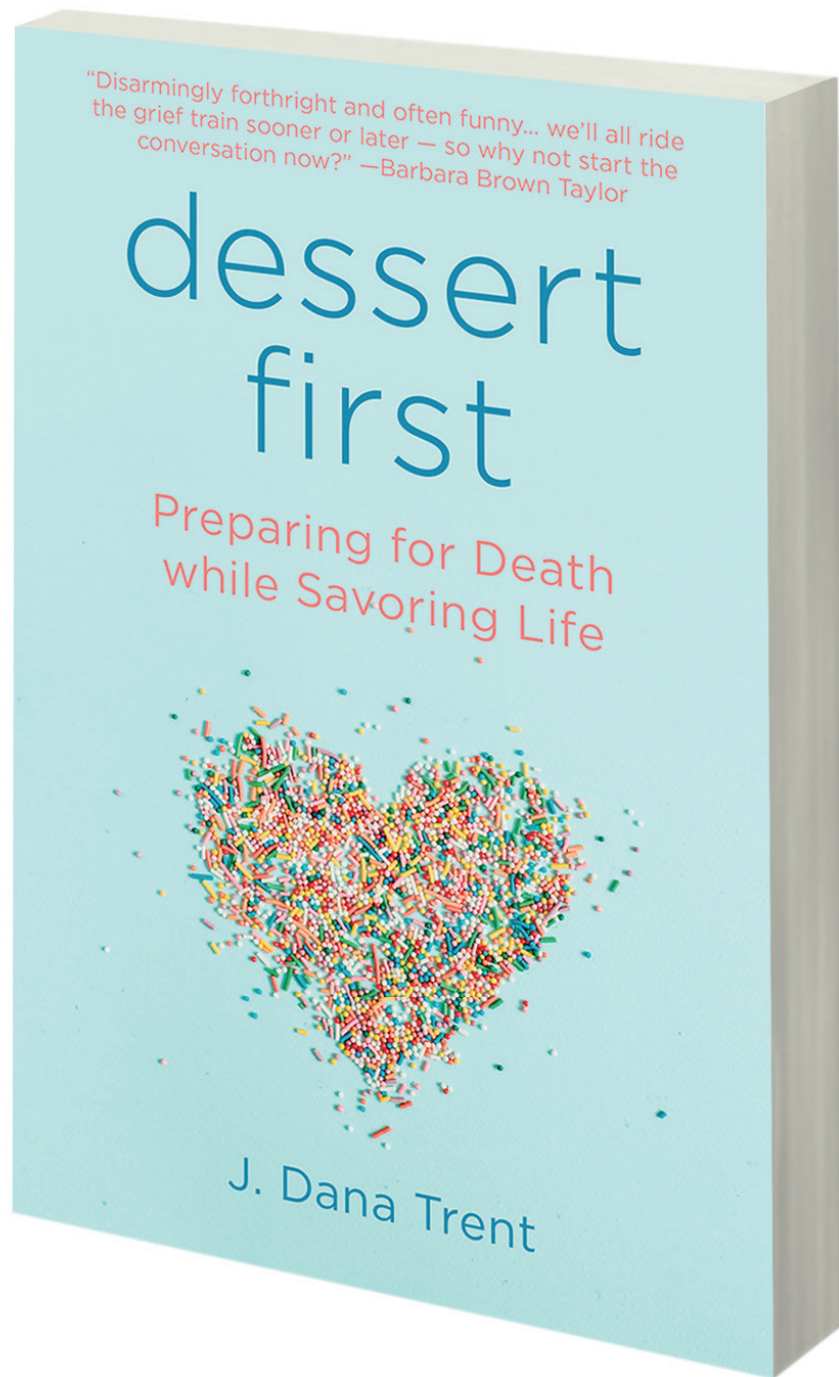


Death Over Dessert Discussion Guide



A Companion Resource
to Dessert First

Death Over Dessert

A Virtual Discussion Guide for Groups

Pandemics are terrible, death is scary, and grief is real. We're here to help.

What it is: "Death Over Dessert" is a virtual small group space that helps us name the hard stuff. The pandemic brought heavy losses to our homes and communities. Let's talk about it, preferably over chocolate.

What it is NOT: "Death Over Dessert" is not a magic eraser. It is not meant to solve death nor the world's problems. It is a sweet gathering of thoughtful people who want to listen, share, and encourage one another.

Who can participate? Anyone! [*Dessert First*](#) is recommended as a practical resource for learning how to talk about and cope with grief, frustration, sadness, anxiety, and the pain associated with anticipatory and actual death on a global and personal level. This book and virtual group is for the worried, the anxious, the sad, the bereaved, the caregivers, the front line pandemic professionals, the parents, the jugglers of family and work, and all those who've longed to make meaning out of life--and death.

Who can lead? If you've read *Dessert First*, you'd make an excellent virtual leader. Use this [free small group guide](#), "How We Gather," and "The 10 Commitments," as a framework for gathering your "Death Over Dessert" group.

How We Gather:

1. Gather your "Death Over Dessert" group virtually. Stay safe. Keep meetings to no more than one hour.
2. Open your gatherings with a ritual: light a candle, read a poem, hold a minute of silence.
3. Encourage attendees to enjoy their favorite dessert as they listen and chat. Icebreaker idea: What's your first memory of eating your favorite dessert?
4. Begin conversation with one focus or themed question. Allow organic conversations to bubble up.
5. Close with a ritual of gratitude: encourage everyone to name one tiny thing they are thankful for.
6. Agree upon the next meeting time and focus/themed question.

The 10 Commitments

1. We commit to taking turns leading so no one person has too heavy a load.
2. We commit to making this a safe, confidential space.
3. We commit to sharing air time equally.
4. We commit to ensuring everyone who wants to be heard is heard.
5. We commit to empathy and respect.
6. We commit to attentiveness in meeting everyone where they are.
7. We commit to remembering that everyone's experience of the pandemic, loss, grief, and life is unique.
8. We commit to remembering that death--whether it's deeply personal or abstract and "out there"--is hard.
9. We commit to preparing for death while savoring life.
10. We commit to eating dessert first! :)

No matter your situation, a "Death Over Dessert" virtual guide can be a companion in these chaotic times.

Please note that [for bulk orders of 10 or more](#), author J. Dana Trent is available for pop in at your "Death Over Dessert" group! (After your purchase, email Marketing@ChalicePress.com to schedule your Zoom.)

Connect with Dana and share your reflections, questions, and comments with her on [Facebook](#), [Twitter](#), and [Instagram](#).