

“A TIMELY PORTRAIT OF LIVES LOST AND REDEEMED.”

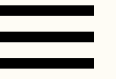
*THE* Hollywood REPORTER



TWO GODS

Two Gods Presents

# End of Life Workshop



WWW.TWOGODSFILM.COM

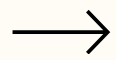




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# About Two Gods

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**Two Gods is a documentary film about a Black American Muslim casketmaker who takes two young men under his wing and teaches them how to be men.**

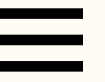
**[www.twogodsfilm.com](http://www.twogodsfilm.com)**



**Zeshawn Ali, Director**



**Aman Ali, Producer**



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# An Estate Plan

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● ○ ○ **Having and Estate Plan**

Wills vs. Trusts

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● ● ○ **Why do I need a will?**

Secular Wills vs. Islamic Wills

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● ● ● **How do you create a will?**

What happens if I don't have a will?

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**Go to [shariawiz.com](https://shariawiz.com) and use the promo code "Two Gods" for a 20% discount!**





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## How to Perform a washing as a part of the Janazah process

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[Watch this video to give you a sense of how  
to perform a washing and shrouding](https://youtu.be/dbIS66tLhII)

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# Resource Guide

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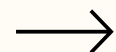




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## Conversation Guide

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### So you want to talk to your family about end of life care...

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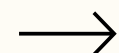
- First, it's important to remind loved ones that this is coming from a place of care. As we discussed in the workshop- the reason that pre-planning is important is because it's important that loved ones can mourn your loss and not be worried about the logistics when you pass.
- How we choose to die and be put to rest is one of the most important decisions we can make for ourselves. It's important that our family and loved ones are aware of not only our wishes but we are aware of theirs.
- Death is inevitable. While it's understandable that it is a hard conversation to have, it's important to remind ourselves and our loved ones that we are navigating these difficult subject matters together. And thinking of plans and logistics are ways to help us feel connected to these decisions.



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## Ways to begin the conversation

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1. Discuss world events
  - With the COVID pandemic ongoing, continued injustices against communities of color, and ongoing societal reckoning with mortality, it's a good time to check-in with loved ones on how they are dealing with it
    - You could ask things like "What would you do if this were to happen to me?" or "How would you want me to handle it if you got sick?"
2. Connect to their own experiences
  - Ask them about a time they may have experienced loss in their life. Whether that was a parent, grandparent, relative, loved one, etc.
    - "Did you feel prepared for their passing?" or "How did your family handle the arrangements for them when they passed"
      - If they expressed difficult situations, this could be a way to introduce your desire to think of solutions so this wouldn't happen for them as well
3. Bring up your end-of-life planning
  - A good way to jump start the conversation with a loved one is mention your own plans. If you've already started working on your will, pre-planning arrangements, or just emotional processing of your death, that is a way to make your loved one feel less alone

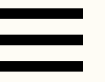


## Checklist to get started

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Here is a resource/ helpful checklist for you to consider as you start thinking of logistics for you and your loved ones . In addition to establishing a living will and estate plan you will need to:

- **Get a Declaration of Death:** A medical professional will need to make a formal pronouncement of death. The death certificate is typically issued by a local agency and is required for legal claims.
- **Notify Friends and Family:** Determine how to share the news whether in person or phone. The task can be split among several people.
- **Make Funeral or Memorial Arrangements:** If possible to do in advance, consider participants, location, notification of guests, music, florals, attire, and even what food to serve. Many funeral homes will accommodate and do not charge for pre-planning.





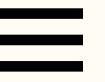


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## Checklist to get started (cont.)

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- **Harness Your Digital Life:** Take control of how online accounts, sensitive data, and social media profiles are managed after death. Helpful tools include password keepers, digital vaults, and legacy managers.
- **Distribute Personal Belongings:** Often personal items like photos, jewelry, furniture, etc are not included in a will. Families will need to discuss how the personal items should be distributed, shared, sold, or donated.

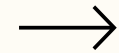




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## End of life finances

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1. Start by drafting a list of questions you might have for your loved one (reminder- this does not all have to happen at once- consider starting with one of these at a time if it feels overwhelming to do it all at once. And consider starting a draft yourself)
  - How do they want to handle their finances?
  - Any outstanding debts?
  - What about personal items?
  - Property, assets, etc.
  - Burial preferences
    - location, type of funeral, who to notify
2. Start to plan ahead for end of life expenses
  - Estimated average for Islamic funerals are anywhere between \$5,000-15,000
    - Non-Muslim funerals can be even more, up to \$20-25,000
  - In addition to burial costs, there are other end of life costs you may want to consider
    - Outstanding bills, mortgages, financial assets you owe money to
    - savings for other family members- kids, loved ones, etc





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# Life Insurance

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1. [Here](#) is a helpful overview of life insurance- what is covered, how you obtain it, as well as a general calculator to help determine how much your potential monthly cost would be (this of course varies, depending on some of the factors below)

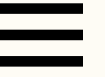
- Life insurance is a contract between you and an insurance company. You agree to pay a premium—a single payment upfront or regular payments over time—to keep the policy active. In return, the insurance company will pay a death benefit to your beneficiary if you die while the policy is in force.
- The amount of the death benefit depends on how much coverage you choose to buy. Coverage amounts can range from the very small (such as \$5,000) to cover funeral expenses to the millions of dollars.
- Your life insurance premium will be affected by your gender and your age and health at the time you apply for coverage. If you wait until you have serious health issues, you might not be able to get a traditional life insurance policy because insurers will consider you too much of a risk to insure.

