship has existed with the Sandy Spring Monthly Meeting community.
4. Non-Friends are generally ineligible. Exceptional cases will be decided at the discretion of the Graveyard and Grounds Committee.

The definition of "immediate family" is spouse, committed life partner, and children.

The Graveyard and Grounds Committee maintains a record of assigned and unassigned gravesites. Applications for gravesites must be made in writing to the Committee, through the Sandy Spring Monthly Meeting office, which will make its decisions in accordance with these Guidelines. A burial

site will be assigned according to the request made with consultation with the applicant regarding location. Appeals to the Committee's decisions must be submitted in writing to the Clerk of the Meeting, for consideration at the next Monthly Meeting for Business.

Gravesites are positioned with the burial openings located to the east of the headstones. Headstone size is restricted to a maximum height of 24 inches and a maximum width of 36 inches, and in appearance they should be consistent with Friends' practice of simplicity. Footstones may not be used. There should be no live plantings on gravesites. Cut flowers and seasonal decorations may be placed on gravesites, but should be removed after an appropriate interval (usually within two weeks).

The costs of digging a grave, installing a concrete liner or reinforced vault, and erecting a headstone are the responsibility of the family. Although not required, the use of a concrete liner or vault is encouraged to minimize sinking and facilitate maintenance of the graveyard. A member of the Committee will be designated to discuss burial arrangements with the family, funeral home, and grave digger; and to be present at the interment. No charge is made for the use, care and maintenance of the graveyard, but a suitable donation to the Graveyard Endowment Fund is customary.

Memorial Garden: In addition to the Graveyard, a Memorial Garden has been established in the wooded area behind the Meeting House for scattering cremation ashes. Eligibility guidelines for the Memorial Garden are generally consistent with those for the Graveyard, although they can be somewhat relaxed because space limitations are less critical. The burial of cremation urns within the Memorial Garden is not permitted.

The Memorial Garden contains a bronze tablet listing by year the names of deceased persons whose ashes have been scattered therein. Only those who meet the guidelines for burial in the graveyard may have their names on the tablet. All those whose ashes are spread should provide the Meeting with biographical information for the Graveyard records. The Graveyard and Grounds Committee will order and attach bronze nameplates to the tablet, but the cost of the nameplate is the responsibility of the family. Those wishing to spread ashes in the Memorial Garden should inform the Committee by a written application. A member of the Committee should be present when ashes are scattered in the Memorial Garden. Metal or plastic identity tags, and other cremation records placed with the ashes, should be removed before the ashes are spread. A suitable donation to the Graveyard Endowment Fund is customary.

For further information, to make application for a gravesite in the Graveyard, or to scatter ashes in the Memorial Garden, please address all communications to: Graveyard and Grounds Committee, Sandy Spring Monthly Meeting, 17715 Meetinghouse Road, Sandy Spring, MD 20860 or via email at office@sandyspring.org.

My Memorial Meeting for Worship

The Ministry and Counsel of Sandy Spring Monthly Meeting has the special charge of providing care, support, and assistance to your family at the time of your death. Once the Ministry and Counsel has been notified of your death, a designated member of the committee will reach out to

your family to begin the process of scheduling and coordinating your Memorial Meeting for Worship, if one is desired.

A funeral or memorial service is a Meeting for Worship. Sandy Spring Monthly Meeting provides support for four types of Memorial Meetings for Worship:

1. A Memorial Meeting for Worship held in the Meeting House or the Miller Center at Friends House with no casket present; private burial at the family's convenience.
2. A Memorial Meeting for Worship held in a private place.
3. A Memorial Meeting for Worship in the Meeting House or the Miller Center at Friends House, the body having been cremated earlier
4. A Memorial Meeting for Worship in the Meeting House or the Miller Center at Friends House with the casket closed.

Two members of Ministry and Counsel will serve as coordinators for your Memorial Meeting for Worship, unless your family requests individuals they are familiar with to be the coordinators. The coordinators will meet with the family and assist in planning the memorial service. Among the considerations, coordinators will assist the family to contact the Graveyard and Grounds Committee if burial in the Graveyard or scattering in the Memorial Garden is requested.

The Memorial Meeting for Worship begins with a period of silence. Designated speakers may rise to read, speak or offer music. A brief period of silence occurs between each offering. When it appears that all who wish to have spoken, and after a final period of silence, the Memorial Meeting for Worship is brought to a close by the two Friends on the facing bench who turn to shake hands with one another.

If a casket is present, the members of the family are the first to follow it to the grave site. Often a chosen friend reads an appropriate selection; or when a family has other religious affiliations, their clergy may offer some part of their accustomed burial service, a prayer, or a benediction.

Services of a mortuary

There are certain advantages in using a mortuary. The funeral director fills out necessary legal forms, obtains the burial permit, places death notices in newspapers, makes phone calls, makes arrangements to transport the body, fills out Social Security forms and performs other similar services. Because costs may vary widely among the various choices, Friends are encouraged to examine their options carefully. Maryland does not require the use of a funeral director.

