5/8/2010

Topic: Defining the project: what this group is about
Facilitated by: Tracy Bell

Our own experiences with death and dying
All the ways we deny death
Fears and aversions
Willingness to be with dying
Postures and attitudes for being with dying

11/3/2010

Topic: Denial of death
Dealing with fear
Anticipating our own deaths
Making a practice of being with dying in our lives: turning toward
Facilitated by: Tracy Bell

2/26/2011

Topic: Dharma teachings on death
How our personal experience with death impacts the way we live
Dharma talk: Norman Fischer “Teachings on Death”
2005 from everydayzen.org

6/4/2011

Topic: Spiritual aspects of the dying process:
Spiritual transformation at the time of death
Audio talk: Kathleen Dowling Singh
9/10/2011

Topic: Physical signs and symptoms of dying:
Psycho-spiritual and behavioral signs we often see
How hospice manages pain and symptoms

Guest speaker: Sharmon Figenshaw, hospice ARNP

12/10/2011

Topic: Being in the home (volunteering with someone who is dying)

Audio talk: Frank Ostaseski “Service”
Compassionate approach to being with dying

Tracy Bell: Handout of SIMS Guidelines
for D&D Support Volunteers

2/18/2012

Topic: Listening to ourselves as we prepare to listen to others

Guest speaker: Gerri Haynes RN, leader, facilitator and administrator
in the field of hospice and palliative care in the
Seattle, WA state, and worldwide.
Death and dying teacher/mentor.

4/28/2012

Topic: Finishing Business (and forgiveness)

Presented by: Sooz Appel
Co-facilitated by: Tracy Bell

9/15/2012

Topic: When the Body Dies

Co-facilitated by: Ellen McCown
Tracy Bell
11/17/2012
Topic: When the Body Dies, part 2
Guest speaker: Char Barrett, director of “A Sacred Moment”
Funeral services

2/16/2013
Topic: What and how we learn from caring for someone who is dying
Guest speaker: Gerri Haynes, RN, death and dying teacher/mentor

6/22/2013
Topic: Four stages of spiritual transformation using death as a guide
Guest speaker: Rodney Smith

2/1/2014
Topic: Upajjhatthana Sutta: discourse on the Five Remembrances
Guest speaker: Bonnie Duran
Co-facilitated by: Tracy Bell

11/8/2014
Topic: Palliative Care
Guest speaker: Sharmon Figenshaw, hospice ARNP

3/7/2015
Topic: Thich Nhat Hanh: The Gift of No Fear
Audio talk: selection from CD set “Living Without Stress or Fear”
11/14/2015

Topic: Hospice in Real Life: How hospice works

Guest speaker: Stephanie Mehl, community educator
Hospice of Seattle

6/4/2016

Topic: End of Life Washington (Compassion and Choices): what they do
End of life planning
The “Death with Dignity” law

Guest speaker: Sally McLaughlin, current Executive Director
Director of Community Education

10/1/2016

Topic: Environment of care: where we die

We took a field trip to Enso House
Zen-based in-patient hospice on Whidbey Island

Guest speaker: Ann Cutcher MD, Medical Director of Enso House

4/22/2017

Topic: Postures and attitudes for being with dying

Facilitated by Tracy Bell
Summary of teachings we’ve had here: Rodney Smith, Gerri Haynes, Frank Ostaseski

Panel of experienced volunteers in our group:
Hospice volunteers, No One Dies Alone (NODA), etc.

10/14/2017

Topic: What is a Good Death

Guest speaker: Ed Lorah, Hospice MSW
Manager at Kaiser Permanente Hospice
6/23/2018
Topic: Who Am I: how death and dying informs us about loosening and losing “who we are” when we’re dying
Facilitated by: Tracy Bell

12/15/2018
Topic: The Power of Storytelling
Guest speaker/facilitator: Donna Oiland
End of Life Consultant, Author, Speaker

5/18/2019
Topic: Having Conversations about End of Life Wishes with Family and Loved Ones
Guest speaker/facilitator: Sharmon Figenshaw

12/14/2019
Topic: Being with Dying: Deepening our Practice
Facilitated by: Tracy Bell