

## References and Support: Annotated List of Resources about Aging and Dying

No list of resources can be complete. Our hope is to start your journey and to support a growing conversation.

### **Quaker Organizations**

ARCH (Aging, Resources, Consultation, and Help). <https://nyym.org/arch>. A program of New York Yearly Meeting. Creates opportunities for caring connection and mutual accompaniment for aging Friends and their loved ones through yearly meeting-wide workshops, peer groups, and one-on-one support.

Baltimore Yearly Meeting End of Life Working Group. [https://www.bym-rsf.org/what\\_we\\_do/committees/endoflife](https://www.bym-rsf.org/what_we_do/committees/endoflife). Offers workshops and resources on end of life to monthly meetings in BYM and beyond.

Friends Foundation for the Aging. <http://friendsfoundationaging.org/about>. Advances healthy aging for older adults and their families. Grounded in Friends' values, it facilitates networking among organizations and supports innovation and leadership.

*Friends Journal*. <https://www.friendsjournal.org>. A monthly magazine with many pertinent articles on end of life. Special issues include *Aging and Life's End*, July 2004; *Aging*, October 2013; and *The Art of Dying and the Afterlife*, August 2017.

Quaker Aging Resources. <http://www.quakeragingresources.org>. Links to Spirit-centered resources for aging Friends. Includes chronic illness, disability, grief, and caregiving. A joint project of New York and Philadelphia Yearly Meetings.

QuakerBooks of Friends General Conference.

<https://quakerbooks.org/collections/support-in-grieving>. A wide range of books on grief, death, and dying for Friends.

### **Quaker Meetings**

Britain Yearly Meeting. *Quaker Faith & Practice: The Book of Christian Discipline of the Yearly Meeting of the Religious Society of Friends (Quakers) in Britain*. Warwick, UK: Warwick Printing Company Limited, 1995. <https://qfp.quaker.org.uk>. Among the topics are caring for one another throughout life, eldership, bereavement, memorial meetings, and burials.

Langley Hill Friends Meeting. *Decline and Death: Planning and Coping*. McClean, VA: Langley Hill Friends Meeting, 2018. [http://www.langleyhillquakers.org/death\\_decline.aspx](http://www.langleyhillquakers.org/death_decline.aspx). Spiritual queries, practical help with planning, and a survivors' guide. The precursor to *A Tender Time*.

Maury River Friends Meeting. *Planning Ahead: A Gift for My Family, and Meeting the Responsibilities for Planning the End of Life*. Lexington, VA: Maury River Friends Meeting, 2014. A comprehensive local guide with tear-out sheets to help prepare practically and spiritually for death and dying. An excellent model for what meetings can do. Out of print but being updated.

New England Yearly Meeting. *Dying, Death, and Bereavement*. Worchester, MA: New England Yearly Meeting, 2019. <https://neym.org/faith-and-practice/dying-death-and-bereavement>. Relevant sections of New England Yearly Meeting' *Faith and Practice*.

### **Quaker Authors**

McIver, Lucy Screechfield. *A Song of Death, Our Spiritual Birth: A Quaker Way of Dying*, Pendle Hill Pamphlet 340. Wallingford, PA: Pendle Hill Publications, 1998. Both a historical report and a personal inquiry into how our Quaker way of living intentionally flows into dying consciously. She concludes that dying is a spiritual birth into a fuller relationship with God.

Ostrom, Warren. *In God We Die*, Pendle Hill Pamphlet 385. Wallingford, PA: Pendle Hill Publications, 2006. Insights on trusting God and finding clarity in our choices at the end of life.

Taylor, Phyllis B. *A Quaker Look at Living with Death and Dying*. Philadelphia: Philadelphia Yearly Meeting Family Relations Committee, 1989. <https://www.librarycat.org/lib/VicRML/item/132405076>. Topics include AIDS, SIDS, trauma, suicide, and aging.

Yungblut, John. *On Hallowing One's Diminishments*, Pendle Hill Pamphlet 292. Wallingford, PA: Pendle Hill Publications, 1990. A lifelong student of mysticism shares the experience of contemplative prayer in facing many forms of diminishment: birth defects, natural disasters, aging, and death.

### **More Authors**

Butler, Katy. *The Art of Dying Well: A Practical Guide to a Good End of Life*. New York: Scribner, 2019. Practical and spiritual wisdom for aging well and dying comfortably with meaning and purpose.

Enright, Dennis J., ed. *The Oxford Book of Death*. New York: Oxford University Press, 2008. Anthology of perspectives on death, from literary and personal sources.

Gawande, Atul. *Being Mortal: Medicine and What Matters in the End*. New York: Henry Holt, 2014. A surgeon advocates for a medical culture focused on quality of life.

Harwell, Amy. *Ready to Live, Prepared to Die: A Provocative Guide to the Rest of Your Life*. Wheaton, IL: Harold Shaw, 1995. Written by a cancer patient to inspire others to live fully, this book includes a provocative checklist of preparations.

Kübler-Ross, Elisabeth. *On Death and Dying*. New York: Macmillan, 1969. Explores our society's responses to death. A classic based on listening to dying patients.

Kübler-Ross, Elisabeth. *Questions and Answers on Death and Dying*. New York: Collier, 1974. A companion volume to her classic above.

Levine, Stephen and Ondrea. *Who Dies? An Investigation of Conscious Living and Conscious Dying*. New York: Gill, 2000. Shows how participating fully in life is preparation for what comes next. Draws on many faith traditions.

Nearing, Helen. *Light on Aging and Dying*. Gardiner, ME: Tilbury House, 1995. A lovingly compiled anthology of comforting and challenging favorite passages.

Nearing, Helen. *Loving and Leaving the Good Life*. White River Junction, VT: Chelsea Green, 1992. A book of grief, memories, and moving on. Includes a description of Scott Nearing's good life and good death.

Park, James. "Best Books on Preparing for Death." 2018. [https:// s3.amazonaws.com/aws-website-jamesleonardpark---freelibrary-3puxk/B-PREP](https://s3.amazonaws.com/aws-website-jamesleonardpark---freelibrary-3puxk/B-PREP). An annotated bibliography of fifteen books. Links to bibliographies on advance directives, voluntary death, terminal care, helping parents to die, right to die, and opposing the right to die.