

# So, You're Hosting a Death Dinner...

## TIPS FOR HOSTING



1

Each table has only one print out of conversation prompts for the evening. Choose one person per table who will read each question to the group and also answers when it's their turn. No looking ahead! You want to be able to listen fully to the person speaking vs thinking of your next answer.

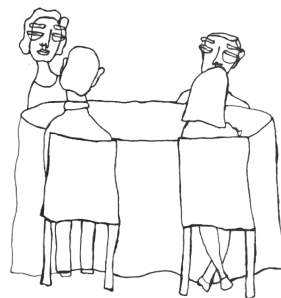


2

Supply one candle per participant. In the beginning, each person lights a candle to honor someone who has passed. Make sure each table has a lighter.

3

When there's more than one table, remind everyone before dinner starts to use indoor voices so volume in the room doesn't become a distraction.



4

Also remind everyone that sharing as vulnerably as possible is the name of the game. Make sure that everyone has time to share, and we often suggest to the table that no one should hog the talking stick.

5

If at a restaurant, place your dinner orders with the servers before you begin. This minimizes interruptions during dinner. It is helpful if servers coordinate with the kitchen to begin bringing food after all of the candles are lit. Let the guests know that food will not come until everyone has honored someone who has passed. Communicate these needs with the servers before guests arrive.



6

If you're cooking, make it easy and as stress-free as possible. It will be a gift to yourself to begin the evening without carrying unnecessary anxiety into the experience.

7

Sometimes there will be people who metaphorically hold their cards close to the chest for the entire dinner. In this case, the facilitator can use a bonus question: If you just found out you have 1 hour to live, you cannot leave where you are, your loved ones cannot come to you - you can only make one call, who do you call and what do you say to them?

*Thank you for hosting a death dinner!*



# So, You're Attending a Death Dinner...

## WHAT TO EXPECT



1

Turn off your phone. Or better yet, leave it in another room. If you absolutely must have it, say, for work or children, please make sure it is only accessed for those reasons.



2

Give all of your attention to the person who is speaking.

3

Don't be scared. Over a hundred thousand people have participated in these dinners and had transformative experiences. It's like a board game, so give yourself permission to enjoy it.



4

Maybe go easy on the sauce. Have a drink or two if that is your preference, but consider that getting too tipsy at a death dinner isn't that fun for anyone.

5

This experience will likely be boring if you're unwilling to share vulnerably. So open up. It's much more exciting and meaningful when everyone reveals bits of themselves at the table.



6

#weareallhuman

*Thank you for attending a death dinner!*

