



What's for

Dinner?

Thank you Chris & Sandy for giving me this idea. If you started reading in order to pick up some recipe or meal ideas, I've misled you. From an old movement called "Death Over Dinner" this "movement" begun in 2013 encourages people to gather over dinner and talk about what we want to happen when we die, which as their website says, is the most important and costly conversation America *isn't* having. There is actually a book about it too. The book is meant to help encourage people too create what they describe as an "uplifting, interactive adventure that transforms this seemingly difficult conversation into one of deep engagement, insight and empowerment."

The Inevitable

I totally agree that we are not having this important conversation, but I also know that there are two inevitables in life - death and taxes. And the two things we tend to fear the most (death and public speaking) leaves the subject of death NOT at the top of the list of things anyone enjoys or wants to think about, let alone talk about. So, because we humans tend to need to hear about things 7+ times before we act on them, that brings me to my recommended CTA (Call to Action) for this.

Look Around the Table

I am not suggesting you bring up the topic of death over dinner at one of your upcoming meals, holiday, or special event gatherings. Instead, to help your brain begin to ponder and think more about your final wishes, I encourage you to look around the table as you share meals this month and the next several in order to think about those smiling faces of family and friends. Ask yourself: How can I help keep those smiles on those faces down the road when it comes to my time to leave this world? Have I taken steps to ease that transition? Are

my wishes in writing and my records organized to help reduce the stress of that process? Have I really taken care of my loved ones all the way to the end?

Think Intentionally

How best do you do that? How do you trigger as little stress as possible during an already stressful and 100% guaranteed to happen event? The key is to think intentionally about it in advance. You want to avoid a scavenger hunt and instead make everything organized and findable for loved ones when the time comes.

The Stuff

And I can't reiterate enough that it is often "the stuff" that causes the most disagreement among families. I see "giving while you're living" becoming more popular. *Thank you Sandy O for sharing that with me.* Giving away items you already aren't using, especially when you know who you want to enjoy them after you are gone, is the perfect fit for that idea. One gave each of her daughters-in-laws a lovely crystal serving dish/plate from the Easter meal one year, as an example. She also shared jewelry from her working years that she no longer finds herself wearing.

The List

I hear a lot of stories about stoked notes on the back of items throughout the house as another way to designate who gets what. A personal property disposition list is another way to clarify your wishes. Any sheet of paper can also serve that same purpose as long as you clearly indicate the item, the name of the recipient, and sign/date at the bottom, storing it with your other estate planning documents. Not having anything in writing is too often an invitation for your heirs to "duke it out" amongst themselves, and unfortunately too often that is exactly what they will do!

Write Your Happy Ending

This thought process is really a gift you give to yourself AND your family ...end-of-life and estate planning peace of mind. So, I

encourage you to just keep this “Death over dinner” idea in your mind for a time as you look around the table at mealtimes. You are in charge of writing the happy ending for your life story. There is a website that has lots of ideas and tools, your family will eventually thank you!

Go to mindmoneymotion.com

Give your legacy a thought. Do you want to leave money to a favorite non-profit or educational foundation? Do you want to make life easier for your children and grandchildren or perhaps help them with higher education or debt? Perhaps your legacy may not be monetary, so you are giving thought to other ways you want to be remembered.

Maybe you can begin by telling in writing the story of your birth, your first job, your faith, your siblings, your definition of love and your life goals. Then review your own writing about these, add a few more questions to think about and maybe some pictures. Make it into a book.

This kind of project might serve the grandchildren so they have a sense of who their grandparent was at stages of life. I realize and am sad that I did not ask my parents more about their lives. Some stories were shared but I feel like I really did not know them well except in their role as my mom and dad.



Even sadder is that I did not have grandparents in my life but for those who do learn about them. I do have a few memories of my maternal grandfather, few. Family dynamics,

you know! I would have loved to hear about grandparents, mine came from Ireland but other than that I know nothing. I have lots of question about who they were-everything from how they got to America and survived and how it affected their marriages.

There is a company called STORYWORTH that can assist with getting things thought about and in writing for the next generations.

Book from Amazon. It's called “When I die”.

Maybe it is time? ? ?



Prayer intentions can be added to the cross for the entire Easter Season, that is until Pentecost. My thanks to Christine Hensch and Sandy Olenick for the ideas for this Grind.

Now, from Gloria Royal who recently had her 89th birthday and she shared from O'Donohue.

**To Come Home to Yourself
May all that is unforgiven in
you
Be released.
May your fears yield
Their deepest tranquilities.
May all that is un-lived in you
Blossom into a future
Graced with love.**

-John O'Donohue
To Bless the Space Between Us