



LIFE TIME | LEEF-TYD

Reflective notes:

Ageing is inevitable and universal – part of the natural cycle of life. For some it presents an existential crisis, fuelled by a society and culture which encourages people to deny and defy growing older.

With Life Time | Leef-Tyd we would like to explore ageing as a new developmental stage of life, with its own significance. We would like to find out how to make the most of this time; how to live as meaningfully, creatively, fruitfully and gracefully as possible.

TREVOR HUDSON

In this session we explore the following questions:

- what are my priorities in life
- how do I feel about giving back as opposed to just getting/taking from life
- how does ageing affect my energy for work
- do I think about death
- does death/dying frighten me
- what role does thankfulness play in my life
- what role does joy play in my life

Reflect on Trevor's words:

- "...everyone sits next to a pool of tears"
- "...there's a certain invitation - and especially as we get older - to self forgetfulness a little bit. You know, life isn't about me."
- "...the only thing on my bucket list, really, is I want to learn to be present."
- "...I think I tried to please too many people..."
- "...I feel that I'm on the threshold of newness all the time."
- "...there are diminishment, and I'm learning not to fight them, to welcome them, but there's also an expansion in my world..."

Further reflection:

- Trevor says he used to have a certain level of discontent in his life - a joy deficit - and he feels a big invitation in his life to live as a joyful human being as he grows older.

READING SUGGESTIONS:

Invia:

- On The Brink of Everything. Grace, Gravity and Getting Old. **Parker J. Palmer**
- Ageless Soul. The Lifelong Journey Toward Meaning and Joy. **Thomas Moore**

Trevor:

- Seeking God. Finding Another Kind of Life With St Ignatius and Dallas Willard by Trevor Hudson.

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