

Suggestions for Book Clubs and Discussion Groups

Composing a Further Life: The Age of Active Wisdom. Mary Catherine Bateson, Vintage Books, 2011.

“Mary Catherine Bateson—daughter of Margaret Mead and author of the landmark bestseller Composing a Life—gives us an inspiring exploration of a new life stage that she calls Adulthood II, a result of the longer life spans and greater resources we now enjoy.”

Happiness is a Choice You Make: Lessons from a Year Among the Oldest Old. John Leland, Sarah Crichton Books, 2018.

“A New York Times Bestseller. An extraordinary look at what it means to grow old and a heartening guide to well-being, Happiness Is a Choice You Make weaves together the stories and wisdom of six New York residents.”

Age-Friendly Congregations. J Bennett Guess and Barbara Powell, eds., United Church of Christ, 2017. https://www.uccresources.com/products/age-friendly-congregations?_pos=1&_sid=8277d4c54&_ss=r&variant=48375309519

“Through sharing personal stories and insights, this resource will help you write, adopt and share an Age-Friendly Congregations “covenant—that will guide you in becoming the age-friendly congregation you intend to be.”

InterGenerate: Transforming Churches through Intergenerational Ministry
<http://www.intergenerateconference.com/about-intergenerate>

“In this edited collection ministers, church leaders, and Christian educators will find valuable, new generational theory perspectives, fresh biblical and theological insights, and practical outcomes backed by current research.”

Family Caregiving in Diverse Communities Full Report. 2021.

“An assessment to discover the specific needs of diverse family caregivers for older adults was performed by the Diverse Aging Coalition and the National Alliance for Caregiving. This report outlines the findings from the assessment. “

Falling Upward: A Spirituality for the Two Halves of Life. Richard Rohr, Jossey-Bass, 2011.

“Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or ‘gone down’ are the only ones who understand ‘up’.”

On the Brink of Everything: Grace, Gravity and Getting Old. Parker Palmer, Barrett-Koehler Publ. 2018.

“From beloved and bestselling author Parker J. Palmer (Let Your Life Speak, The Courage to Teach, Healing the Heart of Democracy) comes a brave and beautiful book of reflections on eight decades of life and work.”