

# A GOOD DEATH

'I am not afraid of death; I just don't want to be there when it happens'

Woody Allen's famous quote probably sums up how most of us feel about our ultimate destiny. We prefer not to think about death; we find it morbid, uncomfortable, fearful. And yet it is of course the one reality we all must face; we all have to be there when it happens.

All the great spiritual traditions encourage us to think about death, not to control us or scare us into converting, but actually to help us live while we are alive. We all die, but sadly we don't all live. Ironically, it's death that gives life its perspective. This life is short, fleeting, precious. We only get one shot, so live it well; invest in what really matters.

Is it possible to have a good death, to die well; die healed?

This is the question we'll be exploring with Isabel Hospice's Spiritual Care Lead Rachel Allen on Thursday 7<sup>th</sup> November 8pm in St Andrew's Church. Our hope is to provide a space to be honest about those things we find difficult or fearful around death; a time to think about how we would like to end our time on Planet Earth; an opportunity to reflect on what is really important to us; of connecting with our own sources of comfort, strength and hope. Ultimately, it's an evening about life. And it's for people of all religions and none. What it definitely won't be is Christian propaganda.

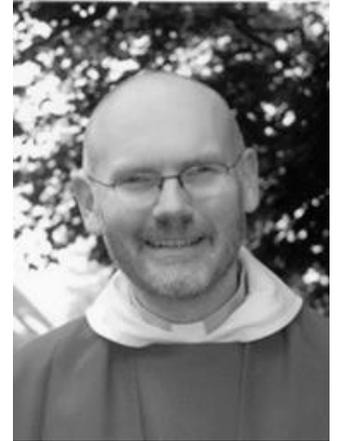
So, think about coming if you can. It might just be one of the most important things you ever do. It might just help us all discover a little more of how we might better live while we are alive.

Alan

P.S. Refreshments from 7.30pm

## WELCOME!

I am pleased to welcome everyone to St Andrew's, but in particular visitors and newcomers. Details of services are given at the back of the magazine. If you wish to know more about anything



mentioned, please get in touch with the contact person named in the article or speak with me or one of the churchwardens. For contact details, see the page opposite.

The church is open during daylight hours, and there is a prayer space by the main door where there is an opportunity to post prayers on the prayer board and light a candle.

### Sunday 3<sup>rd</sup> November

All Age Service is on **this (first)** Sunday at 10.30am

Annual Service for the Bereaved at 2pm is an opportunity to remember by name those who have died in the last two years and light a candle in their memory. You're warmly invited to stay afterwards for refreshments. There will also be an opportunity to sponsor a rose in memory of a loved one with donations going towards the bereavement charity, Cruse. If St Andrew's/St Mary's clergy did not conduct the funeral of a loved one you would like to be remembered, please add their name to the list at the back of church or email the parish office [standrew.hertford@btinternet.com](mailto:standrew.hertford@btinternet.com)

### Sunday 10<sup>th</sup> November

Remembrance Day Service is at **9.15am** (there is no service at 10.30am)

THE CLOSING DATE FOR THE DECEMBER/JANUARY MAGAZINE IS **SUNDAY 24<sup>TH</sup> NOVEMBER**. Please send copy by e-mail to [hertfordsta@aol.co.uk](mailto:hertfordsta@aol.co.uk) or post to Richard Taylor at 22 Highfield Road, Hertford SG13 8BH (Tel. 01992 302995).