



Claiming Your Spirituality for the Second Half of Life Bibliography and Resource Guide

30 Days with a Great Spiritual Teacher: The Cloud of Unknowing. Where Only Love Can Go (Ave Maria, Press, Notre Dame, IN, 1996, 2009) – Explores the central mystery of who God is and offers readers an introduction to the tradition of contemplative prayer, assisting us to view God in a new way. With daily morning and evening devotions, this distillation of the 600-year-old classic unpacks *The Cloud of Unknowing* for the modern spiritual seeker.

Atchley, Robert C. *Spirituality and Aging* (The Johns Hopkins University Press, Baltimore, MD, 2009) – Atchley develops complex concepts and language about spirituality.

Artress, Lauren. *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice* (Riverhead Books, New York, NY, 1995) – Walking the labyrinth has reemerged today as a metaphor for the spiritual journey and a powerful tool for transformation. This walking meditation is an archetype, a mystical ritual found in all religious traditions. It quiets the mind and opens the soul.

Ban Breathnach, Sarah. *Simple Abundance: 365 Days to a Balanced and Joyful Life* (Grand Central Publishing, New York, NY, 2019) – Powerful messages to navigate the discord and stress instigated by a constant stream of “breaking news” cycles and our 24/7 social media culture.

Butcher, Carmen Acevedo. (A New Translation by). *The Cloud of Unknowing* (Shambhala Publications, Inc., Boston, MA, 2009) – Carmen Acevedo Butcher’s new translation is the first to bring the text into a modern English idiom—while remaining strictly faithful to the meaning of the original Middle English.

Chittister, Joan. *The Gift of Years: Growing Older Gracefully* (Blue Bridge, Katonah, NY, 2008) – Chittister offers positive and inspiring essays on the capstone of life in a series of short, bright, and snappy chapters. [A recommended resource for small group discussion involving retirees]

Douty, Linda. *Rhythms of Growth: 365 Meditations to Nurture the Soul* (Upper Room Books, Nashville, TN, 2014. Douty uses the seasons of the year to illustrate natural trends in our spiritual lives to bring together the everyday and the holy.

Fryling, Alice. *Aging Faithfully: The Holy Invitation of Growing Older* (NavPress, Colorado Springs, CO, 2021 – Fryling guides our walk with God in a vulnerable time, listening for his voice and responding.

Gawande, Atul. *Being Mortal: Medicine and What Matters in the End* (Henry Holt and Company, New York, NY, 2014) – In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. [A recommended resource for care givers and retirees]

Guenther, Margaret. *Toward Holy Ground: Spiritual Directions for the Second Half of Life* (Cowley Publications, Lanham, MD, 1995) – This part of life has a depth and spirituality all its own: a tolerance of ambiguity, an exploration of limitation and mortality, discipline and simplicity, fruition and fulfillment.

Huston, Paula. *A Season of Mystery: 10 Spiritual Practices for Embracing a Happier Second Half of Life* (Loyola Press, Chicago, IL, 2012) – Huston celebrates everyday spirituality and the futility of trying to hold off the march of time and the inevitability of impermanence.

Irish Jesuits. *Sacred Space: The Prayer Book of 2026* (Loyola Press, Dublin, Ireland, 2025) – Scripture reading and points of reflection, as well as a weekly topic enhanced by six steps of prayer and contemplation.

McQuiston II, John. *Always We Begin Again: The Benedictine Way of Living* (Morehouse Publishing, Harrisburg, PA, 2011) – McQuiston interprets and restates the ancient system of spiritual living, enabling today's listener to understand and make use of its remarkable insights.

John Philip Newell. *Celtic Benediction: Morning and Night Prayer* (Eerdmans, Grand Rapids, MI, 2000) – Newell draws on the great spiritual insights and wisdom of the Celtic church, offering prayers and Scripture readings for every morning and evening of the week.

Nouwen, Henri J. M. *Here and Now: Living in the Spirit* (The Crossroad Publishing Company, New York, NY, 1994) – Spirit wants to be encountered in the everyday, of ordinary people. *Here and Now* succeeds in convincing us that Spirit is trustworthy and reliable.

