



Claiming your Spirituality for the Second Half of Life Session One Reflections

A new beginning! We must learn to live each day, each hour, yes, each minute as a new beginning, as a unique opportunity to make everything new. Imagine that we could live each moment as a moment pregnant with new life. Imagine that we could live each day as a day full of promises. Imagine that we could walk through the new year always listening to a voice saying to us: “I have a gift for you and can’t wait for you to see it!” Imagine...

(from *Here and Now* by Henri J. M. Nouwen, p. 16)

Over a period of decades, generally beginning in midlife, we experience shifts in our way of living. The second half of life has been a topic of reflection for generations:

“The first half of life is devoted to forming a healthy ego,
the second half is going inward and letting go of it.” – Carl Jung (1933)

In the second half of life, the questions become:
“Who, apart from the roles you play, are you? What does the soul ask of you?” – James Hollis (2005)

“The first half of life is discovering the script,
and the second half is actually writing it and owning it.” – Fr. Richard Rohr (2011)

“As we get older, our bodies change...
We do not and should not become invisible.” – Archbishop Desmond Tutu (2013)