

3. What are your top five concerns about death? They may include:

- Confronting the unknown
- Ceasing to exist as a person
- Knowing you will no longer be with persons you love
- Knowing loved ones will grieve after your death
- Wondering about your legacy
- Understanding beliefs concerning the afterlife
- Not accomplishing what you wanted while on earth

4. What support/guidance/help do you have to cope with the concerns you have listed?

5. In the past, what has prevented you from talking about death and dying?

You might find these concerns difficult to talk about for many reasons. You may wonder: Who should I talk to about my concerns? How do I initiate a discussion? How can I talk to my family members and friends without making them feel uncomfortable? How can I talk about my own state of death and dying without becoming overwhelmed?

These are “Big Questions.” Big questions don’t always have answers; they have stories. If you want to continue this conversation, please come participate in the discussion sessions Dr. Bill Buchholz has scheduled:

What Happens When We Die?

Facilitated by Dr. Bill Buchholz

Tuesdays, September 6 and September 13
7:30–9:00pm, Live Oak Room



*Touching heaven, changing earth
with head, heart and hands*

**Sunday, September 4, 2016
Luke 23:42-43**

We offer these questions for reflection during the service or during your week. Ponder them yourself, or discuss them with friends. Many small groups use them for discussion; if you would like to participate in a group, visit www.laumc.org/grouplife.

A note from Dr. Bill Buchholz: “Today’s questions are provocative. Even considering them may make you uncomfortable. It takes courage to ask them of yourself. Jesus said, ‘Be not afraid.’ This is good advice but hard to do. My patient once defined a hero as someone who is afraid and then goes ahead and does it anyway. Be a hero.”

1. Which do you fear more: dying or death?
2. What are your top five concerns about dying? They may include:
 - Being in pain or other physical symptoms
 - Being out of control
 - Not having a doctor/nurse you can trust
 - Being alone
 - Being dependent