Funeral Consumers Alliance (www.funerals.org) may be of assistance in evaluating options. Funeral Consumers Alliance is a non-profit consumer information organization dedicated to simplicity, dignity, and affordability in funeral and memorial arrangements. Local funeral consumers alliances serve members by providing current consumer information and assistance with respect to locally available funeral services. Funeral consumers alliances promote the opportunity for each person to determine the method of disposition of remains and the type of funeral or memorial service which that person desires. Funeral consumers alliances believe that planning ahead will allow a person's own wishes to be carried out without placing an undue burden on the survivors.

A funeral consumers alliance:

- Provides current information to assist members in planning and communicating their desires.
- Surveys funeral homes to gather current information about funeral related costs.
- Provides pertinent publications to members at low or no cost.
- Provides consultation to members.
- Cooperates with organizations (e.g., hospices) on matters of mutual interest.
- Generally does not arrange or pay for funerals, or choose a funeral director for you.

If you have further questions or wish to locate a funeral consumers alliance, you may write FAMSA – Funeral Consumers Alliance, 33 Patchen Rd., South Burlington, VT 05403 or call (802) 865-8300 or access the website at www.funerals.org. Alternatively, you may write Funeral Consumers Alliance of Maryland and Environs, 9601 Cedar Lane, Bethesda, MD 20814 or call (301) 564-0006 or access the website at www.mdfunerals.org.

My Personal Preparation Checklist

	I have written my advance directive. (See page 6)
	I have given copies of my advance directive (living will) to my primary care physician, my lawyer, my family, and/or trust friends who may be involved in my care at the end of my life. (See page 6)
	I have filed a copy of my advance directive (living will) in my home where it can be easily and quickly found by those who may be involved in my care at the end of my life and/or trusted friends. (See page 6)
	I have written my will. (See page 6)
	I have given copies of my will to my lawyer. (See page 6)
	I have filed a copy of my will in my home where it can be easily and quickly found by family and trusted friends at the end of my life. (See page 6)
	I have decided how I wish my body to be disposed of – burial, cremation, donation. (See page 7)
	I have completed and filed the necessary paperwork with the appropriate group to ensure the disposition of my choice. (See page 7)
	I have made arrangements for the final resting place of my body – graveyard or memorial garden. (See page 8)
	I have considered and selected the type of Memorial Meeting for Worship I desire. (See page 9 & 10)
	I have determined whether I wish to have the services of a mortuary and, if so, have contacted the mortuary of my choice. (See page 10)

What does Sandy Spring Monthly Meeting need to know from me or my family at the time of my death?

The Meeting community will want to be helpful to your family at their time of crisis and loss without being intrusive. It will help if you have provided in advance essential information that will be needed by the Meeting and your family at the time of your death.

Immediately after this brief introduction, you will find three forms. We encourage you to complete these and submit them to Sandy Spring Monthly Meeting at your earliest convenience and to update them as needed. It is also important that you place a copy of these in a location that will be easily and quickly accessible to your survivors. You may wish, in fact, to provide your survivors with a copy of this guide.

The ***Application for Use of the Graveyard or Memorial Garden at Sandy Spring Monthly Meeting*** allows you to request burial in the Graveyard or for your ashes to be scattered in the Memorial Garden. Please complete this application and submit it to the Graveyard and Grounds Committee through the Sandy Spring Monthly Meeting office.

The ***Statement of Information and My Wishes at the Time of Death*** allows you to list information helpful to your survivors. Although filling out the form is voluntary, you are encouraged to fill out as many parts of the form as possible. After filling out the form in duplicate, one copy should be provided to the Sandy Spring Monthly Meeting office for placement in a secure, confidential file where it will be readily available at the time of your death. The Clerk of the Meeting or the Clerk of Ministry and Counsel is typically the first person to be contacted through the Meeting office when a member or attender of the Meeting dies. The completed form will greatly facilitate the Meeting in being responsive to your intentions. It should be brought up-to-date at least every five years. The form should include the names and phone numbers of the following where applicable: physician, next of kin, funeral director, attorney, employer, business associate(s), pall bearers and any others to be notified of the death or service.

The other completed copy should be placed where it will be readily accessible to your next of kin.

The ***Personal Information for Death Certificate*** form allows you to provide information needed by the doctor or funeral director to fill out the death certificate.

In addition you may wish to put in one place the pertinent facts that you would want to have included in your obituary. This could include information from the two above referenced forms. Pertinent facts for an obituary might include age, place of birth, occupation(s), details of career, place(s) of residence, educational degree(s) earned and from where, membership(s) held, immediate family members indicating their relationship and place of residence, number of grandchildren and great-grandchildren.

For Use by Living Members & Attenders

APPLICATION FOR THE USE OF THE GRAVEYARD OR MEMORIAL GARDEN AT SANDY SPRING MONTHLY MEETING

Name:

Last

First

Middle

Maiden

Address: _____

Unit/Apt: #: _____

City: _____

State: _____

Zip: _____

Email: _____

Personal Phone Numbers:

Home: _____

Work: _____

Cell: _____

Other: _____

My relationship to Sandy Spring Monthly Meeting: _____

Member _____

Attender _____

None _____

Check option you are requesting

- Burial in Graveyard** - Cost of casket, grave digging, purchase and installation of a concrete liner or other reinforced vault, and purchase and installation of a headstone are the responsibility of the family. Cost varies; please consult a funeral director, mortuary or a local member of the funeral consumers alliance.
- Ashes Interred in Graveyard** - Cost of urn, digging, and purchase and installation of a headstone are the responsibility of the family. Cost varies; please consult a funeral director, mortuary or a local member of the funeral consumers alliance.
- Ashes Spread in Memorial Garden** - Cost of nameplate and installation on stone is the responsibility of the family. Nameplates are purchased and installed through the Meeting office. Current approximate cost is \$225.00 (April, 2015).

