



Creating a Spiritual Retirement

A Guide to the Unseen Possibilities in Our Lives

- **Letting Go of Who We Were**
- **Finding Out Who We Really Are**
- **Connecting with Spirit**

Molly Srode

Co-publisher of the *Senior Spirituality Newsletter*

Creating A Spiritual Retirement A Guide To The Unseen Pobibilities In Our Lives

Rabbi Rami Shapiro



Creating A Spiritual Retirement A Guide To The Unseen Possibilities In Our Lives:

Creating a Spiritual Retirement Molly Srode, 2004-07-04 Retirement from the daily workforce can be an opportunity to refocus on your soul Deepen your relationship with the unseen but no less real presence of spirit in your life with fresh spiritual reflections and questions to help you explore this new phase

Creating a Spiritual Retirement Molly Srode, 2012-10-18 Discover how retirement can lead to new spiritual possibilities What now Where do I go from here In many parts of the world retirement from the daily workforce is a door you walk through in order to discover your soul In the last third of life it is an opportunity to focus on the goals that are most important to you Creating a Spiritual Retirement invites you to examine your spiritual life and explore ways of making it more meaningful from three different perspectives The Individual Spirit Contemplate the possibilities for spiritual growth that come with retirement from the daily workplace The Great Spirit Discover how to look for the sacred in this life in both ordinary and extraordinary ways Practical Spirituality Create your path to more fully develop a spiritual practice that will provide support strength challenge and comfort in the later years of life With creative exercises and warm practical advice this book is a helpful tool for anyone on their retirement journey This unusual guidebook helps you deepen your relationship with the unseen but no less real presence of spirit in your life Each chapter focuses on a particular idea for consideration from a spiritual point of view and concludes with a reflection and questions designed to help you explore your thoughts during this important time in life Retirement can be a time rich in understanding of ourselves and others It is a time to gather the wisdom we have gained through the years and make it our own It is a time to take care of unfinished business It is a time to look beyond the surface of our lives to the deeper inner meaning that is a part of each of us It is truly a time to connect with our own inner spirit or soul and with the Great Spirit that animates all life from the Introduction Supportive insightful and inspiring Creating a Spiritual Retirement will help you make the next stage in your life a meaningful one

Secrets of a Soulful Marriage Jim Sharon, EdD, Ruth Sharon, MS, 2014-08-27 The map to soulful love is locked within the secret chambers of your heart here is the key Each of you holds the secrets of what really works in your relationship Perhaps you have not thought about or expressed your secrets In reading this book and participating in soulful couples activities you are likely to tap into your dormant wisdom and gain the courage to unlock those secrets Ready to go exploring from the Introduction Noted couples therapists Jim and Ruth Sharon draw on over forty years of professional and personal experience to offer you useful perspectives tools and practices to cultivate a beautiful sacred relationship with your beloved Combining insights from psychology the world's great spiritual wisdom traditions and the experiences of many kinds of committed couples the Sharons guide you to Identify and replace unwanted habits with positive patterns Master soulful communication Reignite and sustain sacred intimacy Achieve balance between your life as an individual and as a couple Thrive as soulful partners while parenting Build a lasting legacy of love And much more

Living into Hope Rev. Dr. Joan Brown Campbell, 2010-09-01 Step beyond the walls of the church and into

the thick of humanity Joan Brown Campbell's career can be regarded as prophetic For Joan faith has meant engagement with the world and its pain Her words remind us that at its best religion should not narrow our horizons but enable us to live more fully should not cause us to withdraw from the world but to do our utmost to make it a better place from the Foreword by Karen Armstrong Drawing on her amazing life experiences Rev Dr Joan Brown Campbell speaks out on the pressing issues that face us today love justice reconciliation forgiveness and community With a bold distinctive voice this visionary minister asserts that we have the capacity to transcend the barriers that separate us from one another She poses that Who is my neighbor may be the most crucial question in our world where so many are hungry and hurting and weary of war She calls us to live life fully not carefully or cautiously but wholly engaged with the world and with the messiness of humanity She dares us to act as the people we are called and created to be to claim our freedom to care to risk and to step out into the unknown Capturing the essence of her wisdom gained from years of world travel and experience Campbell offers inspiration and challenge for all who would claim their lives as people of hope

