

Hi—I'm one of the LAUMC Changemaker Fellows in 2023-24, and I am focusing on the experience of aging. My hope is to offer encouragement for older adults to go through their later years and challenges more positively and develop a more intimate connection with God, based in part on ideas from Richard Rohr's book, *Falling Upward*, as well as other sources.

Thank you for participating in a **gathering about aging** as part of the development of my project. We'll think about some of the questions:

1- Were you happy to retire and have a chance to spend time in new ways? Has it been what you expected?

2-Do you think of aging and moving toward the end of life as positive or negative?

3- Do you feel discouraged by physical or mental limitations as you age?

4- Do you feel you've accepted the new limitations that have come with your age and found new enjoyable possibilities?

5-Do you feel closer to or farther from God now than you did in earlier years?

6- Do you fear death?

7-Do you believe you grew and became stronger because of difficult times in your life?

8-Do you enjoy reading the Bible and/or use meditation or other spiritual disciplines to renew you and bring you closer to God?

9-Do you see death as the end or the beginning of the next part of your life?

10-Do you feel like you have found ways to use the gifts given to you by God—even as you age?

Thank you for the possibility of sharing your thoughts about aging. The input of the group will be invaluable as I pursue my Changemaker project.

God bless, Miriam Kishi