If you are choosing the nameplate option, please provide your name as you would like it to appear on the nameplate:

In all cases, a suitable donation to the Graveyard Endowment is customary to support the upkeep of the Graveyard and Memorial Garden.

Upon completion, submit this form to the Sandy Spring Monthly Meeting via email at office@sandyspring.org or by US Postal Service at 17715 Meeting House Road, Sandy Spring, MD 20860.

**STATEMENT OF INFORMATION
AND FINAL INSTRUCTIONS FOR MY WISHES AT THE TIME OF MY DEATH**

Name (Please provide your full given name, including maiden name if applicable)

Last *First* *Middle* *Maiden*

Address: _____

Unit/Apt: #: _____

City: _____ State: _____ Zip: _____

Email: _____

Personal Phone Numbers:

Home: _____ Work: _____ Cell: _____ Other: _____

- | | | |
|---|--|--|
| <input type="checkbox"/> I have prepared a Living Will and health care Advance Directive. | <input type="checkbox"/> Copy Attached | <input type="checkbox"/> Original
Located at: _____ |
| <input type="checkbox"/> I have authorized donating my body/organs/tissues. | <input type="checkbox"/> Copy Attached | <input type="checkbox"/> Original
Located at: _____ |

Persons to Notify at the time of My Death

<i>Relationship</i>	<i>Name</i>	<i>City/State</i>	<i>Email Address</i>	<i>Phone</i>
Primary Contact				
Physician				
Attorney				
Executor				
Agent				
Funeral Director				
Employer/Associate				
Memorial Society				

Location of Important Documents (Place)

<i>Item</i>	<i>Identifying Name or Company</i>	<i>Location</i>
Life Insurance		
Retirement		
Burial Insurance		
Will/Living Trust		
Safe Deposit Box		
Computer, Email, & Other Internet Site Passwords File		

For Meeting Clerks Use (Form Revised November 2014)

Date Updated: _____ Date Deceased: _____ Contact Person: _____
 Date Received: _____ Memorial Service: _____ Phone Number: _____
 Graveyard Plot: _____

Final Instructions for My Wishes at the Time of My Death

I wish to have my remains disposed of in the following way:

- Burial
 Cremation
 Given for medical research with cremation later.

If Burial:

Location preference:

- Burial in Sandy Spring Cemetery
 Other Location: _____

Grave container:

- Cremation Grave
 Grave/Full Vault
 Grave/Concrete Liner

Grave depth:

- Single Grave Depth
 Double Grave Depth: With Whom? _____

Marker:

- Single Marker
 Double Marker: With Whom? _____

If Scattering of Ashes

Location preference:

- Memorial Garden at Sandy Spring
 Arrangements by Funeral Director
 Other Location: _____

I wish to have a Memorial Meeting for Worship:

- Sandy Spring Meeting House
 Miller Center at Friends House
 Elsewhere (*specify*): _____

Please make Memorial Contributions to:

- _____

My Immediate Family (*use a separate sheet if necessary*)

<i>Relationship</i>	<i>Name</i>	<i>City/State/Country</i>	<i>Phone</i>	<i>Email Address</i>

Special Instructions if Death Should Occur Away from Home

Date on which Prepared: _____ Signature: _____

Please keep one copy of this statement and send the original to: *Clerk, Sandy Spring Monthly Meeting of Friends, 17715 Meeting House Road, Sandy Spring, MD 20860*

You may wish to attach other pertinent information, such as biographical facts for an obituary, names of persons desired as pallbearers, selected verses and readings for Memorial Meeting for Worship, persons to be invited, information for memorial minute, whether cremation ashes should be scattered in Memorial Garden, preferred style of headstone, headstone inscription, etc. (Form Revised April, 2015)

PERSONAL INFORMATION FOR DEATH CERTIFICATE AND ANNOUNCEMENT

Name (Please provide your full given name, including maiden name if applicable)

_____ *Last* _____ *First* _____ *Middle* _____ *Maiden*

Social Security Number: _____ Date of Birth: _____

Place of Birth: _____
City _____ *State* _____ *Country* _____

Marital Status: Married Widowed Divorced Never married

Name of Spouse or Partner: _____

Citizen of: _____

Usual Occupation: _____

Kind of Business or Industry: _____

Usual Residence Address (If resident of nursing home, list former address):

Address: _____

City: _____ *County:* _____ *State:* _____ *Zip/Postal Code:* _____

Country: _____

Father's Full Name: _____

Mother's Full Name: _____

Education: _____ *Degree Type* _____ *School/University* _____ *Location* _____

High School: _____

College: _____

Graduate: _____

Other: _____

Other: _____

Service in the United States Armed Forces (*war, conflict, or dates of service, if any*):

