

SIMS Death and Dying Support Project

Mission Statement

The purpose and energy of the project is to nurture SIMS Sangha members' interest in supporting death and dying, to provide a forum for discussion, learning, and growth on the topic of death and dying in the context of our Dharma practice, and as an outcome of this, to offer support to SIMS members who are dying.

Learning Objectives

- ◆ Enhance awareness and diminish denial of death and dying.
See how we're conditioned to deny death.
- ◆ Get more comfortable with death in our lives: less fear, more presence
- ◆ How to be with people who are dying: being present, compassionate and useful
- ◆ Awareness of and preparedness for our own death
- ◆ Death and dying as Dharma practice: awakening to ultimate reality