



Questions for Session Two of “Claiming Your Spirituality in the Second Half of Life”...

1. What do you need at this moment? What do you think would bring you a deeper contentment and joy? Are you experiencing any fear or anxiety that is calling out for peace? [Facilitator: A prompt from the presentation if you need a conversation starter: “It may be as simple as slowing down, taking a walk, hugging a child, caressing a cat. Going to the farmers’ market. Taking a nap. Turning in early. Dreaming. Praying...always praying, ‘God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.’]”
2. In your opinion or experience, are connections with others likely to change during post-retirement? Where and how do you find your strongest personal connections? What connections would you like to add in your life?
3. According to spiritual leaders and psychologists alike, getting to know and live according to the True Self is foundational to finding peace and contentment in the second half of life. How do you feel about getting to know your True Self? What does that mean for your own spiritual growth?
4. What do you want to hold onto and what do you want to let go of in the second half of life? Possessions? Anxieties?
5. What is standing in the way of your ability to let go of what you do not need? What is standing in the way of opening space to expect and accept the unexpected?
6. Describe what makes it possible for you to trust the Ambusher...to trust God? What makes it difficult? [Facilitator: The prompt from Fr. Rohr suggests that the only way we come to ask the question “Who am I?” and find the answer is “by a kind of Divine ambush....We have to get caught off guard...As long as you are in control, you are going to keep trying to steer the ship using your previous experience of being in charge. The only way you will let yourself be ambushed is by trusting the Ambusher and learning to trust that that will lead to depth, safety, freedom, and love.”]
7. Countless theologians and mystics agree on the life-giving strength and comfort to be claimed in your special place of silence and solitude with God. Do you have a special sacred space? If so, where is your special place? Does God meet you there?
8. How/where do you search for wisdom in your life?
9. Of the blessings in life that you have received, which ones mean the most to you? How are you aware of God’s presence in your life?
10. Are you more about *doing* or *being*? What does that mean to you? What are some examples?