



Death is an end, but it's not *the* end.

- We all have very real questions about death. What happens when we die? What does Scripture teach about death? How do we prepare for the life to come?
- *Eternal Rest* is a four-part film series and comprehensive website that examines death, the afterlife, and the powerful reality around the sacrament that ushers us into eternal life.
- Each 30-minute episode—available exclusively on FORMED—approaches the subject from a Catholic perspective, leading viewers from the origin of death to Jesus Christ's final victory at the Cross and Resurrection.

Fun facts about *Eternal Rest*:

- Available on FORMED
- **EternalRest.org** has 60+ videos of experts answering common practical questions about end-of-life medical care, funerals, legal documents, grief, and more
 - What do we experience at the moment of death?
 - Are ghosts real?
 - Why does the Church prefer full burial rather than cremation?
 - What do Catholics believe about suicide?
 - Why is the Catholic Church opposed to euthanasia?
 - How do I grieve a miscarriage?
- Features Augustine Institute Graduate School of Theology professors, including Dr. Tim Gray, Dr. Brant Pitre, Dr. Michael Barber, and others
- Produced by the award-winning Augustine Institute Studios

We're forming small groups (both in-person and virtual) to watch, discuss, benefit, and grow from *Eternal Rest*.

- Please take a postcard or trifold brochure in the back with details.
- Go home and watch on FORMED... and stay tuned for more information about how to join a small group to experience and discuss it.

“Christ turns the grave from a hole into a door. Death is no longer a pit, but a door into eternal life.”

Episode Synopses:

Episode 1: The Story of Death

- Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else?
- In this first session, we discuss the story of death and God’s response to it: defeating death by dying and rising from the dead.

Episode 2: The Afterlife

- What happens after the moment of our death? Once the soul has been separated from the body, then what? What is heaven, hell, and purgatory? What is the difference between the particular judgment and the general judgment?
- This session looks at the truth about what awaits the human person on the other side of death.

Episode 3: The Hour of Our Death

- The Sacrament of the Anointing of the Sick is one of the seven sacraments of the Church. But whom exactly is this sacrament for? What are its effects?
- In this session, we discover the role of this sacramental anointing in the spiritual struggle during serious illness, in the final stages of our temporal life, and at the hour of our death.

Episode 4: The Faithful Departed

- What is left for the living to do after someone dies?
- In this session, we talk about the final ways in which those still living on earth care for the body and soul of the dead.
- We discuss the work that remains for the living to do as we grieve for the deceased and as we turn to the work of preparing for our own death, and the hope in which we live and die as Christians.

Quotes from the film:

- “Death is certain, but do we really understand it? Are any of us comfortable with it?”
- “If we don’t recognize that death is a problem, we won’t search for an answer to that problem: the answer to the question of death.”
- “In the face of death as an enemy, God has made of death a friend. How does that happen? Through the dramatic events of Christ’s Passion, Death, and Resurrection.”
- “The Church has always recognized, in her wisdom, that the most important moment in our life after our conversion, after our baptism, is our death. How we die decides our eternal destiny.”

