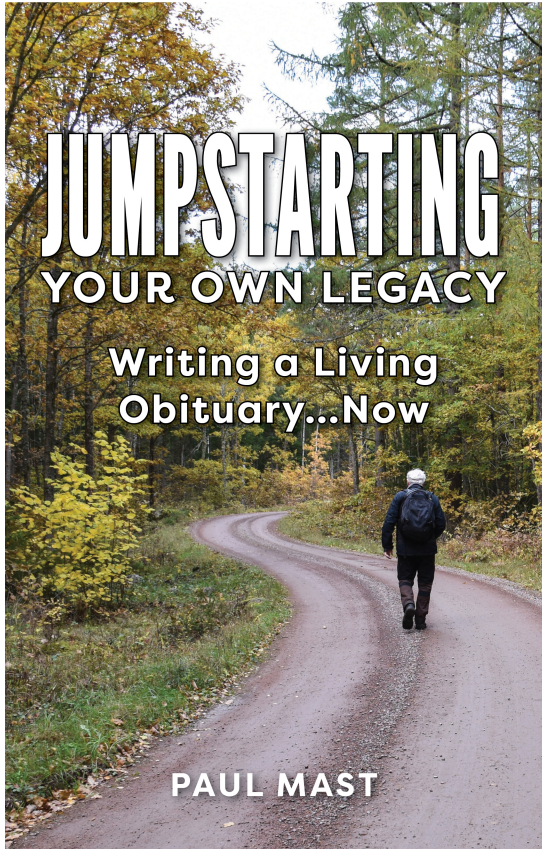


YOU ARE IN CHARGE OF THE LEGACY YOU LEAVE



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In this delightful book—always touching and often funny about a very serious subject—Paul Mast, a priest for over fifty years in the Diocese of Wilmington, Delaware, focuses not on how or when we will die but on how we can enhance our legacy by pondering this question: Knowing you will die, how then will you live the rest of your time on Earth? The tool he uses is teaching how to write a Living Obituary—something you start writing now, at whatever age, and update regularly.

Mast points out, “While the subject of the book is about writing our own death notice, the focus is really about persuading us to engage with our death as part of viewing our entire life (that is, our legacy) as a work-in-progress.” Along the way, the author gives a short history and many examples of obituaries—including how the practice started, continues to develop, and has become a way of making profit for the funeral industry, the media, and even professional “obit writers.”

A Living Obituary (written in first person singular), can be used to identify or change the direction we choose for the rest of our life—our “life before death,” as the author puts it. Writing our own obituary as a prelude to “jumpstarting your own legacy” focuses not on a question—what comes after death—but on the period at the end of the sentence, “Let me tell you about my (mostly) well-lived life.”

The content of a Living Obituary is to leave, in writing, the story of the intangible things we grew to value over our lifetime and are trying to practice until the very end.

ADVANCE PRAISE FOR *JUMPSTARTING YOUR OWN LEGACY*:

Informs, entertains, and encourages readers to reflect on the total narrative of their life and discover the memories they most want to leave behind for their loved ones. Inspires me to gather up my personal history and share with others the values I firmly intend to live out during the rest of my time on this beautiful Earth. — Joyce Rupp, author, *Return to the Root*

Paul Mast was ordained a priest for the Diocese of Wilmington on May 6, 1972. He is the author of *Street Sabbatical* and *Litanies & Legacies, Mystics, & Mysteries*. His first novel, *Fatal Absolution*, was released in 2012 and a second novel, *Bella Nightingale*, in 2015. His performances of his one-man show “A Cratchit Family Christmas” have brought forward into the present Charles Dickens’ classic *A Christmas Carol*. He is currently working on a musical based on *Street Sabbatical* titled “Compassion Street.”