Other: _____

Date on which Prepared: _____ Signature: _____

Please keep one copy of this statement and send the original to: *Clerk, Sandy Spring Monthly Meeting of Friends,
17715 Meeting House Road, Sandy Spring, MD 20860*

My Checklist for Communicating to Sandy Spring Monthly Meeting and My Family regarding My Wishes at the Time of My Death

	I completed the application for the use of the Sandy Spring Monthly Meeting Graveyard or Memorial Garden. (See page 13)
	I have submitted the completed application for the use of the SSMM Graveyard or Memorial Garden to the SSMM Office. (See page 13)
	I have completed a Statement of Information and Final Instructions for My Wishes at the Time of My Death. (See pages 14 & 15)
	I have sent a completed copy of a Statement of Information and Final Instructions to the Sandy Spring Monthly Meeting office. (See pages 14 & 15)
	I have filed a copy of a Statement of Information and Final Instructions in my home where it can be easily and quickly found by family or trusted friends at the time of my death. (See pages 14 & 15)
	I have completed a copy of the Personal Information for Death Certificate and Announcement. (See page 16)
	I have sent a completed copy of the Personal Information for Death Certificate and Announcements to the Sandy Spring Monthly Meeting Office. (See page 16)
	I have filed a completed copy of the Personal Information for Death Certificate and Announcements in my home where it can be easily and quickly found by family or trusted friends at the time of my death. (See page 16)

What do my survivors need to know from me at the time of my death and how do I wish for them to support each other?

The hours and days following the death of a loved one can be a time of confusion as well as sorrow. Surviving family and close friends may welcome the presence of others, including members of the Meeting, who can help with those things that need to be done often immediately upon death. These include, but are not limited to, the following:

- Call 911, hospice or a doctor if none is in attendance at the moment of death. *A doctor will make out a death certificate showing the cause of death. If the cause is uncertain, an autopsy may be required. At least ten certified copies of the death certificate will probably be needed and there will be a charge for each certified copy.*
- If a copy of the deceased's instructions and wishes is at hand, consult it to learn whether the body or any part of it has been willed to science, or if burial or cremation is preferred. Notify the proper authorities at once. *The deceased's instructions may be in a designated place at home, and/or with the Clerk of the Meeting, or with a designated mortuary. Ideally, the deceased member/attender has filed a copy of their "Statement of Information and My Wishes at the Time of My Death" with the Clerk and filed another copy at home.*
- If no application for use of the Graveyard or Memorial Garden at Sandy Spring has been submitted by the deceased, yet it is included in the *State of Information and My Wishes at the Time of My Death*, complete and submit the application below.
- Notify the Clerk of the Meeting, via the Meeting office, of the death who will, in turn, notify the Ministry and Counsel Committee, arrange for the use of the Meeting House (and Community House, if a reception is included), and assist the family in whatever way possible.
- Make a list of the immediate family, close friends, and employer or business associates, and notify each by phone or arrange to have some of them call others. *Refer to the "Statement of Information and My Wishes at the Time of My Death," if available, to help with the list.*
- Decide whether to designate an appropriate memorial to which gifts may be made.
- Request publication of an obituary in newspapers. *Provide the following for each newspaper: age, place of birth, medical cause of death, occupation(s), educational degrees earned and from where, details of the person's career, place of residence, memberships held, list of survivors in the immediate family indicating their relationship and place of residence, and number of grandchildren and great-grandchildren. If deceased had completed the "Personal Information for Death Certificate and Announcement," review it for additional information.*
- Prepare a death notice and provide it to newspapers by telephone, fax, email, or web. *A death notice provides the time and place of the Memorial Meeting for Worship and notes whether flowers or a memorial contribution is preferred. A photo may accompany the death notices. There may be a charge for publishing the death notice.*
- Notify the deceased's lawyer and personal representative, which may also be known as "agent" or "executor" or by another such term.
- Arrange for family members or close friends to take turns answering the door and telephone, keeping a careful record of calls.

- Arrange for appropriate child care, and other special needs of the household, such as cleaning, which might be done by friends.
- Coordinate arrangements for supplying food and/or meals for the next few days.
- Select and notify pallbearers, if required. See *"Statement of Information and My Wishes at the Time of My Death"* to determine if pallbearers are needed and, if so, to see if they are identified.
- Arrange for disposition of flowers after the Memorial Meeting for Worship
- Notify insurance companies. *Check all life and casualty insurance and death benefits, including Social Security, credit union, trade union, fraternal organizations, etc. Check on income for survivors from these sources.*
- Prepare a list of distant persons to be notified by letter or printed notice. *Prepare copy and mail as appropriate.*
- Prepare list of persons to receive acknowledgements of flowers, calls, food or other services. *Send appropriate acknowledgements.*
- Check promptly on all debts and installment payments. *Some may carry insurance clauses that cancel them. If there is to be a delay in meeting payments, consult with creditors and ask for more time before payments are due.*
- If deceased was living alone, notify the landlord and all utilities, and tell post office where to forward mail. *Take precautions against thieves, especially if the home will be vacant and the time of the Memorial Meeting for Worship has been publicized.*
- The death should be recorded and other Meeting records updated. *A memorial minute may be prepared. Consult with the Clerk of the Meeting for guidance on preparation of a memorial minutes.*
- Death away from home can be difficult and costly. The information in the *Statement of Information and My Wishes at the Time of My Death* should make the process a bit easier.