2. If you don't have life insurance through an employer, you might want to consider enrolling in a policy to help ensure you are able to cover these overall costs

- Even if you do have life insurance through an employer, one thing to consider is that if you lose or quit your job, you may lose access to that group policy you were under

3. [Here](#) is a resource you can use to search if you are unsure if a family member or loved one has a life insurance policy

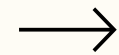




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# Will Planning

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1. Start by drafting a list of questions you might have for your loved one (reminder- this does not all have to happen at once- consider starting with one of these at a time if it feels overwhelming to do it all at once. And consider starting a draft yourself)

- How do they want to handle their finances?
- Any outstanding debts?
- What about personal items?
- Property, assets, etc.
- Burial preferences (location, type of funeral, who to notify)

## 2. Shariawiz.com

- Is a great resource to handle a lot of the logistic planning of creating a will, along with Shari'a compliance
  - There are also great resource guides on how to navigate questions you may have with your family regarding Islamic practices. These are also great guides if your family is non-muslim and looking for ways to navigate religious protocol regarding wills, end-of-life planning and Islamic Law
  - Reminder: you can use promo code **Two Gods** to receive 20% off

3. Make sure you are referencing local law depending on the state or region you live in. Every state has different processes so it's important to ensure you are following the correct steps. You can consult a personal attorney for this and also visit resources online

- This list gives a basic overview of local laws in effect, separated by different states



## Du'aas for end of life (Source: Fortress of a Muslim)

وَأَغْسِلْهُ بِالْمَاءِ وَالثلْجِ وَالْبَرْدِ، وَنَقِّهِ مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ، وَأَبْدِلْهُ دَارًا خَيْرًا مِنْ دَارِهِ، وَأَهْلًا خَيْرًا مِنْ أَهْلِهِ، وَزَوْجًا خَيْرًا مِنْ زَوْجِهِ، وَأَدْخِلْهُ الْجَنَّةَ، وَأَعِدْهُ مِنْ عَذَابِ الْقَبْرِ وَعَذَابِ النَّارِ

‘O Allah, forgive and have mercy upon him, excuse him and pardon him, and make honourable his reception. Expand his entry, and cleanse him with water, snow, and ice, and purify him of sin as a white robe is purified of filth. Exchange his home for a better home, and his family for a better family, and his spouse for a better spouse. Admit him into the Garden, protect him from the punishment of the grave and the torment of the Fire.’

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا وَشَاهِدِنَا، وَغَائِبِنَا، وَصَغِيرِنَا وَكَبِيرِنَا، وَذَكَرِنَا وَأُنثَانَا. اللَّهُمَّ مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ، وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ عَلَى الْإِيمَانِ، اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ، وَلَا تُضِلَّنَا بَعْدَهُ

‘O Allah, forgive our living and our dead, those present and those absent, our young and our old, our males and our females. O Allah, whom amongst us You keep alive, then let such a life be upon Islam, and whom amongst us You take unto Yourself, then let such a death be upon faith. O Allah, do not deprive us of his reward and do not let us stray after him.’

اللَّهُمَّ إِنَّ فُلَانَ بَنَ فُلَانٍ فِي ذِمَّتِكَ، وَحَبْلِ جِوَارِكَ، فَفَقِهِ مِنْ فِتْنَةِ الْقَبْرِ وَعَذَابِ النَّارِ، وَأَنْتَ أَهْلُ الْوَفَاءِ وَالْحَقِّ، فَاغْفِرْ لَهُ وَارْحَمْهُ، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

‘O Allah, so-and-so is under Your care and protection so protect him from the trial of the grave and torment of the Fire. Indeed You are faithful and truthful. Forgive and have mercy upon him, surely You are The Oft-Forgiving, The Most-Merciful.’

اللَّهُمَّ عَبْدُكَ وَابْنُ أُمَّتِكَ، إِحْتَاجُ إِلَى رَحْمَتِكَ، وَأَنْتَ غَنِيٌّ عَنْ عَذَابِهِ، إِنْ كَانَ مُحْسِنًا فَزِدْ فِي حَسَنَاتِهِ، وَإِنْ كَانَ مُسِيئًا فَتَجَاوَزْ عَنْهُ

‘O Allah, Your servant and the son of Your maidservant is in need of Your mercy and You are without need of his punishment. If he was righteous then increase his reward and if he was wicked then look over his sins.’

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## Resource List

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● ○ ○ **The Conversation Project**

A public engagement initiative that offers a multitude of resources on how to make conversations about death easier.

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● ● ○ **Order of the Good Death**

A community of funeral industry professionals, academics, and artists exploring ways to prepare a death phobic culture for their inevitable mortality.

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● ● ● **Going with Grace**

Offers end of life doula services to help navigate emotional, practical, legal, and spiritual issues associated with death care.

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## Resource List

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● ○ ○ **ReImagine**

Nonprofit that hosts community experiences that draw upon the arts, healthcare, spirituality, and design to transform taboo cultural attitudes around death and grief.

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● ● ○ **Death Cafe**

Global network of discussion groups that meet to increase awareness of death and help people make the most of their lives.

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● ● ● **Death Over Dinner**

A global platform that helps you organize and host independent dinner parties that center meaningful conversations about death.

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**Thank You!**

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**We are living in unprecedented times, and its more important than ever we all think more purposefully about preparing for our next chapter.**

**We would love to bring these free film screenings and virtual workshops to your community to help prepare those around you too.**

**Email us at [twogodsfilm@gmail.com](mailto:twogodsfilm@gmail.com) and we can gladly set something up.**

