



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.

DENISE ACKERMANN

In this session we explore the following questions:

- how do I deal with loss
- what role does spirituality play in my life
- how do I reconcile individual independence with my spirituality
- how does ageing affect me, physically and otherwise
- how do I feel about death
- does death/dying frighten me
- what role does gratitude play in my life
- how do I respond to injustice

Reflect on Denise's words:

- "...a life time of trusting God in all things, because that is what I believe..."
- "...injustice is injustice, whether it is towards women, or gay people or towards people with infirmities..."
- "...self discovery is for me the true way to go..."
- "...be true to your own self, be who God has made you to be."
- "I am diminishing, diminishing intellectually, physically, in every sense. That's what happens when you grow old."
- "That's what makes conversation across the ages so fruitful and meaningful..."

Further reflection:

- Denise has to deal with the loss of her eyesight and the consequent limitations it brings about. How does loss manifest in my life and how do I respond to that?

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**

Denise:

- Foundations of Christian faith. **Karl Rahner**
- Confessions of **Augustine**
- The Cost of Discipleship. **Dietrich Bonhoeffer**
- Anything by **Thomas Merton** & **Richard Rohr**
- Pride and Prejudice. **Jane Austen**

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