Dignity and Dying: A Christian Appeal
John F. Kilner, Arlene B. Miller, and Edmund D. Pellegrino, eds.
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Recent medical studies show that patients who have a strong spiritual view of life face sickness and death with greater peace and equanimity than those with no religious beliefs. Many believe these patients often experience reduced symptoms and even healing partly because of their spiritual values. And yet, public discourse about the controversial topics of death, dying, and euthanasia is characterized more by polemics, name-calling, and legal posturing than by serious reflection on faith, theology, and ethical principles. Dignity and Dying brings a much-needed religious perspective to one of the most contentious debates in healthcare.

Discussions that are too academic, removed from reality, or religiously or professionally narrow frequently limit moral discourse about euthanasia. This book has none of these limitations. Editors Kilner, Miller, and Pellegrino have gathered essays from Christian women and men committed to both the sanctity of life and the compassionate care of patients. The contributors include nurses, pastors, philosophers, and theologians from various Christian denominations.

Although the authors argue from a sound intellectual perspective, they use human experience as the basis of their thinking, having spent many years caring for sick and dying persons. An unapologetic Christian appraisal, this collection is "catholic" in the "all-inclusive" meaning of the word. Arguments presented and solutions proposed will be credible to and respected by non-Christians as well as the Christian audience for whom the book is intended.

Roman Catholic theologian Karl Rahner believed that true theological analysis must begin with one's experience of God, and likewise this book begins with reflections of a physician, nurse, and pastor caring for dying patients. Part 1 shows how contemporary notions of human rights and autonomy can lead to the erroneous belief that dying is a "right." The excellent essays include nurse-theologian Marsha Fowler's "Suffering" and Reformed theologian Allen Verhey's "Faithfulness in the Face of Death," which emphasizes a commitment to Christian virtue even in the face of life's most pressing exigencies.

Part 2 presents the ethical challenges that dying persons and their caregivers encounter. The authors use the best current scholarly resources to discuss such divisive topics as definition of death, forgoing treatment, and medical futility. In "Euthanasia and Assisted Suicide," Pellegrino recognizes that Christians may be at odds with popular opinion on this topic. A careful scholar, he declares that his response is philosophical rather than theological. He crafts a solid argument against euthanasia addressed to the Jack Kevorkians of this world and to the persons who confront suffering and dying. Pellegrino eloquently argues for the need for Christians to assume a leading role in the public discourse on legalization of euthanasia.

Because the American debate about death and dying is within a broader world context, part 3 examines Nazi Germany's role in medicalized murder, analyzes Oregon's Death with Dignity Act, and explores the failure of the Dutch experience in attempting to regulate euthanasia. In "North American Law and Public Policy," Arthur Dyck contends that Christian beliefs are relevant, appropriate, and necessary to the shaping of American public policy.

In its final section the book goes beyond the philosophical arguments for or against euthanasia or clinical delin-
purpose is to make readers live the stories she tells, whether they cry, laugh, or simply nod their heads at the real-life suffering and triumph they have felt in their own experience.

The book is organized into the sections of “Life Force,” “Judgement,” “Traps,” “Freedom,” “Opening the Heart,” “Embracing Life,” “Live and Help Live,” “Knowing God,” and finally “Mystery and Awe.” Each of these spiritually focused themes is explored through the powerful short stories. The presentation encourages the reader to approach and reflect on the book one story at a time, making it ideal for the busy professional. Each story in its own way helps call to mind the meaning behind the events that incrementally shape our lives. Each one connects us with one another, and each connection links us back to the human community.

In the foreword to this book, Dean Ornish captures Remen’s main theme, that “life is not broken and does not need to be fixed; it needs to be savored and celebrated.” As physician, philosopher, woman, and patient, the author teaches that life itself heals, that living is a blessing, and that each experience—however inexplicable, painful, or even hilarious—is woven into the tapestry of our lives. Remen indeed shows that telling stories can be a healing experience and that listening to them can be a unique source of healing as well.

Remen views life from many perspectives in her stories as she assumes the role of spiritual teacher. She takes a counselor’s point of view, then that of an accomplished, well-trained physician. We learn much about the spirit and healing as we see life through the eyes of a patient with Crohn’s disease, a chronic and often painful illness. Her varied viewpoints help us learn what makes us similar and what connects us.

This book can be appreciated by a wide audience, but it should be “must reading” for healthcare providers and others whose work involves them in the most significant events people face in life. Remen’s stories will reconnect them to the human beings they serve. The book also will humble and inspire them in today’s world, where both humility and inspiration are in short supply.

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