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End of life - The great pilgrimage

Feb 9, 2008 at 10:53 AM [Post a comment](#)

As I grow older, I find myself as companion, occasionally, to friends trying to navigate the rocky shoals of the death of a loved one. Each of us has to do this at some time in life, and will have to do it in our death. It can feel solitary, but it does not have to be alone.

All of us can be fellow pilgrims on journey with a friend or with family: we will surely find ourselves helping navigate relationship as we try to understand and gently hold our emotions, our lack of knowledge about medical care and options, our fears and frustrations, and the various emotions that will linger even after the death of our friend.

Sometimes health care professionals seem distant, or confound us with their technical knowledge and skill, but for them we are grateful. I am especially grateful for two experienced and compassionate doctors, David Feldman, and Andrew Lasher, who have recently published a book that helps empower patients and their families. They are an excellent team, representing both mental and medical health care.

And as they write, they not only provide information for those "on the ground," they do so in a way that reveals their professional wisdom is grounded in authentic compassion - the kind of compassion that comes from knowing and loving real people first as a real person, and then as a wise and caring professional.

Can you believe the book is actually easy to read - it's not like picking up a medical dictionary!

If you or someone you know needs a short, user friendly, comprehensive guide that considers both the technical, emotional and relational aspect of this part of life's journey, please pick it up and give it to them, or recommend it - even libraries are catching on to this critical work, so it should be easily available to folks without having purchase it.

If you would like to hear one of the authors, David Feldman speak, you can join us at St. Giles Episcopal Church on February 24th (worship is at 9:00 am, followed by coffee hour). The forum with David will begin around 10:30. You can find St. Giles through our webpage: <http://www.stgiles-moraga.org/>

For more info on Lasher and Feldman's book, take a peek:

& David and Andrew -- THANK YOU!

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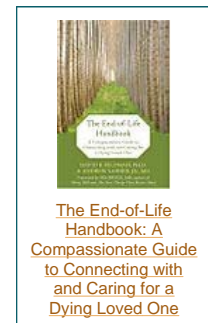
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