


Queries for Aging and Dying Well

These queries can prompt you to discover what matters most to you. We invite you to reflect upon them alone or in a small group. It is easy to hold a workshop with these questions. Just ask, and responses come pouring out.

Afterwards, use your insights to take action. Hold tender conversations about them with the people dearest to you. It will be a gift to them and to yourself.

Feel free to reprint these queries, crediting  *ATender Time* and Baltimore Yearly Meeting.

Getting older:

How do I see myself aging? What are the gifts and challenges of aging?

What changes are necessary now? Do I accept and allow them?

How is my spiritual life changing as I get older? Am I open to grace as my capabilities change?

Who will I be as the things that have defined me fall away?

What helped me in the past with fear, loss, and grief?

Who and what will help me adapt to change now?

Am I open to receiving care? Who will take care of me?

Do my legal documents reflect my spirit?

What support would I like from my Meeting for these issues?

Affirming and letting go:

What possessions and activities do I still treasure? What can I let go of now?

Does anything stop me from letting go of things I really don't want? What would make letting go easier?

Is there someone I need to reconnect with before I die? Is there someone I need to forgive, or whose forgiveness I need to seek? Have I said everything I need to say?

Do I recognize the good I have done? Do I have regrets to resolve?

Do I forgive myself?

Appendix – Queries

Page 1

Do I believe I am worthy of mercy and love?

What am I grateful for? Have I expressed my love and gratitude?

Reassessing my life's work and purpose:

If death were imminent, how would I devote my remaining time? Do I want to do that now?

What has been the arc of my life?

How is Spirit moving in me now? What am I called to do and to become?

What work will always be mine? What work am I ready to complete? to lay down?

What has been most meaningful in my life? Am I honoring that?

Do I want to pass on my life's work? How?

Do I want to impart my wisdom? How?

Have I let myself be known? How do I want to be remembered?

Facing mortality:

How have the deaths of others affected me and shaped me? What do these experiences teach me?

What are my emotions about my own mortality? the mortality of people I love?

What do I believe happens after death? Is there an afterlife?

How does my faith inform my understanding of death?

Do I need help preparing for a coming loss? What form would that help take?

Are people around me grieving? How shall I respond to them?

Am I willing to support others who are facing death? How?

How would I like my Meeting to address these concerns?

Directing my end:

Do I want my life to be celebrated before I die?

What are my hopes and fears for my death?

How would I describe a “good death”? Where do I want to die? In whose presence? How conscious do I want to be? What would comfort me as I die?

How much medical information and control do I want at the end?

How do I value my quality of life relative to the length of my life? Under what circumstances do I want life-prolonging care?

How will I know it is my time to go?

How do I feel about Medical Assistance in Dying?

Does my Advance Directive reflect my spirit?

How can I help my family be at peace with these decisions?

After death:

Have I a definite vision for what happens to my body after death?

Have I made any arrangements for after death, and told my loved ones?

Do I want a memorial service? a memorial meeting in the manner of Friends? Do I have specific requests?

What support do I want my dear ones to receive from the Meeting?