

Burial Resources (compiled June 2020)

The days following the death of a loved one can be filled with grief, pain, tears, and numbness. There are also many practical and pressing decisions to make. Below are some resources to draw on as you make plans ahead of time or as you face choices after someone you've loved has died. You are always welcome to contact the PMC office to talk to one of our pastors.*

Funerals:

Funeral Homes provide a full range of services. It can be helpful to ask friends about their experiences in order to make an informed choice. PMC is ready to host funeral and memorial services for members and participants, including the printing of bulletins, so you may not need to purchase a full package of services from a funeral home.

Families can also consider a 'blended funeral,' in which the family retains control and only purchases what is needed or beneficial from a funeral home. In fact, funeral homes are not strictly required. You can learn more from [Oregon Funeral Resources and Education](#).

Green or Natural Burials:

A 'green' or 'natural' burial emphasizes simplicity and environmental sustainability. A pamphlet on Green Burials from the Funeral Consumers Alliance is available in the PMC office (call to have one sent). Another recommended resource is *the Green Burial Guidebook*, by Elizabeth Fournier. [Riverview Cemetery](#), among others in Portland, offers natural burials.

Aquamation:

[Aquamation](#) or aqua cremation is a relatively recent alternative to traditional cremation that uses water instead of fire. The process uses less energy and reduces the emission of harmful gases and mercury. [Threadgill's Memorial Services](#), among others in the Portland area, offers aqua cremation (they also offer a motorcycle hearse).

Ethical Wills (also called Legacy Letters):

An ethical will is "a vehicle for clarifying and communicating the meaning in our lives to our families and communities" (Barry K. Baines, M.D.). Dating back to Biblical times, elders and leaders offered prayers and proffered advice of an ethical nature to family

members and disciples, bidding them to go forward and lead full, principled and virtuous lives.

An ethical will can include any or all of the following: a heartfelt expression of what truly matters most in your life, hopes and dreams, values and beliefs that have shaped/guided your life, life's lessons, love, forgiving, asking for forgiveness, admitting regrets, saying thank you, saying good-bye, instructions on how to lead a moral and upright life. Ethical wills take many forms and are shared at any point in a person's life usually with family and community while the writer is still alive.

Legal wills bequeath **valuables** while ethical wills bequeath **values**. Both provide instructions to others as to the intentions of the author.

Resources:

Ethical Wills, Putting your values on paper, Barry K. Baines, M.D., Perseus Publishing, 2002

Remembering Your Story, A Guide to Spiritual Autobiography, Richard L. Morgan, Upper Room Books, 1996

Google: Ethical Wills

- Prepared by Gloria Nussbaum

Recording Personal Stories:

Gloria Nussbaum started [Real-to-Reel](#) in 2001. She records personal stories for families and has worked with hundreds of people throughout the US.

* Please note that this is not a comprehensive list. It was put together in response to a funeral directive planning workshop at PMC on May 26, 2020. This listing is only meant to be a helpful guide.