

## READING LIST FOR SPIRITUALITY AND AGING

### PHOEBE'S CLASSIC & CURRENT FAVORITES 2006

Bianchi, Eugene. (1986). On Growing Older. New York: Crossroads Publishing.

This professor of religion offers short reflections on tough topics like suffering, diminishment, facing abandonment, deepening faith and forgiving. He provides meditation exercises to help the reader explore the topic and to move toward creative elderhood.

Black, Kathy et al. (2005) Wising Up. Ritual Resources for Women of Faith in Their Journey of Aging. Cleveland:

Pilgrim Women theologians, clergy and lay women describe 20 rituals to help with transitions into the later years. Creative and uplifting. A welcome addition to the literature on women and life transitions.

Fischer, Kathleen. (1995) Autumn Gospel. New York: Integration Books and . (1998) Winter Grace: Spirituality and Aging. Nashville, Upper Room Books.

This Christian spiritual counselor uses her theological training to reflect on some of the difficulties of growing older: diminished independence, love and sexuality, loss and how the Christian walk can lead us into new understanding of ourselves and what God might have in mind for us in the later years. She provides rituals and liturgies for celebration of life events for older women in Autumn Gospel.

Millner, Nancy Bost. (1998) Creative Aging: Discovering the Unexpected Joys of Later Life Through Personality Types. Palo Alto California: Davis Black Publishing.

This counselor provides a good introduction to Mid Life Transitions. She suggests that various Myers Briggs personality types have recognizable patterns of Creative Aging. She discusses life stages with changing/adapting psychological functions and also provides a summary of “qualities of creative people coming to age.”

Morrison, Mary C. (1998) Let Evening Come: Reflections on Aging. New York: Doubleday.

This 87 year old Quaker woman living in a Quaker retirement community eloquently describes old age in her journal entries. She talks about her aging body, her limitations, her discouragement, her marriage and her many discoveries in late life. This book is very poetic and beautifully designed with woodcut type patterns. Would be great as a gift.

Northrup, Christiane MD (1998) Women’s Bodies, Women’s Wisdom. New York: Bantam.

This compendium of women’s physical and emotional health issues is a useful reference tool. The author moves the reader towards increased awareness of the role of body, mind and spirit for continued health. Part One on Inner Guidance and Part Three on Making Choices are good companions for faithful aging.

Nouwen, Henri and Walter J. Gaffney (1990) Aging: The Fulfillment of Life. New York: Doubleday.

Fr. Nouwen brings his big heart to bear on this topic of aging. He calls us to a deeper level of acceptance, caring and a greater faith.

Ram Dass (2000) Still Here. New York: Riverhead Books.

Ram Dass leads us into this difficult territory of aging with ferocity and compassion. He is a great teacher.

Saussy, Carroll (1998) The Art of Growing Old: A Guide to Faithful Aging. Minneapolis: Augsburg Fortress Publishers.

The author, a retired professor of Pastoral Theology, works with her own aging process. Many images which could seem like worn out clichés, gain new life and vitality from her deeper exploration of a growing faith and the ways it supports the potential for a good old age. Each chapter includes reflection questions as well as suggestions for meditation.

Schachter, Shalomi, Rabbi (1995). From Ageing to Sageing: A Profound Vision of Growing Older. New York: Warner Books.

The Rabbi was the first to introduce the concept of spiritual eldering as a stage of late life. He outlines and asks us to do the work that spiritual eldering requires. He has become the Sage of Old Age.

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