

## Second Half of Life

# Aging, Sage-ing And Spirituality

### Learn ...

- To awaken to the full potential of aging
- To transform yourself from older to elder
- Steps you can take today

*At night, looking at myself in the mirror, I realized I was getting old.*

*Feeling alone and vulnerable, I feared the predictable pattern of retirement, pain, diminishment, rocking chairs and nursing homes. Then, the dark and inevitable end.*

*I wondered... Could I convert my extra years into a blessing rather than a curse?*

Abridged from: *From Aging to Sage-ing: A New Vision of Growing Older*  
Zalman Schacter-Shalomi



### A blessing or a curse?

Life expectancy will be eighty-six years for men and ninety-two years for women by the middle of this century, according to the National Institute for Aging.

Will those extra years be a blessing or a curse for you? ...and your loved ones?

**Peace of mind** can always grow *if you choose* to live the balance suggested in the *Serenity Prayer*: "...accept the things I cannot change ....and change the things I can."

Decaying **physical and mental abilities** were once viewed as an "inevitable" decline. Now, experts see these as conditions that *can* be changed by your lifestyle.

Thousands of older adults have decided to **replace negative stereotypes with successful aging**. They are joining others to promote activity, life-long learning, a sense of meaning and spiritual growth. And they are sharing **the blessings of wisdom and serenity** that most cultures attribute to seniors. What about you?

### Does age bring wisdom?

"Not, automatically," answers Rev. Brian McCaffrey, chair of the Northeast Forum on Spirituality and Aging (NEFOSA). His passion to teach successful aging was kindled twenty-five years ago while completing a certification in gerontological pastoral care

"Aging is an opportunity for tremendous gain," he notes, "but, depending on how you learn, it may take a mix of reflection, activities, adventure, dialogue, reading, working, praying, art, music and more to become wiser and find meaning.

"NEFOSA can point you and your loved ones, plus churches and non-profits towards the resources and practices for your journey," Brian concludes.



## What is Sage-ing ? (adapted from www.Sage-ing.org)

Sage-ing is sometimes called conscious aging, positive aging, vital aging, spiritual eldering or active aging. It is a way to live the second half of your life that is joyful, fulfilling and meaningful.

Sage-ing involves personal and spiritual growth, making deeper connections with your friends and family, developing new passions and giving back through service to others.

**Brian suggests that you can transform from "older" to "elder" by taking the following steps:**

- EXPAND YOUR ROLE: Ask yourself - Who am I as an older Person? Who can I be?
- REVIEW YOUR LIFE: Look at the past with what you know "NOW"!
- REPAIR YOUR RELATIONSHIPS: Let go, heal past hurts and forgive.
- EMBRACE YOUR MORTALITY: Find lasting peace of mind through your choices and your faith.
- CREATE YOUR LEGACY: Share your story and your wishes.
- USE YOUR GIFTS: What is Your Life For? How will you use your gifts?

To learn more, or  
grow into your physical, emotional and spiritual potential,  
please visit us at:

[www.NeverTooOld.net](http://www.NeverTooOld.net) or [www.NEFOSA.org](http://www.NEFOSA.org)

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## Never Too Old

Peace of mind in the second half of life  
for the newly-retired, well seniors, frail elders, and their families!

**Learn about our free Action Guides**  
*Reach out to your family and community*

- Less Stress and More Love
- End of Life, the Law and New Beginnings
- Being Your Best at Any Age
- Care and Feeding of the Healthy Brain
- Aging, Sage-ing and Spirituality

**Buffalo, Nov. 9 – Albany, Nov. 15 – Utica, Nov. 16**  
Or register for free online training

**Northeast Forum on Spirituality and Aging**

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**And consider these books as companions for your journey.**

*From Ageing to Sage-ing: A Profound New Vision of Growing Older* Rabbi Zalman Schachter-Shalomi and Ronald Miller  
*Your Legacy Matters: a Multi-generational Guide for Writing Your Ethical Will* by Rachael a. Freed