Death is not an end, but a beginning.
 It is but an incident in the "life of ages,"
 which is God's gift to us now.
 It is the escape of the spirit from its old limitations and
 its freeing for a larger and more glorious career.
William Littleboy, 1917

Family's Application on Behalf of Deceased for Use of Graveyard or Memorial Garden at Sandy Spring Monthly Meeting

If the deceased has made arrangements to use the Graveyard or Memorial Garden at Sandy Spring Monthly Meeting, it will be on file at the Sandy Spring Monthly Meeting office. If it is not on file, it means that the application process was not likely completed. If use of the Graveyard or Memorial Garden is desired, yet no application was filed in advance, please complete the form on the next page and submit it to the Meeting office immediately.

For Family or Survivor's Use on Behalf of the Deceased

APPLICATION FOR THE USE OF GRAVEYARD OR MEMORIAL GARDEN

This form is to help you make the arrangements for the final resting place of your loved one. Please fill out the information below and send to: Sandy Spring Monthly Meeting, 17715 Meeting House Road, Sandy Spring, MD 20860. You can also submit it by email at office@sandyspring.org. If you have additional questions, call the Meeting office at 301-774-9792.

Name of Deceased: _____

Place and Date of Birth: _____

Place and Date of Death: _____

Your Name (as contact): _____

Your Phone Number: _____

Your Email: _____

Check the option your are requesting:

_____ ***Burial in Graveyard: You wish to inter your loved one's body in a plot in the Sandy Spring Monthly Meeting Graveyard.***

This request must be approved and coordinated through the Graveyard and Grounds Committee via the Meeting office at the above address. The following guidelines shall be used in considering requests for gravesites: 1) Members of the Sandy Spring Monthly Meeting and their immediate family members; 2) Regular attenders who have been active in the life of the Meeting; 3) Friends are members of other Meetings, including sojourners, if a relationship has existed with the Sandy Spring Monthly Meeting community; and, 4) Non-Friends are generally ineligible. Exceptional cases will be decided at the discretion of the Graveyard and Grounds Committee.

Gravesites are 48" by 96" and are large enough to hold one casket (single depth) or two caskets (double depth). The cost of digging a grave, the purchase and installation of a concrete liner or reinforced vault, and the purchase and installation of a headstone are the responsibility of the family. Meeting approved burial contractors and memorial marker companies must be employed. A list of approved contractors and companies is available from the Meeting office. Headstone must be approved prior to purchase by the Graveyard and Grounds Committee. All contractors and companies will bill the family directly. A member of the Graveyard and Grounds Committee should be present when a casket is interred in the Graveyard. A suitable donation to the Graveyard Endowment Fund is customary.

_____ ***Ashes Interred in Graveyard: You wish to inter your loved one's ashes in a plot in the Sandy Spring Monthly Meeting Graveyard.***

This request must be approved and coordinated through the Graveyard and Grounds Committee via the Meeting office at the above address. The guidelines for interring ashes are the same as those used in considering requests for gravesites. Plots for cremation only are 42" by 48," and are large enough for four urns with markers. The use of cremation plots is encouraged to conserve graveyard space but urns containing cremated remains may also be interred in regular gravesites. Examples include the burial of cremation urns in a family plot, or overlying a family member's casket. All cremation urns must be interred at least 18" underground. The purchase and installation of a headstone is the responsibility of the family. A list of approved memorial marker companies is available from the Meeting office and the design must be reviewed by the Meeting prior to installation. The cost is the responsibility of the family. The contractors will bill the family directly. A member of Graveyard and Grounds Committee should be present when ashes are interred in the Graveyard. A suitable donation to the Graveyard Endowment Fund is customary.

_____ ***Memorial Garden Ashes: You wish to spread your loved one's ashes in the Memorial Garden at Sandy Spring Monthly Meeting.***

This request must be approved and coordinated through the Graveyard and Grounds Committee via the Meeting office at the above address. Eligibility guidelines for the Memorial Garden are generally consistent with those for the Graveyard though they can be somewhat relaxed because space limitations are less critical. The burial of cremation urns within the Memorial Garden is not permitted. Near the entrance to the Memorial Garden is a bronze tablet listing by year the names of deceased persons whose ashes are scattered therein. If you wish a nameplate installed, upon approval, the Meeting will order and attach it to the tablet. The cost of the nameplate, currently \$225 (April, 2015), is the responsibility of the family. The meeting will place the order upon receipt of the funds. Payment should be made to Sandy Spring Monthly Meeting and sent to the address above. Requests for nameplates must be made within one year of date of death. A member of the Graveyard and Grounds Committee should be present when ashes are scattered in the Memorial Garden. Metal or plastic identity tags, and other cremation records placed in the ashes, should be removed before the ashes are spread. A suitable donation to the Graveyard Endowment Fun is customary.

Name of deceased as it should appear on the name plate:

_____ ***Complete and submit to the Graveyard and Grounds Committee via the Monthly Meeting office.***

Care for Self and Others

Whether your loved one is preparing for death or has recently died, you may find the following information useful and encouraging.

