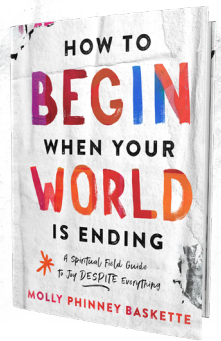


# HOW TO BEGIN WHEN YOUR WORLD IS ENDING

A SPIRITUAL FIELD GUIDE TO JOY DESPITE EVERYTHING  
BY MOLLY PHINNEY BASKETTE



## BOOK GROUP EVENING OUT: DANCE PARTY, COCKTAILS, MOCKTAILS, FOODY BITS, AND DISCUSSION QUESTIONS

Party pants on, people! Here are all the ingredients you need for a one-session Doomsday Pollyanna Dance Party-slash-Book-Club, so that you can get to the marrow of life with your besties and shake it all off afterward.

### COCKTAIL PAIRING: THE DOOMSDAY POLLYANNA (BITTER AND SWEET, LIKE LIFE)

Ingredients:

- 2 oz. bourbon
- ½ oz. St. Germain
- 1 oz. fresh-squeezed grapefruit juice
- fresh basil
- grapefruit peel



Directions: Muddle 5 good-sized leaves of basil in the bottom of a rocks glass with grapefruit juice and St. Germain. Top glass with ice and add bourbon. Stir until well chilled. Garnish with grapefruit peel.

### MOCKTAIL PAIRING:

Ingredients:

- 8 oz. grapefruit juice
- 1 T. elderflower syrup or elderberry tincture
- 2-3 leaves chopped fresh basil
- grapefruit peel

Directions: Mix grapefruit juice, syrup or tincture, and basil. Add grapefruit peel and ice cubes to taste.



### WINE PAIRING:

Lodi zinfandel, particularly Earthquake from Michael David Winery



### FOOD PAIRINGS:

**Loaded tater tots** (the only food Molly's chemo-belly could tolerate in the cafeteria at Dana Farber Cancer Institute)

<https://tinyurl.com/loaded-tots>

### Charcuterie Board

Ingredients: whatever is in your fridge already because life is exhausting

Directions: Put leftovers—the last 7 olives from the jar, odd bits of cheese, and various condiments—into tiny cups or on a pretty plate. Add some GOOD fresh bread and—voilà!

**Molly's Favorite Kale Salad** (because we're not ready to die yet)

Ingredients:

- bunch of kale, curly or lacinato
- 5-6 cloves fresh garlic, put through a garlic press
- good olive oil
- 1 T. lemon juice
- ½ c. panko bread crumbs
- 1 pt. cherry tomatoes
- 4 oz. grated parmesan cheese or Violife vegan parm
- Maldon smoked sea salt
- fresh ground pepper



Directions: Wash and dry the kale, and strip the tough stalks off the leaves and discard. Slice in chiffonade. Douse with a couple good glugs of olive oil, and massage through with your hands. Add salt—and then a little more salt. Slice cherry tomatoes in half and add. Add lemon juice, panko, raw garlic, and parm, and toss. Taste, then add salt and pepper to taste.

**Rice Krispie treats** with rosemary, lemon, and Maldon sea salt (smells like California during wildfire season!)

<https://tinyurl.com/rosemary-rice-krispies>

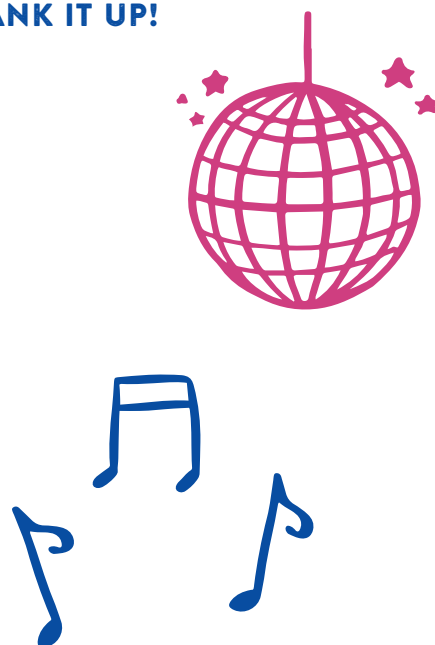
**Worms in dirt cupcakes** (because we're all gonna be worm food someday)

<https://tinyurl.com/dirt-cupcakes>

**Reese's peanut butter cups in any form** (the platonic ideal)

## DOOMSDAY DANCE PARTY PLAYLIST ON SPOTIFY: CRANK IT UP!

About Damn Time, Lizzo  
Faith, Stevie Wonder  
Say Hey, Michael Franti  
Can't Stop the Feeling, Justin Timberlake  
Don't Stop Me Now, Queen  
I Am Not My Hair, india.arie  
Church, Lyle Lovett  
Ain't No Grave, Johnny Cash  
Fire and Rain, James Taylor  
We Shall Be Known, MaMuse + Thrive Choir  
Superwoman, Alicia Keys  
Here Comes the Sun, The Beatles  
Maybe God Is Tryin' to Tell You Something, Quincy Jones  
The Ancient Commonsense of Things, Bishop Allen  
Beautiful Things, Gungor  
Dancing Queen, ABBA  
Don't Stop Believin', Journey



<https://tinyurl.com/doomsday-dance-party>

## DISCUSSION QUESTIONS:

- Is God real, and if so, is God an a\*\*hole?
- Have you ever had a mystical experience? Did it change anything in your actual life, or was it just a free gift for the moment?
- When did God (or The Universe, or your own calm inner voice) use a disaster in your life for good?
- What story in the book do you most remember? What feelings or wisdom did it bring up?
- What comes after death? How do you know? Do you fear it, or welcome it? What's the perfect age to die? What is one thing you want to happen at your funeral?
- Black theologian Howard Thurman said: "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." What is making you come alive right now?