Nouwen, Henri J. M. (with Michael L. Christensen and Rebecca J. Laird). *Spiritual Direction: Wisdom for the Long Walk of Faith* (HarperOne, New York, NY, 2006) – How to pray, practice solitude and overcome the fears that keep us from knowing ourselves as God's beloved. [\[A recommended resource for spiritual formation at any age\]](#)

Nouwen, Henri J. M. (with Michael L. Christensen and Rebecca J. Laird). *Spiritual Formation: Following the Movements of the Spirit* (HarperOne, New York, NY, 2010) – Nouwen helps us encounter God more fully in our daily lives

Nouwen, Henri J. M. (with Michael L. Christensen and Rebecca J. Laird). *Discernment: Reading the Signs of Daily Life* (HarperCollins, New York, NY, 2013) – Features the wisdom that spiritual leader and counselor Henri J. M. Nouwen brought to the essential question asked by every Christian and seeker: What should I do with my life?

O'Donohue, John. *Bless the Space Between Us: A Book of Blessings* (Doubleday, **New York, NY, 1998**) – O'Donohue offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory.

Owens, L. Roger. *Threshold of Discovery: A Field Guide to Spirituality in Midlife* (Church Publishing, New York, NY, 2019) – Roger Owens marked his fortieth year by taking forty walks in a nearby nature reserve, exploring the inevitability of death, the reality of his changing faith, and his changing sense of self.

Palmer, Parker J. *Let Your Life Speak: Listening for the Voice of Vocation*. (Jossey-Bass, San Francisco, CA, 2000) – Palmer invites us to listen to the inner teacher and follow its leadings toward a sense of meaning and purpose.

Palmer, Parker J. *A Hidden Wholeness: The Journey Toward An Undivided Life – Welcoming the Soul and Weaving Community in a Wounded World* (Jossey-Bass, San Francisco, CA, 2004) – Palmer speaks to our yearning to live undivided lives – lives that are congruent with our inner truth – in a world filled with the forces of fragmentation.

Palmer, Parker J. *On the Brink of Everything: Grace, Gravity & Getting Old* (Berrett-Koehler Publishers, Inc., Oakland, CA, 2018) – Looking back on eight decades of life, Parker explores what he is learning about self and world, inviting readers to explore their own experience.

- Rohr, Richard. *Falling Upward: A Spirituality for the Two Halves of Life* (Jossey-Bass, San Francisco, CA, 2011) and *Falling Upward: A Companion Journal* (Jossey-Bass, San Francisco, CA, 2013) – Rohr charts the spiritual maturity that comes with being soulful, living simply, and accepting the mysteries of grace. [A recommended resource for small group discussion of those in midlife beginning to contemplate retirement]
- Rohr, Richard. *A Spring Within Us: A Book of Daily Meditations* (SPCK Publishing, London, 2018) – Rohr reminds us of God’s indwelling presence and that we are inherently beloved.
- Rupp, Joyce. *The Cup of Our Life: A Guide to Spiritual Growth* (Ave Maria Press, Notre Dame, IN, 1997) – For anyone seeking a more intimate and disciplined life of prayer.
- Schachter-Shalomi, Zalman and Ronald S. Miller. *From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older* (Warner Books, New York, NY, 1995) – An edifying portrait of the spiritual dimensions of the last stage of life; the author also coins the term “spiritual eldering.”
- Singh, Kathleen Dowling. *The Grace in Dying: A Message of Hope, Comfort, and Spiritual Transformation* (HarperCollins, New York, NY, 1998) — Dowling Singh walks us through the final stages of death with complete honesty, yet she manages to quell the ultimate fear of dying.
- Singh, Kathleen Dowling. *The Grace in Aging: Awaken as you Grow Older* (Wisdom Publications, Boston, MA, 2014) – Dowling Singh invites all those who have ever experienced spiritual longing to awaken in their twilight years.
- Taylor, Barbara Brown. *An Altar in the World: A Geography of Faith* (HarperCollins, New York, NY, 2009) – Taylor shares how she learned to find God beyond the church walls by embracing the sacred as a natural part of everyday life.