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## FINAL DISPOSITION RESOURCES

### General Information

- Glossary of the many terms: <https://www.oregonfuneral.org/glossary.html>
- Non-commercial overview of the options In Oregon: [https://www.oregonfuneral.org/how\\_to\\_arrange\\_disposition.html](https://www.oregonfuneral.org/how_to_arrange_disposition.html)
- “Cremation Curious” 18-minute video on “greenwashing” and the science behind cremation, water cremation, natural organic reduction: <https://vimeo.com/767868604>
- Green Burial Council overview of other disposition options through the lens of enviro impact: [https://www.greenburialcouncil.org/other\\_disposition\\_options.html](https://www.greenburialcouncil.org/other_disposition_options.html)

### Additional Eco-Friendly Info Sources with Directories

- <https://www.greenburialcouncil.org/>
- <https://www.conservationburialalliance.org/>
- <https://www.nhfuneral.org/green-burial-cemeteries-in-the-us-and-canada.html>
- Natural burial photos: <https://www.nhfuneral.org/photographs.html>

### Conservation Burial (selected Pacific NW examples)

- White Eagle Memorial Preserve (Goldendale WA) <https://www.naturalburialground.org/>
- Great River Natural Burial (Hood River OR) <https://greatriveroregon.org/>
- Herland Forest Natural Burial Cemetery (Klickitat WA) <https://herlandforest.org/natural-burial-in-herland-forest/>
- The Forest Conservation Burial Ground (Ashland OR) <https://theforestconservationburial.org/>
- The Forest Guide Flipbook (an excellent step-by-step guide) <https://theforestconservationburial.org/wp-content/uploads/the-forest-guide/index.html>

### Body Donation Overviews

- <https://www.donatelifenw.org/content/about-donation>
- <https://www.oregonfuneral.org/blog/donating-your-body-to-science>

## Natural Organic Reduction aka Human Composting/ Terramation/ Soil Transformation

*Current operators in WA state, as examples:*

- Recompose <https://recompose.life/>
- Return Home <https://returnhome.com/>
- Earth Funeral <https://earthfuneral.com/>
- Herland <https://www.herlandforest.org/human-composting-in-the-herland-forest/>

### **Colorado operator announces national franchise program**

<https://www.thenaturalfuneral.com/terracarepartnerprogram/>

## Disposition Choices, After-Death Care & Ceremony: Story Examples

- <https://www.oregonfuneral.org/stories.html>
- [https://www.washingtonfuneral.org/read\\_their\\_stories.html](https://www.washingtonfuneral.org/read_their_stories.html)

## ADDITIONAL MATERIALS PROVIDED

- Environmental Costs & Benefits of Final Disposition
- Death Certificate Worksheet
- Appointment of Person form (to designate someone other than next of kin to handle the final disposition of your body)

## FROM DEATH TO DISPOSITION RESOURCES

- VIDEO: "Death DIY" <https://vimeo.com/103461308>
- Oregon Funeral Resources & Education <https://www.oregonfuneral.org/>
- Who can do what? Chart showing all products & services from death to disposition: [https://www.oregonfuneral.org/uploads/1/2/6/3/126399799/funeral\\_goods\\_services\\_options\\_opportunities.pdf](https://www.oregonfuneral.org/uploads/1/2/6/3/126399799/funeral_goods_services_options_opportunities.pdf)
- National Home Funeral Alliance Guide: <https://www.homefuneralalliance.org/home-funeral-guidebook.html>
- Common Misconceptions about Family Rights & Funeral Rites: <https://www.oregonfuneral.org/blog/common-misconceptions>
- Family-handled death certificate filing story: [https://www.oregonfuneral.org/karens\\_story.html](https://www.oregonfuneral.org/karens_story.html)
- Preparing for an Expected Death in the Home without Hospice Oversight: <https://www.oregonfuneral.org/blog/medical-certification-of-death-a-cautionary-tale>

## CEREMONY RESOURCES

“Rituals are cairns marking the path behind us and ahead of us. Without them we lose our way.” ~ Robert Fulghum

“Ritual is the journey; the sacred is the destination. Ritual binds us to the whole of creation, and it is in this bond that we can encounter the sacred.” ~ Eileen London & Belinda Recio

“The death of anyone close to us is always a form of salutation, a simultaneous good-bye to their physical presence and a deep hello to a more intimate imaginal relationship now beginning to form in their absence.” ~ David Whyte

“To truly and freely grieve as an entire people can revive an entire culture just as much as it can bring back to life an individual.” ~ Martin Prechtel

### General Information

<https://www.oregonfuneral.org/how-to-create-ceremony.html>

### Customized Litany of Remembrance

<https://www.hollypruettcelebrant.com/blog/litany-of-remembrance-revived>

### Story Examples

<https://www.hollypruettcelebrant.com/blog/category/memorials>

- Creating a place of memory in her new home:  
<https://www.hollypruettcelebrant.com/blog/if-god-is-love>
- Sending her mother around the world:  
<https://www.hollypruettcelebrant.com/blog/one-last-gift-for-her-mother>
- Bestowing my father’s veteran’s flag:  
<https://www.hollypruettcelebrant.com/blog/all-in-the-family>
- My dad’s memorial stones with Bhutan’s mini-stupas:  
<https://www.hollypruettcelebrant.com/blog/bringing-my-dad-along>
- Kathy’s mom’s ceremony, 19 years after her death:  
<https://www.hollypruettcelebrant.com/blog/never-too-late-part-2>
- Don’s 80<sup>th</sup> birthday “living memorial”:  
<https://www.hollypruettcelebrant.com/blog/80th-birthday-rite-of-passage>
- A funeral for a family home:  
<https://www.hollypruettcelebrant.com/blog/after-a-funeral-a-phoenix-rises>

## POEMS

### **It Is Enough** by Anne Alexander Bingham

To know that the atoms  
of my body  
will remain

to think of them rising  
through the roots of a great oak  
to live in  
leaves, branches, twigs

perhaps to feed the  
crimson peony  
the blue iris  
the broccoli

or rest on water  
freeze and thaw  
with the seasons

some atoms might become a  
bit of fluff on the wing  
of a chickadee  
to feel the breeze  
know the support of air

and some might drift  
up and up into space  
star dust returning from

whence it came  
it is enough to know that  
as long as there is a universe  
I am a part of it.

### **Anatta-Reflection on Death** by Susie Barrios

Birds sing in green leaves, lime-lit in the sunlight  
Children squeal with delight on swings in the  
park  
Parents worry they are flying too high,  
cautioning to slow down  
As I lay in the dark cool ground  
Slowly giving back to the earth, the air, the ever-  
beauty of green

Strange to think of myself dead and decaying  
Molecules from what was becoming what is to  
be  
Will I know myself in the tree's bark and roots?  
Will I admire my vibrant green in the grasses I  
become?  
Will I feel the stir of wind against my leafy  
cheek?

Where is 'I' in this ceasing and becoming?  
The remembering in the forever gone?  
My mind can't wrap around my own death  
Not existing while existing. Not living while  
alive.  
No spiritual anchors give weight to this  
unknown

Is there peace in that cool darkness? Or  
nothingness?  
Is that the peace?  
Will I know nothingness as now home?  
Bones resting in quiet earth  
Will I know rest?