With the death of a loved one, part of us goes too. From this time on we realize how much of us is on the other side. “They live in one another still,” wrote William Penn. Throughout our lives the realization of how much of the loved one still lives with us is great and is a consolation. It brings understanding of the meaning of the eternal. We and those we have lost participate in something other than the dimension of time. Penn reminds us that “They that love beyond the world cannot be separated by it. Death cannot kill what never dies.”

Most of us are lucky in life to have at least a few individuals who love us unconditionally. So, the loss of a loved one leaves a gaping hole in our lives, one that is only healed, if ever, through grieving. The grieving process varies by individual and the closeness of the loved one, but for all of us time and the support of family and friends are the only true healers. Ironically, though grieving is a time where we need the most support, some friends and family may tend to avoid us feeling awkward and not knowing what to say or do. We, in pain, also may tend to avoid seeking assistance, feeling we need to cope on our own. Both tendencies need to be resisted as they only delay the healing process.

When you pass through deep waters, I am with you,
When you pass through rivers,
They will not sweep you away;
Walk through fire and you will not be scorched,
Through flames and they will not burn you.

Isaiah 43:2

If you would behold the spirit of death,
Open your heart wide unto the body of life.
For life and death are one,
Even as the river and the sea are one.
Kahlil Gibran, The Prophet, 20th Century

The greatest loss for a parent is their child, and most every child feels diminished by the loss of a parent. What may not be realized until experienced is that the loss of a child *of any age* is inconsolable. Whether through miscarriage or disease or an accident at age 2, 20 or 50, a parent is never ready to lose their child and the grief is the same and will last a lifetime. Similarly, losing one’s parent when young is truly disorienting and a great loss of one’s guide in life. But being 60 and losing an 85 year old parent produces no less sense of loss in losing one’s greatest lifelong friend and biggest fan. The loss of a spouse or life-partner may be no less difficult and for many a devastating loss, inflicting a lifelong wound. Teenagers may need special attention as the loss of a parent, sibling or friend can totally suspend their ability to cope with the loss of support they received from the lost loved one in their natural progress to adulthood.

While time is nature’s only true healer, love and active support of others can help speed the healing. So too can activities that help memorialize the person who was lost. This might include something

as simple as assembling a scrapbook of memories of the deceased or setting up a memorial website for friends and family to post cherished photos and writings of the deceased and post messages about their loved one. It may be as involved as establishing a memorial or memorial fund to the lost loved one.

Sometimes those grieving need just the support of those around them and others may need the greater understanding of specific support groups and/or professional therapy. What is important is that everyone understands that open grieving is not unusual. Many people may need constructive activities to deal specifically with their loss in order to “get on with their lives.”

Those of us grieving and those of us wishing to support those in mourning should understand that there are no magic words to lessen the hurt, but care and love provides tremendous support. Support of those grieving comes hard to many of us. We “don’t know what to say” or do and often avoid the grieving at the time they most need support. On the other hand, the most common statements made by those grieving are they just want someone to listen, “no one has to do anything” or be prepared to give advice, just be there to listen and provide the support requested, if any.

If you are rebuffed in offering or asking for support, try again; be patient. Say those things that keep the grief flowing but don’t burden others to respond. Even those of us not close to those who are grieving can help by sharing stories about the deceased (especially those that are funny or typify the deceased’s best spirit), by sending poems or passages that are most meaningful for the situation, and by remembering to send cards at special occasions and holidays that note you are thinking about them at this time. It can’t be said too often that most importantly, be patient, listen, don’t judge and acknowledge that the person’s life has changed forever and there will always be a place of pain and sorrow in their lives.

There are abundant beneficial resources available to those who are grieving. A general search on the Internet or under booksellers, such as www.quakerbooks.org, on the topics of "death and dying" or “grieving” yields many resources. Sometimes a book outlining that a grieving person’s feelings are natural and expected may be all that is needed to help someone cope. Sometimes the help is found in the company of friends, those who have experienced similar losses, support groups, medical and psychological therapies, religious support or a change in venue and life pattern. A person suffering a loss (as well as those supporting them) needs to understand their grief is natural. When the grief takes over someone’s life for many months after the death of a loved one, clinical depression should be considered and professional help should be sought, although there is nothing unusual or to be ashamed of in occasionally feeling sad for many months or even years after a significant loss, especially on birthdates and anniversary dates. Friends and family usually provide the greatest solace, not by trying to dissuade a person from grieving, but by helping to channel that grief into healing and allowing the bereaved to find their path once again among the living. Grieving Friends might be offered/ask for the power of a “Clearness Committee” with other Friends who have gone through similar losses, as well as those with expertise in grieving.

A person grieving their own impending death because of a terminal illness needs the same and often more intense support, especially as the end draws nearer. Again, the biggest help can be listening and

picking up on clues where help can best be offered. In the case of a terminal illness, often it is the caregiver who needs the most intensive help, some relief, practical assistance and sometimes just time to express their grief, talk about their efforts and frustrations in dealing with a dying loved one.

Helping Another Prepare for Death and Recovering from Another's Death

As a result of its concerns with the spiritual challenges of preparing for death and recovery from the death of another, Langley Hill Monthly Meeting developed these queries. Only minor editorial changes have been made to the queries as published by Langley Hill Monthly Meeting.

