



PEARL COLLECTIVE

Community Voice

October 2020 | Issue 6

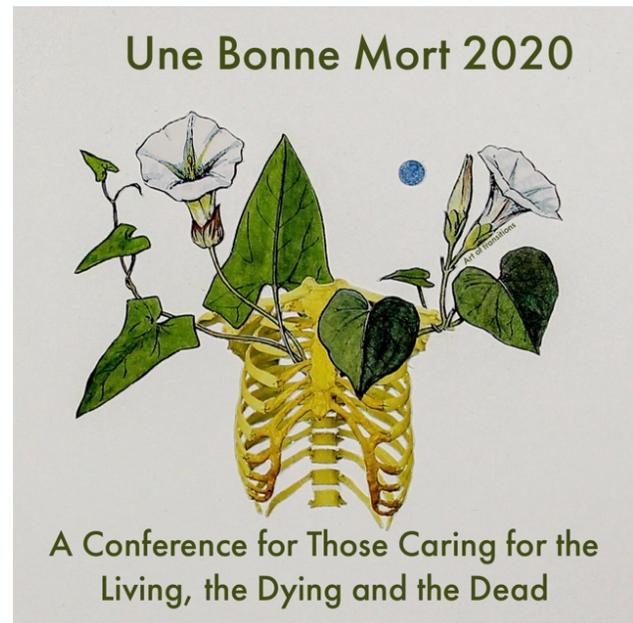
¿Quieres recibir el boletín en español? [Regístrate para la versión en español](#)

Une Bonne Mort
November 14 & 15
[Tickets on sale now](#)

After attending many conferences, seminars, workshops, and classes about death and dying, the organizers of Une Bonne Mort identified too few conversations about access, systematically marginalized humans, autonomy, and community.

We hope that conference attendees will include medical & non-medical professionals, human resources managers, hospice home owners, neighbors, students, and other caregivers. May we learn together and help increase access to care.

One conference doesn't increase access – continued work, advocacy, and education does. We will have 500 individuals who want to make a change, all in one space, and together we possess the ability to directly impact the way that people in our community die. When we all work together, we make meaningful change.



PEARL COLLECTIVE EVENT CALENDAR

See what's happening [this month](#).



Skills Builder: Think in Color 2020 Workshops

Get access to free tactical business workshops by 20+ underrepresented entrepreneurs revolutionizing the online space.

Une Bonne Mort 2020 Nov 14th & 15th

May we learn together and help increase access to care.



Daemond
Arriandell



Anastacia-
Reneé



Tracy
Stewart



Morgan
Yarborough



Davinah
Simmons



Lashanna
Williams



Oceana
Sawyer



Mariangela
Abeo

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Register www.unebonnemort.life

UneBonneMort.life



Fall Applesauce

- 10 Apples
- 1/4 cup of cinnamon (or 6 whole sticks)
- Lemon
- 1 whole orange, zested
- Touch of sugar
- Pinch of salt

Stew apples with cinnamon and lemon. Once the apples are soft, put them through a fruit mill. Add milled apples, more lemon, orange zest, and sugar in a pot and cook until it tastes just right.

What is your favorite fall recipe? [Email us](#) or share it online and tag Pearl Collective!



The ways that you are able to care for yourself are important. We are consistently trained by the society that we live in to go, go, go and do, do do. Resting and caring for yourself is an act of self-love and radical activism.

- REST
- Smell things that make you happy
- Eat food that makes you feel good, that nourishes your cells and your mind
- Drink water
- Get sunshine
- Use herbs like lavender, mugwort, rosehips, chamomile & cornflower
- REST
- Take full deep breaths to honor the life that you're living
- Manifest your dreams
- Forgive yourself
- Invite growth and change
- Give and receive grace
- Trust your gut
- REST

Artwork by: The Good Witch I

[Instagram: @thegoodwitchofcascadia](#)

Submit your artwork to our next newsletter: pearlcollective2018@gmail.com.



Women, Wine & Wills
Wednesday, October 21
6:00 - 8:00 pm

Grab a glass of wine and join Jenny Ling, an experienced estate-planning attorney, and Sarah Georger-Clark of Cloud City Homes at this FREE event to learn how comprehensive planning enables peace of mind, knowing that your family is taken care of and that are no question about your wishes.

We will discuss essential considerations for estate planning, including:

- What happens if you don't plan
- What to consider when creating your will
- Guardian nomination for minor children
- The importance of incapacity planning
- How wise and thoughtful planning can protect your adult children
- The benefits of trust planning
- How you can do your estate planning virtually, from the comfort of home

Sarah will discuss the current real-estate market in the Seattle area. She will cover how current events are affecting the mindsets of buyers and sellers, how we can make an inclusive and anti-racist impact through real estate, and what we may expect in the upcoming months.

Register today (FREE)

The Law Offices of Jenny Ling, PLLC

My Grief Story

by Nicole Comach

I was 15 when my Pa passed. He had been in bed for hours, rolling around in discomfort and pain, and saying things that made no sense to the common ear.

Earlier that morning, my grandma Baba had taken Pa for a routine checkup with his doctor. These routine checkups were pretty regular since Pa was slowly dying of what I called 'a broken liver'. You see, Pa was an alcoholic most of his life. He drank when he was happy, he drank when he was mad and sad, he drank morning, noon, and night, really. For many years leading up to his death, the doctor told Pa that his drinking would have a dramatic impact on his body, at a young age, if he did not get control. Alcoholism is a disease, and we watched Pa drink at parties and holidays, while watching football games, in the kitchen making breakfast, and in the garage listening to Patsy Cline.