Laugh Your Way to Grace Susan Sparks, 2010-04 Laughter the GPS System for the Soul Laughter was honored by the ancients as a spiritual healing tool and celebrated by the world's great religions So why aren't we laughing along the spiritual path today What would happen if we did In this personal and funny look at humor as a spiritual practice Rev Susan Sparks an ex lawyer turned comedian and Baptist minister presents a convincing case that the power of humor radiates far beyond punch lines Laughter can help you Remove the fearful mask of a God who doesn't laugh Debunk the myths that you don't deserve joy Find perspective when faced with adversity Exercise forgiveness for yourself and others Reclaim play as a spiritual practice Heal emotionally physically and spiritually Keep your faith when God is silent Live with elegance beauty and generosity of spirit Whatever your faith tradition or if you have none at all join this veteran of the punch line and the pulpit in reclaiming the forgotten humor legacy found in thousands of years of human spiritual history

Honest to God Prayer Kent Ira Groff, 2012 Maybe you're praying and you don't even know it In this unique and encouraging guide to prayer Kent Ira Groff a longtime retreat leader and inspiring writer poet explores how to engage in spirituality that blesses your soul and the world Whether you're advanced or just starting on your spiritual path this practical prayer path breaker will lure you in with its novel combination of touching real life stories pithy thoughts and inspiring prayer practices For those turned off by shopworn religious language it offers innovative ways to pray in four metaphorical movements that parallel both Native American traditions and Ignatian spirituality East Morning Prayer as Awareness Waking up to reality opening South Noon Prayer as Empowerment Embracing your dreams and possibilities expanding West Afternoon Prayer as Relinquishment Letting go of attachments emptying North Night Prayer as Paradox Uniting the opposites of life integrating Prayer practices for each of the four movements provide for personal and group enrichment at home and work in formal programs and informal friendships They interweave the author's own experience to say This is honest to God spirituality and I'm seeing myself

The Heartbeat of God Katharine Jefferts Schori, 2010-11-04

Insights from a pioneering leader in world religion on the intersections of the sacred the secular As Christians indeed as people of faith of any tradition we are called to tend to the needs of the least among us Our response to them must be the response of faith God gives us a new heart to do this work and every time we gather to do it God offers a pacemaker jolt to tweak our heart s rhythm The challenge is this will our hearts respond with a strengthened beat in tune with God s own heartbeat sending more life out into the world from the Introduction Explore our connections as human beings with each other as one nation with all other nations as the human species with the whole of our environment through the lens of faith Katharine Jefferts Schori presiding bishop of The Episcopal Church examines these connections as she looks at the intersections of faith with the major issues of our day How does faith speak to poverty climate change the economy health care and what is the faith response How can believers from many faith traditions find common ground while honoring the Divine serving one another and creating deeper community How do we best use the resources of faith to connect us to the hearts of our neighbors and to the heart of God Soul Fire Rev. Thomas Ryan, CSP,2011-04-15 Trust the Creativity within You Then Get Out of Its Way This is the invitation of the inner creative spirit you are created to create The creative potential within you is one of the things that makes you in the image and likeness of God Whether your medium be music watercolors clay gardening woodworking writing cooking dance or voice the Creator has gifted you with creativity Your gift in return is to use it from the Conclusion This inspiring guide shows you how to cultivate your creative spirit particularly in the second half of life as a way to encourage personal growth enrich your spiritual life and deepen your communion with God Each chapter provides questions for reflection to help you identify your creative energy overcome your insecurities and connect with your chosen method of expression Practical exercises at the end of each chapter help you awaken your creative spirit within Whether you re a novice or expert young adult middle age or golden age you will be challenged by this invigorating call to set free your creative potential **Tao Te Ching** ,2012-10-19 The enduring wisdom of the Tao Te Ching can become a companion for your own spiritual journey Reportedly written by a sage named Lao Tzu over 2 500 years ago the Tao Te Ching is one of the most succinct and yet among the most profound spiritual texts ever written Short enough to read in an afternoon subtle enough to study for a lifetime the Tao Te Ching distills into razor sharp poetry centuries of spiritual inquiry into the Tao the Way of the natural world around us that reveals the ultimate organizing principle of the universe Derek Lin s insightful commentary along with his new translation from the original Chinese a translation that sets a whole new standard for accuracy will inspire your spiritual journey and enrich your everyday life It highlights the Tao Te Ching s insights on simplicity balance and learning from the paradoxical truths you can see all around you finding strength through flexibility because bamboo bends it is tough to break achieving goals by transcending obstacles water simply flows around rocks on its way to the sea believing that small changes bring powerful results a sapling in time grows into a towering tree Now you can experience the wisdom and power of Lao Tzu s words even if you have no previous knowledge of the Tao Te Ching SkyLight

