

BOOKS ON SPIRITUALITY AND AGING

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Studying a book is often a good way to begin talking about a subject. Readers can argue with an author or idea without arguing with one another, yet they can deeply engage a subject.

There are a number of good books on Aging well. There are fewer on Spirituality and Aging. Any web search will turn-up a number of resources for your church, adult Sunday School class, seniors' group, book club, Session, and more. But the books listed below have been used by Presbyterian chaplains and ministers over the past few years with success and interest.

The internet is both full of good resources and junk, but I invite you to do web searches and find resources. TheThoughtfulChristian.com, serving several denominations including PC(U.S.A.), has a number of good studies for adults, including older adults.

Here's my list of books in alphabetical order:

Joan Chittister, [The Gift of Years: Growing Older Gracefully](#), 2008

Barbara Cawthorne Crafton, [The Courage To Grow Old](#), 2014

Linda Douty, [How Did I Get to Be 70 When I'm 35 Inside?: Spiritual Surprises of Later Life](#)

Henri Nouwen, [The Return of the Prodigal Son](#)

Parker Palmer, [On the Brink of Everything: Grace, Gravity, and Getting Old](#), 2018

Lewis Richmond, [Aging as Spiritual Practice](#)

John C. Robinson, [The Three Secrets of Aging: A Radical Guide \(Pssst-It Ain't Over Yet\)](#)

Richard Rohr, [Falling Upward: A Spirituality for the Two Halves of Life](#), 2011

Molly Srode, [Creating a Spiritual Retirement: A Guide to the Unseen Possibilities in Our Lives](#)

Marjory Zoet Bankson, [Creative Aging](#)