In the Summer of 2001, Pa was given an ultimatum. His doctor said he needed either to stop drinking and live for a bit ... or keep drinking and die soon. Pa's choice was both. He kept drinking, because that was the life he wanted to live, even if it meant he would only last a few more months.

The morning of October 25, 2001, Baba took Pa to what would be his final doctor's appointment. The

doctor gave him six months to live, at most, and sent him on his way. I was home sick that day, and I watched the car pull back into the driveway. Baba helped Pa out of the car. They walked towards the front steps, then Pa stopped. In the blink of an eye, he fell on the sidewalk. I ran outside to help him up, but his weightless body made it impossible.

The remainder of this story is a little grey, a little patchy. My mind tries to piece together exactly how the rest of that day and night turned out. This is what happened, as well as I can remember.

Pa made it to his recliner in the living room with the help of a family friend, whom we called to come over. Pa was no longer having realistic conversation. I couldn't even tell if he knew who I was. These delusionals lasted all afternoon, as more and more people stopped by to see Pa.

Around sundown we moved Pa to his bed. His pain and discomfort seemed to worsen, and the delusions grew more intense. I laid with Pa. There were moments when I really felt like he was getting better. He would say something that made sense, just like in days past. But Pa wasn't getting better. I could tell by the sadness on Baba's face that she knew something I could not quite grasp. I did not feel the sadness I saw on my family's faces.

I remember my Aunt Janice laying with us in bed. She spoke so sweetly to Pa. "It's OK, Dave, it's OK to go now. We love you very much." He seemed to hear her, and we watched his body calm down as she spoke to him.

The night grew darker and darker, and Pa seemed to be getting worse.

"Seventeen!" he yelled.

"Seventeen?" we asked.

"Seventeen!" he yelled again.

"What is 'seventeen', Pa? What does that mean?"

It started to get late, and I had school the next day. I trusted my family; Pa would be in good hands until morning. I kissed him goodnight, told him I loved him very much, and snuck off to bed.

"Nicole ... honey ... wake up."

I opened my eyes. It was still dark out.

"Honey, Pa passed away."

My grandfather, David Leroy Troup, took me under his wing when I was just three years old. He raised me, together with my Baba, until the day he died. Pa taught me to be bold and courageous, to stand up for myself. He taught me always to be myself, because I am all I ever really need. Pa loved me more than most. He was my best friend.

It has been nineteen years since my Pa died. I think about him all the time. To this day we have no idea what the number 'seventeen' was all about. I like to think that he left us with that mystery on purpose. And now when I see that number, I think of Pa, and it brings a smile to my face. I still see him in my dreams, I think of him when I hear Patsy Cline, and I will never forget the pure and genuine kindness he showed to others. I see it in myself every day. This is his legacy. This is my grief story.

In June, five Black and Brown leaders in the death and dying community created a webinar, **Sayin' It Louder: A Conversation About "A Good Death" in a Racist Society**. This webinar received thousands of sign-ups, live attendees, and social media shares, and was since featured in the *LA Times*, *New York Times*,

ENROLL TODAY



Shifting Deathcare

TOOLS FOR A NEW PARADIGM

*A Self-Study Online Course created by
leaders in the death and dying community
on how to facilitate a good death for all*

and *InStyle*. The speakers in this webinar, and the conversation that they held, inspired our latest online course -- **Shifting Deathcare: Tools for a New Paradigm**.

The Listening Line is a place for folx to call and talk, where they will be met by a trained, non-medical person who will hold space or witness the words of the caller.

Learn more and volunteer:
asacredpassing.org/listening-line

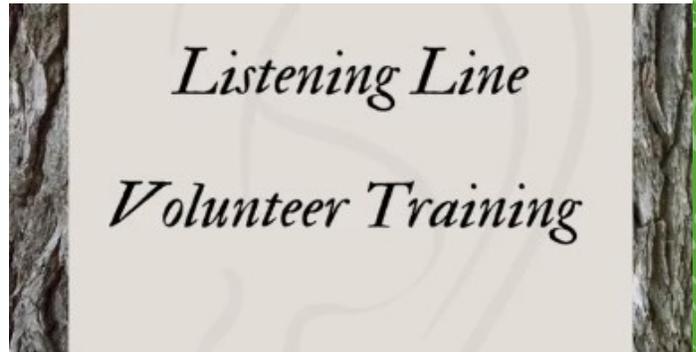


Table Talk is a four-part Reimagine series created by and for people of color and other underrepresented communities to inspire better living, ensure greater equity in end-of-life care, and celebrate our contributions to the world.

[Full schedule here](#)



Creating a web of community care

Seek, Offer or Volunteer

In WA state, residents are lucky to have choice in their end of life options. Even with that choice access to exercising one's choice can be limited by care facilities or support network. A goal of A Sacred Passing is to increase access to deathcare.

[More information here](#)



Une Bonne Mort 2020

Nov 14th & 15th

A Conference for those caring for the
living, the dying and the dead.



Mad Appreciation to our Sponsors!



Tickets available at www.UneBonneMort.life

Pearl Collective | [Website A Sacred Passing](#) | [Website](#)

