



**Second Annual Before I Die ABQ Festival Schedule
October 30 to November 4, 2018
As of May 11, 2018**

The Before I Die ABQ Festival fosters reflection about how we address death and dying. By providing space and opportunities to openly discuss end-of-life issues, we can improve the number of those who plan ahead and take actions to address our mortality. These actions can reduce stress and conflict, save money, and help grieving individuals better navigate the mourning process.

Most events are free or low cost as indicated. Attendees at each event can enter a drawing to win two side-by-side burial plots at La Puerta Natural Burial Ground and other prizes. Additional events are under development in both Albuquerque and Santa Fe.

Before I Die Walls will be set up at high foot traffic locations for people to publicly express their goals and dreams on these giant chalk boards. Learn more at www.BeforeIDieABQ.com.

TUESDAY, OCTOBER 30 (Create a Great Funeral Day)

9:00 a.m. to 11:00 a.m. Death Cafe at FRENCH – Westside, 9300 Golf Course Road NW (free)

12:00 p.m. Tour of the Fathers Building Futures casket and urn workshop and lunch. (free)

2:00 p.m. to 3:00 p.m. Gloria Drayer, Kirpalu Yoga instructor and author of “Yoga and Grief,” conducts a gentle yoga class at Los Altos Christian Church, 11900 Haines Ave. NE (free)

4:00 p.m. to 6:00 p.m. Talk by Stephanie West Allen, founder of Create a Great Funeral Day, followed by an obituary-writing workshop led by Aubrey Hovey, French Funerals and Cremations, at the FRENCH – University Reception Center, 1111 University Blvd. NE (free)

WEDNESDAY, OCTOBER 31 (Halloween/*Dia de los Muertos*)

10:00 a.m. to 12:00 p.m. Death Cafe at FRENCH – Lomas, 10500 Lomas Blvd. NE (free)

6:00 p.m. *Dia de los Muertos* party in Sunset Memorial Park, 924 Menaul Blvd. NE. Bring photos of deceased loved ones, both people and pets, for a community *offrenda* of remembrance. (charge)

* Sponsor table opportunity

THURSDAY, NOVEMBER 1 (All Saints Day)

12:00 p.m. to 2:00 p.m. Death Cafe at FRENCH – Wyoming, 7121 Wyoming Blvd. NE (free)

6:00 p.m. Guild Cinema showing of the 1991 comedy-fantasy DEFENDING YOUR LIFE. Starring Albert Brooks and Meryl Streep, their characters navigate the first week of the afterlife defending their actions on Earth to ascend to a higher plane of existence. (charge)

FRIDAY, NOVEMBER 2 (All Souls Day)

10:00 a.m. Cremated Remains Committal Service at Mt. Calvary Catholic Cemetery in Albuquerque and at Rosario Cemetery in Santa Fe. This no-cost inurnment opportunity must be pre-arranged and remains delivered at least two days prior to the committal service. (free)

1:00 p.m. to 2:00 p.m. Crematory behind-the-scenes tour at Sunset Memorial Park, 924 Menaul Blvd. NE. (free)

3:00 p.m. to 5:00 p.m. Death Cafe at FRENCH – University Reception Center, 1111 University Blvd. NE (free)

6:00 p.m. Guild Cinema showing of the 1991 comedy-fantasy DEFENDING YOUR LIFE. Starring Albert Brooks and Meryl Streep, their characters navigate the first week of the afterlife defending their actions on Earth to ascend to a higher plane of existence. (charge)

SATURDAY, NOVEMBER 3

8:00 a.m. to 5:00 p.m. Before I Die Festival Symposium, with panel discussions, speakers, short films, and vendors selling urns, caskets and related products. Lunch will be provided. (charge – see attached schedule of symposium speakers and topics)

* Sponsor table opportunity

SUNDAY, NOVEMBER 4

Morning: Field trip to visit La Puerta Natural Burial Ground, 15 miles south of Belen, NM, with attendees welcome to participate in a cremated remains scattering ceremony. (free)

Afternoon: The South Valley *Dia de los Muertos* Marigold Parade & Festival, where thousands put on *calavera* makeup and costumes, celebrating Day of the Dead with music, entertainment, a *mercado*, and food. The Before I Die Festival will have a booth for attendees to enter the festival prize drawing for two burial plots at La Puerta Natural Burial Ground. (free)

* Sponsor table opportunity

More events will be scheduled as the festival evolves.

FESTIVAL SPONSORS AND PARTNERS

Sponsors: EternityGardens.com, French Funerals & Cremations, others to come.

Partners: Osher Lifelong Learning Institute at the University of New Mexico, La Puerta Natural Burial Ground, Fathers Building Futures, others to come.

Part of the proceeds from Before I Die ABQ sponsorships will be donated to Fathers Building Futures, a 501c(3) nonprofit social enterprise that empowers formerly incarcerated parents by providing on-the-job workforce training and supports to enable sustainable futures for themselves and their families. The caskets they make in their woodworking shop are biodegradable and kosher for Jewish burials. A portion of sponsorship fees may be tax-deductible as charitable donations.



Festival coordinator Gail Rubin, CT, is a pioneering death educator who works with companies to connect with baby boomers concerned about end-of-life issues. A featured speaker at TEDxABQ in 2015, she's the author of three books on end-of-life issues, including *A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die* and *KICKING THE BUCKET LIST: 100 Downsizing and Organizing Things to Do Before You Die*. She's also a Certified Funeral Celebrant and is licensed to sell insurance. In a previous lifetime, she was a public relations professional and an event planner.

CALL NOW AND JOIN IN THE SUCCESS! 505.265.7215

Contact - PH: 505.265.7215 Email: Gail@AGoodGoodbye.com
P.O. Box 36987, Albuquerque, NM 87176-6987
Get updates at WWW.AGOODGOODBYE.COM OR WWW.BEFOREIDIEABQ.COM