



## Claiming your Spirituality for the Second Half of Life (Session 2)

Many of us eventually move from jobs to careers, but often we hesitate to answer an authentic calling, especially midlife, because we're torn—between the financial realities of a mortgage and debt, between raising children and caring for aging parents, between a proven track record and the unknown, between a regular paycheck and uncertainty, between circumstance and creative choice. But the Game of Life has changed in the second half of life....Authenticity is ageless...

(from *Simple Abundance* by Sarah Ban Breathnach, p. 408)

And now let us welcome the New Year  
Full of things that have never been. – Rainer Maria Rilke (Twentieth Century German Poet)

Martin Buber, the great Jewish philosopher, told a story about a Hasidic *tzaddick*, or enlightened master, named Rabbi Zusya, who often pondered whether he was living an authentic life: "If they ask me in the next world, 'Why were you not Moses?' I will know the answer. But if they ask me, 'Why were you not Zusya?' I will have nothing to say." Eric Clayton in *The Sacred Heart Messenger*, September 2023

Your days devoted only to practicality are almost finished.  
– *Simple Abundance* by Sarah Ban Breathnach, p. 429

"To live is to change, and to live well is to change often." – St. John Henry Newman

When we choose to react instead of acting for ourselves, we surrender every ounce  
of our creative energy, our vitality, our passion.

It can't be your life until it's your story. By claiming one, you begin to own the other.

– *Simple Abundance* by Sarah Ban Breathnach, p. 375

Be patient toward all that is unsolved in your heart and try to love the questions themselves.  
– Rainer Maria Rilke

Some people who have made their requests to God again and again and yet have not received them begin to doubt that God is listening. But God hears every prayer and will answer in the way that is best for each person. Since prayer is all about a relationship, then every prayer from our hearts changes us and brings us nearer to God. In a real sense prayer is its own reward and extraordinary privilege. Let us pray for a deeper trust. – Eric Clayton in *The Sacred Heart Messenger*, September 2023