- Do I need help now in preparing for loss?
- Is there someone, or are there others, from whom I would like to seek help in preparing for loss? Do I want to approach them to seek that help? If so, how?
- How shall I honor the life of someone I love? How can I live best with the consequences of the rough edges of my relationship with the person who died?
- How am I going to remember him or her? What will I cherish about the spirit of that person? Can I picture the essential goodness of the person? Can I accept the features of that life with which I disagreed?
- How can I help a dying person who denies any negative feelings about weakness or his or her own impending losses, come to terms with the inevitability and impendingness of his or her death?
- How shall I help myself and others live with the loss of someone very close?
- Anyone who depended emotionally on someone who died will grieve. Grief can take months or years to subside, and it may last longer if suppressed. Can I allow myself to express my grief? How, and with whom? Whom shall I call upon to help me to survive and emerge from the depressing times ahead? How can I help others who are going through this same process with me? Is professional counseling needed? *The Baltimore Yearly Meeting's Counseling Service can be reached through the Yearly Meeting office, at (301) 774-7663.*
- Whom can I ask to help fill the gaps left by the loss? In practical matters? In spiritual guidance? In being with me and others affected by the loss? What can I take on myself?
- Whom shall I ask to help with the consequences of the last illness, if any, and the memorials and other formalities to mark the passing? Who should be notified of the death?
- How can I arrange my life to give myself timely opportunities to work through my grief? How do I accept that others may need a different amount of time, or different conditions to work through their grief? How can I get my grieving needs to be understood by others, and how can I learn to understand theirs? How can I make asking for help more comfortable, after others appear to have resumed their normal lives?

- Is my support for someone who grieves confined to conventional comforting? How can I persist in my support for someone who is grieving for an extended period of time, or whose grief returns? How can I communicate a real willingness to be available to help?

Additional Resources at Times of Loss

A number of resources are available on death and dying as well as for the bereaved and their supporters. Some of the references below may be out of print, but can be found at libraries or through Internet booksellers. Support groups for bereaved parents, children, and spouses/significant others exist in many communities. Some can be located by web searches, but therapists, Meeting or other faith community contacts and friends with similar losses can also be a resource.

What, again, is most important to remember is that grieving must take its natural course to be effective in healing. Sustained grief that cripples one in getting on with life needs added help. There is no shame in seeking help when grief makes it difficult to cope in living one's life. The following organizations might be helpful in times of loss, depending on the situation.

American Foundation for Suicide Prevention

120 Wall Street, 22nd Floor
New York, NY 10005
Phone: (212) 363-3500
Toll Free: (888) 333-AFSP
Fax: (212) 363-6237
E-Mail: inquiry@afsp.org
Web site: www.afsp.org

Compassion & Choices

PO Box 10810
Denver, CO 80250
Toll Free: (800) 247-7421
Web site: <http://www.compassionandchoices.org>

The Compassionate Friends

PO Box 3696
Oak Brook, IL 60522-3696
Phone: (630) 990-0010
Toll Free: (877) 969-0010
Web site: www.compassionatefriends.org

Compassionate Friends is a non-profit, self-help organization that offers friendship and understanding to bereaved parents, grandparents, and siblings after a child dies.

William Wendt Center for Loss and Healing

4201 Connecticut Ave., NW, #300

Washington, DC 20008
Phone: (202) 624-0010
Fax: (202) 624-0062
Email: info@wendtcenter.org
Web site: www.wendtcenter.org

The William Wendt Center helps adults and children in the metro Washington, DC area rebuild hope after experiencing a loss.

Dougy Center for Grieving Children

PO Box 86552
Portland, OR 97286
Phone: (503) 775-5683
Fax: (503) 777-3097
Web site: www.dougy.org

The Dougy Center provides support and training to individuals and organizations seeking to assist children and teens in grief.

Hospice Foundation of America

2001 S Street, NW, #300
Washington, DC 20009
Phone: (202) 638-5419
E-Mail: hfa@hospicefoundation.org
Web site: www.hospicefoundation.org

HFA promotes hospice care and works to educate professionals and families on issues relating to care giving, terminal illness, loss and bereavement.

National Hospice and Palliative Care Organization

1700 Diagonal Road, Suite 625
Alexandria, VA 22314
Phone: (703) 837-1500
Toll Free: (800) 658-8898
Fax: (703) 837-1233
Web site: www.nhpco.org

NHPCO provides educational programs, technical assistance, and public policy advocacy.

Society of Military Widows

5535 Hempstead Way
Springfield, VA 22151
Phone: (703) 750-1342
Fax: (703) 354-4380
E-Mail: naus@ix.netcom.com

Web site: www.militarywidows.org

The Society assists widows of members of the Armed Forces.

TAPS (Tragedy Assistance Program for Survivors), Inc.

2001 S Street, NW, Suite 300

Washington, DC 20009

Phone: (800) 959-TAPS

Fax: (202) 638-5312

Web site: www.taps.org

TAPS serves families and friends of those who have died while serving in the Armed Forces.

Association for Death Education and Counseling (ADEC)

342 North Main Street

West Hartford, CT 06117-2507

Phone: (860) 586-7503

Fax: (860) 586-7550

E-Mail: info@adec.org

Web site: www.adec.org

ADEC provides death education, bereavement counseling, and care of the dying.

