

## RESOURCE PAGE

For further study for self or in community:

- *A Gift of Years* by Joan Chittister **(begin with this one)**
- *Falling Upward* by Richard Rohr **(read this one next)**
- *From AGE-ing to SAGE-ing: A Revolutionary Approach to Growing Older* by Zalman Schachter-Shalomi and Ronald Miller
- *The Inner Work of Age: Shifting from Role to Soul* by Connie Zweig
- *Well Aged: Making the Most of Your Platinum Years* by Ralph Milton
- *Without Oars: Casting Off into a Life of Pilgrimage* by Wesley Granberg-Michaelson

Video: The Blessings of Aging.

[newyorker.com/video/watch/the-blessings-of-aging](http://newyorker.com/video/watch/the-blessings-of-aging)

### TED Talks

- Dr. Louise Aronson: Embracing elderhood as a state of life. May 6, 2020
- Dr. Bill Thomas: Elderhood rising – the dawn of a new world age. June 1, 2011

For Reflection:

What would a community of practice look like?

What would practicing Elderhood look like?

How will you move from role to soul? From aging to saging?

What spiritual disciplines might you engage?

How about a book study starting with Chittister's *The Gift of Years*?

## **Things to Ponder – resource from *A Gift of Years* by Joan Chittister.**

Life is about becoming more than we are, about being all that we can be.

What am I when I am not what I used to do?

The last phase of life is not non-life; it is a new stage of life.

My life has been nothing but a series of new beginnings.

One of the functions – one of the gifts- of aging is to become comfortable with the self we are, rather than to mourn what we are not.

What gets me out of bed in the morning? What do I see in myself now? What does God see in me now? What am I doing with my time now?

Life after 65 is not a pathology. It is a whole new look at what life can be at this stage of life.

The major task of life in this period may simply be not to fear the fear.

Our spiritual obligation is to age well – so that others who meet us may have the courage, the spiritual depth, to do the same.

Aging well does not mean that we will not change physically. But it does mean that we will not define ourselves only by our continuing physical proficiencies.

This is the time to begin to think of higher matters than looking ten years younger than we are, wonderful as that can be. We must begin to attend to the inner self now. These years are for allowing the interior life – our continuing questions, our lifelong interests – to direct what we do and who we are.

Why should we bother? Because the generations around us depend on us as much as we depend on them. They depend on us, on the older generation to give them a spiritual model, a psychological archetype of how to live it.

We are the only icons of aging that younger people will get to meet. What we show them as we go, gives them a model of what they, too, can strive for. We show the way to the fullness of life.

Ageism is a lie. Age is not a thing to be pitied, to apologize for, to fear, to resist, to see as a sign of doom. Only the old can make age a bright and vibrant place to be.

We can decide to live with joy. Or we can allow ourselves to live looking back with bitterness. The choice is ours and the rest of our life depends on it.