

CHAPLAIN'S CORNER

Is It Normal to Talk About Death and Dying?

BY KATRINA

Yes, it is normal to talk about death and dying. Unfortunately, we often avoid the topics until they interrupt our lives. That needs to change. Death and dying are not only a normal part of the life cycle, they are a common eventuality. The article *How to Talk About Death and Dying* (Queensland Health, www.health.qld.gov.au) addresses the normalcy and commonality of death and dying in this way:

We all have different relationships with death, shaped by our personal experiences, religious or spiritual beliefs, culture, family history and current life circumstances. The one thing we all have in common is that dying and death will be a significant part of our lives. The simple fact is that we are all going to die, and most of us will experience losing people we love and care for during our lifetime.

The sacred texts of many religions echo the normalcy and commonality of death and dying for humans. An example of the echo is found in the book of Ecclesiastes. Located in the Hebrew Bible, Ecclesiastes 3:1- 2 states, "A season is set for everything, a time for every experience under heaven: A time for being born and a time for dying (Tanakh)." The text suggests humans have a common life span. Humans live and humans die. There is no exception.

If death is a normal part of the life cycle and we are all going to die, including people we love and care for, it is time to stop avoiding the conversation. Tuesday (October 26) at 7 p.m. my colleagues and I are hosting Death Cafe in Schewel 231. Part of our Cake Chats: Conversations with Our Chaplains series, Death Cafe will provide students an opportunity to wrestle with death and dying, and enjoy some cake and coffee. The goal is to provide an informal space to start the conversation.

If you are a student, please join us. If you work with students in a staff or faculty role, tell your students about Death Cafe and

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For a list of regularly scheduled fellowship group meetings, go to the [Spiritual Life webpage](#) and click on "Spiritual Organizations on Campus." Helpful Links on LinkTree at - [SpiritualLifeCenter](#)

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encourage attendance. If you have questions, please reach out to our office.

It is normal to talk about death and dying. Let's start talking!
Katrina



FOOD PANTRY

Pantries are located at the SLC Terrace Level Entrance (500 Brevard St.), 1st Floor of Hundley Hall, and OEI.

Donations currently needed include:

- Peanut Butter*
- Jelly and Jam*
- Soups, Stews, Chili*

(In other words, Comfort Foods!!!)

Sympathies, Concerns, and Congrats

Our sympathies are extended to:

- **John Barker** (Dining Services) on the death of his father.
- **Dr. Kate Gray** (Associate Professor Emerita of English / Assistant Director of Westover Honors Program), whose husband, Robert H. Gray, Jr. died. [Link](#) to obituary.

If you were not able to attend the Snidow Lecture on September 20, you may view our [video recording](#). The lecture, entitled "You Are Not Alone: Faith, Crisis, and Mental Health," was given by Rev. David Finnegan-Hosey.

Dates to Remember

Sundays at 4:30 p.m.
Weekly ROMAN CATHOLIC MASS
Snidow Chapel

Tuesday, October 26 - 7 p.m.
CAKE CHAT: CONVERSATION
WITH CHAPLAINS.
Topic "Death Cafe"
Schewel 231

Monday, November 1 - 8 p.m.
SERVICE OF REMEMBRANCE
Anyone who has experienced a loss is invited to attend. You may also contact the SLC to have a candle lit, even if you are not present. [Email](#) or call 434.544.8348.

The Chaplain's Corner is a newsletter published by the Spiritual Life Center (SLC) at the University of Lynchburg. We share campus concerns and updates, spiritual life events and activities, and words for the journey. If you have a joy or concern you'd like to share, reply to this message, email the SLC office - spirituallife@lynchburg.edu, or call 434.544.8348. We only share with your permission. Current and previous issues are on the SLC page of the University website - www.lynchburg.edu/spiritual-life.