Illuminations provides insightful yet unobtrusive commentary that describes helpful historical background explains the Tao Te Ching's poetic imagery and elucidates the ancient Taoist wisdom that will speak to your life today and energize your spiritual quest **Fully Awake and Truly Alive** Jane Elizabeth Vennard, 2013 Fulfill the reality that the glory of God is the human fully alive Reverend Vennard is fearlessly awake to the wild dance of life Rather than sleeping through life she awakens to it Rather than escaping from reality she embraces it Rather than distracting herself with a life to come she dares to live the life that is And she wants you to do all this as well Read this book Live this book Wake up from the Foreword In a culture enthralled with technology striving and speed people of many faith traditions and no faith tradition long to slow down pay attention and wake up to the present moment They want help in realizing their hope that they can become more truly alive This engaging and highly readable book offers you guidance for the journey Sharing stories from her personal life as a spiritual seeker and from her professional career as a retreat leader spiritual director and teacher Reverend Jane Vennard illustrates the joys and frustrations of spiritual practice offers insights from various religious traditions and provides step by step exercises and meditations to practice Caring for the body Rest Silence Solitude Letting go Community Hospitality Service Living gratefully **Haiku—The Sacred Art** Margaret D. McGee, 2010-12-30 Have a haiku moment when your mind stops and your heart moves Writing haiku offers the chance to honor hold and fully experience a fleeting moment that takes you out of yourself a moment that hints at the deeper unity that lies beneath the surface of things from Chapter One In this encouraging guide for both beginning and experienced haiku writers Margaret D McGee shows how writing haiku can be a consciously spiritual practice for seekers of any faith tradition or no tradition Drawing from her experience as a spiritual retreat leader and published haiku writer McGee takes the mystery and intimidation out of beginning to write haiku For those already on their way she provides helpful hints and exercises to broaden and deepen both your haiku artistry and your appreciation of haiku as part of your spiritual life With humor and encouragement she offers step by step exercises for both individuals and writing groups and shows how haiku can help you Pay attention to the world around you to connect with sacred moments Overcome fear and self doubt to access your innate creativity Explore and use haiku together with spiritual practices in your own faith tradition Make haiku a spiritual part of your daily routine **Religion Gone Astray** Don Mackenzie, Ted Falcon, Jamal Rahman, 2011 Welcome to the deeper dimensions of interfaith dialogue exploring that which divides us personally spiritually and institutionally We believe that interfaith dialogue holds the key to a healing that calls us back to purpose and to meaning We have risked confronting aspects of our traditions usually hidden and the consequences have been deeply life affirming We risk becoming vulnerable as we share awkward and even unacceptable texts and interpretations but it is this very vulnerability that allows our dialogue to move forward from the Introduction Expanding on the conversation started with their very successful first book the Interfaith Amigos a pastor a rabbi and an imam probe more deeply into the problem aspects of our religious institutions to provide a profound understanding of the nature of what

divides us They identify four common problem areas in the Abrahamic faiths Exclusivity Staking Claim to a One and Only Truth Violence Justifying Brutality in the Name of Faith Inequality of Men and Women The Patriarchal Stranglehold on Power Homophobia A Denial of Legitimacy They explore the origins of these issues and the ways critics use these beliefs as divisive weapons And they present ways we can use these vulnerabilities to open doors for the collaboration required to address our common issues more profound personal relationships and true interfaith healing

