

**BEFORE WE SAY GOODBYE...
TALKING ABOUT DEATH SERIES - PART TWO
NORMANDE LUTHERAN CHURCH
NOVEMBER 6, 2011**

Session 4: Having the Conversation: A Heart to Heart with Aging Parents

Facilitated by Pr. Nancy Windels

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Discussion Questions

What do you remember about how your aging relative were cared for when you were growing up?

How does that inform how your family is having these conversations?

What are the conversations you have in your head but don't talk about?

What's holding you back?

Going Deeper:

What has been the hardest thing about seeing your parents struggle and need assistance as they age? What has been the hardest thing about your own aging challenges and not being able to do what you used to?

"My help comes from the Lord who moves heaven and earth." How has your faith been a help for you in this journey? What help has God provided in your community to walk with you as you age?