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Reflection Paper – How to Talk with my Family about my Death.

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04/26/2023

A Letter of Love: Embracing Mortality and Finding Meaning in Life

As I sit here reflecting on my life, I am struck by the realization that death is inevitable. Regardless of whether I am prepared or not, it is an event that will one day come to pass (unless Jesus returns before then). Though I do not know when or how it will happen, I know it will occur sooner or later.

Perhaps my age has brought me to this place of reflection. As I approach 60 years old, the passing of time becomes more apparent, and the inevitability of death feels more natural. Our culture associates age with the time we have left on this earth. As we grow older, we become more aware of the ticking clock and the preciousness of every moment.

In some ways, this awareness can be a gift. It allows us to appreciate life's beauty in ways we might not have before. It prompts us to seek new experiences, loves more deeply, and cherish the people in our lives. However, it can also be a burden, weighing heavily on our hearts and minds.

Although I never considered talking about my death with my family, a paper about the topic brought the subject to my reality. Making me consider writing a letter to them about the day of my passing. It could be an easy way to bring this sensitive topic for them.

My dear daughters, grandchildren, and family,

First, I want to declare my unconditional love for you. I am so grateful to God for making me a mother, a grandmother, a daughter, a sister, a friend, and a woman. This gives me a sense of identity in life. It is a blessing. And each day of my life, I have a purpose for being alive

because I have you, who I love and who loves me so much. And nothing in this world can take of us this attachment. It is an eternal love.

However, life is a limited process here in this plan. So, let us talk about my death day and beyond.

Death is a subject that we often avoid discussing. We push it away, pretending it will never happen to us or the people we love. However, the truth is that death is a natural part of life, and it will come for us all.

So, how can we come to terms with this inevitability? How can we live our lives in the face of our mortality? There are no easy answers, but it begins with acceptance and living our life in a way that we can say in the end it worth it.

I have tried to live fully, enjoying every moment with you, the people I love, pursuing my passions like studying, traveling, giving thanks daily and taking care of my physical and mental health to enjoy the time I have left. It also means facing my fears and uncertainties about death to make peace with it and find meaning in my life. I have regrets and I make mistakes, but I believe in Jesus' redemption and His ability to take my guilt away from me. It calms my soul and makes my journey lighter.

However, in the end, death will come as a part of the human experience. We all must face it, whether we are ready or not. It does not have to be something we fear or avoid. By accepting our mortality and living our lives to the fullest, we can find peace and meaning in the face of our inevitable demise.

It's natural to feel sorrow when someone you love passes away, and I understand that my passing will be a sad day for you and my loved ones. However, I want you to know that my passing is not an end but rather a transformation process. It will be a unique and memorable day, marking the last day of my life on earth, but it will also celebrate the first day of my eternal life with God in heaven.

This knowledge gives me a sense of security, knowing my life will continue beyond this physical world. I believe in the afterlife and the promise of heaven, where I will be reunited with loved ones who have passed before me. It is a comforting thought that I will be in a place of peace, happiness, and eternal life.

So please, do not see my passing as a finality but as a transition. Although it may be hard to let go, I take comfort in knowing I am at peace and in a better place. I will be waiting for you in heaven.

Remember that death is a natural part of life, and it is essential to accept it as such. Feeling sad and grieving is okay, but do not let it consume you. Remember the memories we shared, our love for each other, and the joy we brought to each other's lives. Please focus on our positive moments together and cherish them always. So please find comfort in knowing that I am at peace, and we will be reunited in the next life.

I would like to be cremated and my ashes spread in a garden. It will provide a last way to connect me with nature. For my ceremony, I want classical and relaxing music to be played in the background and pictures of us displayed to celebrate the memories we created together. I want to create a peaceful and reflective atmosphere, allowing those attending the service to remember and cherish the moments they shared with me. I think displaying pictures of happy times can comfort people, as they can see the joy I brought to their lives and the memories that will be treasured forever. That way, those who come to honor me can see how happy I was with my family and friends. If someone wants to say something, it is okay, and I would like to ask you to make a prayer to talk to God for my life, to express my gratitude for being his child, for being saved for Jesus, for having a family, so many friends, so much energy.

Grief, like death, is an inevitable part of life, and losing someone we love can be one of our most difficult experiences. Giving yourselves time to accept your loss and process your emotions is essential. Everyone grieves differently, and there is no right or wrong way to do it. So, take your time. Finding a new significance for my life in your life. It can also help you to heal and move forward.

Finally, I would like my belongings to be donated and my assets to be divided among my three daughters.

This letter is a testament to our bond, a reminder that our time is limited, and a declaration of love. It is also a letter of hope, faith, and finding meaning in life. Because, inevitably, life here is limited, the unique thing that will be forever is the love we have for each other and the hope that we will meet again.

With love