

LIST OF TOPICS

- SESSION 1 HANDLING CHANGE IN LATER LIFE, ESPECIALLY RETIREMENT
- SESSION 2 MEANING, PURPOSE, CALLING IN LATER LIFE
- SESSION 3 RELATIONSHIPS IN LATER LIFE
- SESSION 4 KEEPING SPIRITUALLY HEALTHY IN LATER LIFE
- SESSION 5 COPING WITH LOSS
- SESSION 6 LOOKING FORWARD POSITIVELY TO DEATH
- SESSION 7 CONTENTMENT vs REGRET
- SESSION 8 HOW CAN WE LET THE PAST BLESS THE PRESENT?
- SESSION 9 HOW CAN WE LET THE FUTURE BLESS THE PRESENT?
- SESSION 10 IMAGES OF GOD
- SESSION 11 SPIRITUAL GROWTH – WHAT CAN I STILL HOPE FOR?
- SESSION 12 SPIRITUAL COMPANIONSHIP – HELPING EACH OTHER TO GROW
- SESSION 13 LIVING LIFE WELL, HOWEVER OLD WE ARE
- SESSION 14 WORSHIP – FOR ME OR FOR GOD?
- SESSION 15 DIFFERENT WAYS OF READING THE BIBLE
- SESSION 16 KEEPING PRAYER FRESH
- SESSION 17 RELATIONSHIPS AND LONELINESS
- SESSION 18 SPIRITUAL GROWTH – 2 ATTITUDES & 2 QUESTIONS
- SESSION 19 COPING WITH DISAPPOINTMENT
- SESSION 20 HEAVEN – THERE & THEN, OR HERE & NOW?
- SESSION 21 LETTING GO AND HOLDING ON
- SESSION 22 WHEN GOD SEEMS ABSENT
- SESSION 23 TRUST vs WORRY