Facing Death, Living Fully: A Quaker Reflection on Loss and Transition



David Sunderland

Albuquerque Friends Meeting House,
1600 5th St. NW, Albuquerque NM 87102

7–8pm, Thursday 19 November

How can facing death help us live more fully? Participants of this session will be invited to explore death, loss and transition, beginning through the lens of Quaker faith and testimonies.

Drawing on personal bereavement and major life changes, David will share the leading behind his book, *The Punctuation of Loss*, his Death Literacy Wheel consultations and his facilitation of loss cafés.

Together, we will consider how open conversation and thoughtful preparation can ease fear, deepen our appreciation of life and offer kindness to those we love. A reflective gathering with space for questions, shared experience and whatever uncertainties we each bring along. All welcome, Quaker or not. Light refreshments will be served.

David is a member of Geneva Quaker Meeting, Switzerland, and living in Brussels. Copies of his book will be on sale for USD 10. Find out more about him at www.intermundia.org