Local Resources:

- Friends Monthly and Yearly Meetings, especially the Ministry and Counsel Committees
- Funeral homes
- Hospices
- Aging organizations such as senior centers or the local government's (city, town, county or state) agency on aging
- Hospitals
- Mental health or counseling center

Annotated Bibliography

Web Resources

American Association of Retired Persons

The American Association of Retired Persons (AARP) provides information on advance directives, health care planning, and financial planning that can be downloaded from www.aarp.org. AARP members can also order publications that provide more in- depth practical guidance on personal planning, health planning, social planning, housing planning, income planning, investment planning, personal financial planning, and legal and estate planning.

American Bar Association

Shape Your Health Care Future with Health Care Advance Directives, is a booklet that can be downloaded from www.abanet.org/ftp/pub/elderly/adftp.wpd. Other information about advance directives can be downloaded from www.aarp.org/ontheissues/issueadvdir.html

Baltimore Yearly Meeting, (1988), *Faith and Practice of Baltimore Yearly Meeting of the Religious Society of Friends*. Sandy Spring, MD, 102 pp.

Part III.B.7 provides guidance on the role of the Monthly Meeting in helping Friends facing death, and their families, to prepare for life's "final mystery." Appendix J provides guidance on planning a Memorial Meeting for Worship. Appendix I provides advices to individual Friends and Monthly Meetings on estates and bequests as well as Yearly Meeting policy on these matters. This publication is available through the Yearly Meeting by calling (301) 774-7663 or going to their Web site at www.bym-rsf.org.

Green Burial Council

According to the Green Burial Council, a "burial is 'green' only when it furthers legitimate environmental and societal aims such as protecting worker health, reducing carbon emissions, conserving natural resources, and preserving habitat." Friends wishing to consider the option of green burial are encouraged to learn more, including identifying green burial providers in Maryland, at the Green Burial Council Web site at: <http://greenburialcouncil.org/>

Lyman, M. E. (1960), *Death and the Christian Answer*. Wallingford, PA: Pendle Hill Pamphlet No. 107, 16 pp.

In the face of our society's general denial about death, here is an appreciation of mortality, an explanation of Christ's holistic life-giving assurances based on faith and God's love. "... the Christian view of the human spirit makes growth in love the central and crucial principle of its life." This book may also be available in the Sandy Spring Friends Meeting Library.

Maryland Office of the Attorney General. (1998). *Advance Directives, A Guide to Maryland Law on Health Care Decisions*. Baltimore, MD. 16 pp.

This pamphlet includes information and forms for documenting your Living Will, Appointment of Health Care Agent, Health Care Instructions, and Organ Donation. It may be obtained by downloading it electronically from the Maryland Attorney General's Office, www.oag.state.md.us or the Meeting's Web site, www.sandyspring.org, or by requesting that the pamphlet be mailed by calling the Maryland Attorney General's Office at (410) 576-6300.

Resources Available through Amazon.com

Some books may also be available in your local public library.

Carlson, L. (1998). *Caring for the Dead: Your Final Act of Love*. Hinesburg, VT: Upper Access, 640 pp.

Provides a comprehensive compassionate coverage on funeral law for the consumer, state-by-state – discusses how well, or not, prepaid funeral money is protected, ethical standards, and serves as a manual for families who wish to handle a death without the use of an undertaker. Lists crematories; also medical schools and the requirements for body donation.

Gawande, A. (2014). *Being mortal: Medicine and what matters in the end*. New York: Metropolitan Books.

In *Being Mortal*, author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

James, J. W. & Friedman, R. (2009). *The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses, including Career, Health, and Faith*. New York: Harper and Collins, 206 pp.

This manual emphasizes honesty, preparation, and emotional sensitivity. “Grieving is a growth process.” They give specific steps to be explored with a partner, to get beyond debilitating grief.

Morgan, E. (2001). *Dealing Creatively with Death: A Manual of Death Education and Simple Burial* (14th edition). Hinesburg, VT: Upper Access, 14th edition, 160 pp.

Provides a concise and readable guide on simplicity in funeral arrangements, cremation, body and organ donation, advice on procedures at the time of death, suggestions for memorial services, and directions for building a simple plywood casket.

Rando, T. A. (1991). *Grieving: How to Go On Living When Someone You Love Dies*. Lexington, MA: Lexington Books, 330 pp.

A compassionate roadmap to grieving. The author is recognized as a national expert and writes well.

Samuel, D. T. (1987). *Grieving: An Inward Journey*. St. Cloud, MN: North Star Press, 95 pp.

The author, a Quaker, shares her journey to ease the pain caused by the death of a loved one. She finds healing through an inward journey. Through time, she countered the pain of loss and loneliness, of despair and depression, with the comfort and knowledge of God's love. This book may be available in the Sandy Spring Friends Meeting Library.

Van Praagh, J. (2011). *Healing Grief: Reclaiming Life After Any Loss*. New York, NY: New American Library (a member of Penguin Group), 286 pp.

The author warns against conforming our grief to what is expected as the “norm” and encourages each of us to grieve in our own way and in our own time, offering constructive guidance through each step in the grieving process.