

# conversation sabbath

November 6–15 | #ConvoSabbath

## 2015 Conversation Sabbath Fact Sheet

**WHAT:** The Conversation Project's mission is to ensure that everyone's wishes for end-of-life care are expressed and respected. Reaching out to people where they live, work, pray and gather, the nonprofit promotes having values led conversations about a topic that touches every human life: how we want to live at the end of our lives. This November, in an effort to expand its reach within the faith based communities and shine light on the congregations that have embraced The Conversation Project's mission, the organization is hosting its first ever Conversation Sabbath. Conversation Sabbath is a nationwide celebration where clergy will commit to preaching or teaching on the vital importance of having The Conversation.

**WHY:** The faith community is a powerful voice for change. Studies show that while 90 percent of Americans say it's important to discuss their own and their loved ones' wishes for end-of-life care, only 30 percent actually do. Similarly, 70 percent of people say they want to die at home, but in reality, 70 percent die in hospitals or institutions. Religious leaders can help close this gap. Clergy see too often how avoiding conversations about end-of-life care can leave family members in the dark. Confusion about a loved one's wishes can result in strife at the bedside, increased grief and depression for caregivers, and can cause lasting damage in the relationships between families and loved ones. Religious institutions participating in Conversation Sabbath are celebrating their congregation's collective readiness to share wishes about end-of-life care with loved ones and clinicians. The goal: to ground conversations about the kind of care we want in our values and faith and to talk about a topic that touches us all: the reality of our mortality.

**WHEN:** Conversation Sabbath will take place November 6 through 15, 2015.

**WHO:** Dozens of congregations in Greater Boston have committed to taking part in Conversation Sabbath, sharing each faith's teachings on this critical topic and supporting congregants in having the conversation in familiar settings, and not during a medical crisis in the ICU. As word of Conversation Sabbath spreads, congregations in cities nationwide are joining, including Springfield, Mass., Reno, Nev. and in Marquette, Mich.

**HOW:** All religious faiths are welcome and pledging to join Conversation Sabbath is easy. Congregations can RSVP by clicking [here](#) or by contacting The Conversation Project's advisor of faith based Initiatives Rev. Rosemary Lloyd, by email [rsmllloyd@gmail.com](mailto:rsmllloyd@gmail.com) or phone (617) 359-3372, to ask questions or talk through programming ideas that might work well in your congregation. Clergy are encouraged bring The Conversation Starter Kit to their congregants, an easy to use step-by-step guide that helps people have "the conversation" about their preferences for end-of-life care. The guide is designed to be used by families, or by individuals, as a way to help them think about and communicate important end-of-life decisions.

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**For Photo, filming, or interview opportunities regarding Conversation Sabbath Contact:**

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