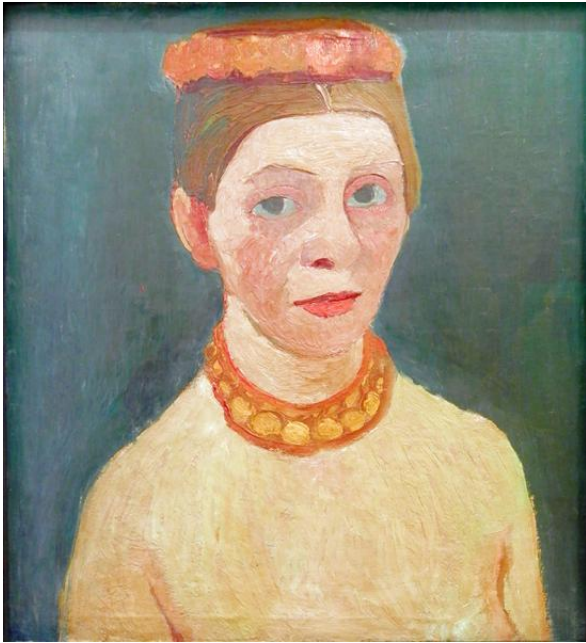




# Ageing well

Are we getting better at tending to our deeper yearnings?

Old men should be explorers (T.S. Eliot)



Self portrait with red flower wreath and chain  
Paula Modersohn-Becker, wikiart.org

I will be your God throughout your lifetime—  
until your hair is white with age. *Isaiah 46:4*

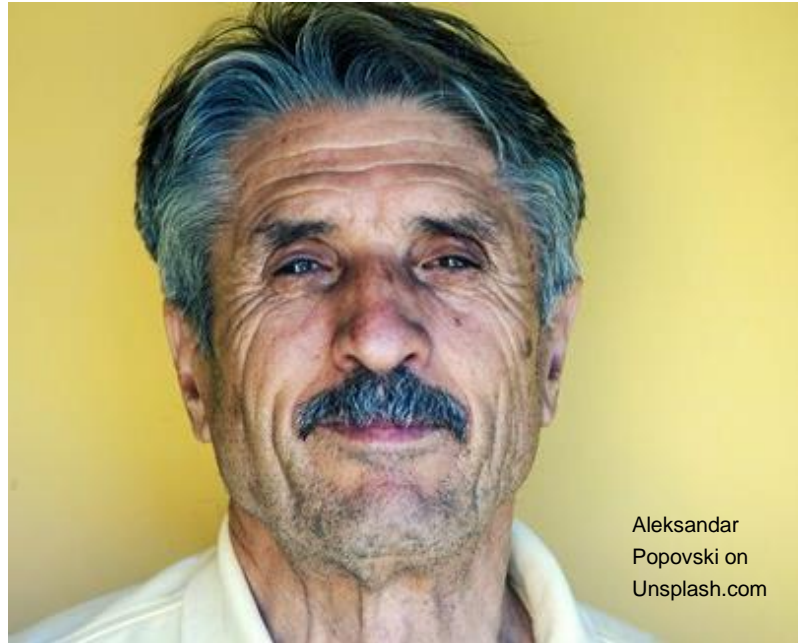
## Questions for reflection:

- Do some things get better as we age?
- What might these be?
- What do you think of the attitudes Young states?
- What experiences, if any, have you had, of these attitudes?

## Reading material:

*The good news about getting older: nine keys to aging well*, Jonathan Young

[Warning](#), Jenny Joseph reads her poem\* on YouTube. Fleur Adcock reads [Weathering](#) on Vimeo



Aleksandar  
Popovski on  
Unsplash.com

## Making up for the sobriety of youth?\*

The psychologist and storyteller Jonathan Young suggests that certain emerging attitudes seem to unlock the rewards of getting older. Here they are in very shortened and selective form:

1. We can enjoy life. We are willing to be enchanted again.
2. We appreciate the freedom to indulge in our interests, new and old. A grateful heart lets us take pleasure where we find it.
3. We appreciate people. Friends, acquaintances, and even strangers have unexpected qualities. We have decided that most people are good enough as they are.
4. We accept our flaws. We can be flexible or stubborn, clueless or profound, depending on the moment.
5. We are at home in the world. Having had our share of difficulties, we just appreciate things more.
6. We have less to prove. Most of the time we are able to work and play for its own sake, not to look good in others' eyes.
7. We have strong priorities. We are getting better at tending to our deeper yearnings.
8. We accept our moods. We can usually let sadness come and go when it wants, without making a big deal about it.
9. We take time to reflect. Being receptive to something beyond our ordinary thoughts. Allowing quiet to enter us seems to change the flow of time and make it larger

The Coracle Trust - Helping transition in faith through the life stages

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