



## Dealing with Life's Season of Winter

Q4 2026

Description: Making the most of the final season of life.

Estimated time: 1.5 hours

### (1) Getting acquainted and comfortable

5 - 10 min.

Welcome

Thank you for coming...

We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

### The Pillars of The Great Reset

To share our own thoughts and perspectives with humility

To learn from others and listen with respect

### Ground Rules

Every comment is valid and deserving of respect

We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking

In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

### Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

**\*\*\*Remind everyone we're recording but we won't use any clips without their approval\*\*\***



## **General Introductions:**

**5 - 10 min.**

Personal Introductions

Please share your name, where you live, and what is the general longevity in your family.

**15 - 20 min.**

(1) **To everything there is a season.** I'm in my life's (winter, summer, spring or fall, depending on your age). You may be in another season but we are here to discuss how you can either help someone through their final season, or how you might make yourself better prepared for your own.

(1) Can I have a show of hands of those of you who have helped someone reach the end of their final season? We'll chat about that in a moment.

(2) But now, give me a show of hands of those who are prepared to deal with their own winter when it comes.

## **Some responses to a FaceBook post on this topic:**

- Fear about being mobile, bedridden, unable to communicate
- Fear my beliefs are false. Fear of no afterlife which leads back to my beliefs
- Fears my death will be painful. No goodbyes.
- Fear of suffering
- Questioning my life lessons

## **(2) Unexpected death**

**15 - 20 min.**

- Suppose you had a family member or friend who had someone close to them die suddenly and unexpectedly. What would you say to them or do that you feel would help them manage their grief?
- If you were in their shoes, what would you want someone to say or do to comfort you in your grief? What would you want someone **not** to say or do?



### **(3) Death after a long illness**

**15 - 20 min.**

Now take the situation where someone's family member or close friend passes away after a long illness or from very old age.

- What would you say to them or do that would help them manage their grief?
- If you were in their shoes, what would you want someone to say or do to comfort you in your grief?
- What would you want someone **not** to say or do?

### **(4) Acknowledging and accepting death**

**30 - 35 min.**

- Do you have a written advanced directive?
- Does your doctor AND family know your final wishes?
- Have you spoken with your doctor and family about this?  
Especially in a state which allows medical aid in dying. Why or why not?
- How necessary do you feel they are, and why or why not?

Elizabeth Kubler-Ross said: **“It is difficult to accept death in this society because it is unfamiliar. In spite of the fact that it happens all the time, we never see it.”**

- What do you think Elizabeth Kubler-Ross meant by that?
- How does your belief or not in an afterlife affect how you live and how they face their own mortality?

### **(5) Closing comments**

**5 - 10 min.**

Any additional comments about death and dying?

Survey Link: <https://forms.gle/eWb8ZH34QeRvTxp87>