Gathering at God's Table Katharine Jefferts Schori, 2012 A profound reminder of our role in God's vision for a restored and reconciled world The work before us this mission of God's is immense cosmic even The world is hungry thirsty homeless sick lonely imprisoned and enslaved because some parts are The creation is groaning in travail because of our abuse of the garden in which we have been set The body is ailing Participating in God's mission is about seeing and responding to that collective suffering and beginning to understand our interconnection with the other parts of the body from the Introduction In the Christian tradition believers are called to do more than sit around and pray Throughout the Gospel and throughout history people of faith have been quite literally booted out into the world to bring God's love to everybody not just a select few That's the meaning of mission from the Latin verb *mitto* meaning to send It is the work that Jesus and his disciples set out to do feeding healing and teaching In an insightful and powerful voice Katharine Jefferts Schori presiding bishop of The Episcopal Church explores the meaning of mission in the context of contemporary life reminding us of the Anglican Communion's Five Marks of Mission Proclaim the Good News of the Kingdom Teach Baptize and Nurture New Believers Respond to Human Need with Loving Service Seek to Transform Unjust Structures of Society Strive to Safeguard the Integrity of Creation and Sustain and Renew the Life of the Earth

Recovery—The Sacred Art Rabbi Rami Shapiro, 2013-10-19 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system

Tanya the Masterpiece of Hasidic Wisdom, 2010-03-01 The wisdom of Jewish spirituality and mysticism can be a companion for your own spiritual journey Tanya It Was Taught is one of the most powerful and potentially transformative books of Jewish wisdom

Written in 1797 by Rabbi Schneur Zalman of Liadi the founder of Chabad Hasidism Tanya sets forth the fundamentals of Jewish spirituality and mysticism While a focus of daily study by tens of thousands of Hasidic Jews Tanya is little known outside the world of Jewish mysticism Until now its kabbalistic terms and esoteric language have made this essential text of Jewish spirituality inaccessible to most readers In this engaging volume Rabbi Rami Shapiro offers a contemporary English translation of key selections of Tanya coupled with commentary designed to clarify and amplify the wisdom it contains He also outlines the philosophical and spiritual framework on which Tanya is based God's nonduality the five dimensions of reality and their corresponding intelligences body heart mind soul and spirit the purpose of mitzvot the practices of Jewish life as catalysts to God realization and the hallowing of all life through godliness to help you understand the selected Tanya translations in a way that enhances your own spiritual development Now you can benefit from the wisdom of Tanya even if you have no previous knowledge of Judaism or Hebrew terminology This SkyLight Illuminations edition presents the core teachings of Tanya with insightful yet unobtrusive commentary that will deepen your understanding of the soul and how it relates to and manifests the Divine Source from which all life comes in which all life lives and to which all life returns

Psalms M. Basil Pennington, OCSO, 2011-12-07 Let the Psalms help you forge a deeper connection to the Divine Showing how the Psalms give profound and candid expression to both our highest aspirations and our deepest pain the late highly respected Cistercian Abbot M Basil Pennington shares his reflections on some of the most beloved passages from the Bible's most widely read book In this companion volume to *The Song of Songs A Spiritual Commentary* Pennington is once again joined by Jewish artist Phillip Ratner whose evocative works will lead you into more meaningful contemplation of the inner spirit of the Psalms Pennington describes how the monastic tradition of regular reflection on the Psalms a technique St Benedict called the work of God or *Opus Dei* can help you transform your everyday life into a powerful life of prayer Enriched by Jewish and Christian faith the drawings and meditations speak to every person wanting both to connect with their most human longings and to forge a vital connection with the Divine John & Charles Wesley ,2011-09-22 John and Charles Wesley provide a vision of God that beckons to anyone interested in a spiritual life John Wesley 1703 1791 Anglican priest theologian and church reformer and his brother Charles Wesley 1707 1788 one of the greatest hymn writers of all time co founded Methodism a major movement of Christian renewal Their vision of Christian discipleship included important spiritual practices that fueled the revival of the eighteenth century Church of England Their holistic theology spirituality affords guidance for the contemporary spiritual seeker who yearns for greater meaning and purpose in life This unique presentation of the writings of these two inspiring brothers brings together some of the most essential material from their large corpus of work While John articulated his vision of Christianity through many sermons journals and theological treatises Charles expressed his theology in lyrical form through some nine thousand hymns and devotional poems These excerpts from Charles and John Wesley with probing facing page commentary will provide insight not only into the renewal of dynamic and vital

Christianity but into the struggles and concerns of all who seek to be faithful participants in God's vision of love in every age

A Dangerous Dozen Canon C. K. Robertson, 2011 Sometimes What We Need Most Is What We Fear Most Times change and situations seem to change but there is still a great need for prophets for God's ambassadors to stand up and be counted Who will dare to be Paul the Apostle today or Dorothy Day or Francis of Assisi or Dietrich Bonhoeffer Who will dare when God calls to say Here I am Lord Send me from the Foreword by Archbishop Desmond Tutu Meet twelve fascinating at times intimidating Christian change agents who were unafraid to ask what God would have them do in the face of life's realities and unafraid to go ahead and do it Their words and actions challenged the status quo and in so doing they showed the face of Jesus to the Church and to the world Whether calling us to live simply in the name of Jesus showing the way to genuine peacemaking or exemplifying the true meaning of courage the legacies of these blessed troublemakers continue to inspire us today if we let them Paul of Tarsus Mary Magdalene Origen of Alexandria Francis of Assisi Hildegard of Bingen Thomas

Cranmer Sojourner Truth Dorothy Day Dietrich Bonhoeffer Janani Luwum Oscar Romero K H Ting **The Book of Common Prayer** Katharine Jefferts Schori, Desmond Tutu, 2013 For centuries Christians of different traditions and seekers from various backgrounds have found strength for their spiritual journey in The Book of Common Prayer BCP First composed in 1549 by Thomas Cranmer Henry VIII's Archbishop of Canterbury the BCP alongside Shakespeare's works and the King James Bible helped shape the English language Today over seventy five million Anglican Christians throughout the world use the BCP in public worship and countless people Anglican and otherwise use it in their private devotional life In this unique presentation of selections organized by themes such as Belonging in God's Family Blessing in Times of Joy and Pain and Learning from Our Past with facing page commentary C K Robertson offers fascinating insights into the history and heritage of the BCP He also makes available the riches of this spiritual treasure chest for all who are interested in deepening their life of prayer building stronger relationsh

Confucius, the Analects, 2011-04-01 The wisdom of Confucius China's greatest teacher and sage can guide each of us in our own time Twenty six centuries after their origination the principles laid down in the Analects of Confucius still act as the foundation of Chinese philosophy ethics society and government and play a formative role in the development of many Eastern philosophies In this intriguing look at the ethical and spiritual meaning of the Analects Rodney L Taylor the foremost American researcher of Confucius as a religious and spiritual figure explains their profound and universal wisdom for our own time He shows how Confucius advocates learning and self cultivation to follow the path of the sage or Way of Heaven a journey that promises to promote reason peace and understanding Alongside an updated version of the classic translation by Sinologist James Legge Taylor provides informative and accessible commentary that illuminates the meaning behind selected passages from the Analects and their insights on character development respect and reverence and the nature of learning goodness truthfulness and righteousness

Delve into the emotional tapestry woven by in Dive into the Emotion of **Creating A Spiritual Retirement A Guide To The Unseen Pobibilities In Our Lives** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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