

Conrad Grebel University College
University of Waterloo
TS689/RS387: Aging and the Spiritual Life
Fall 2025

Class Time: Tuesdays 9 - 11:50 pm

Location: Room CGR 1300

Instructor: Jane Kuepfer

Office Hours: Please contact me by email to arrange a virtual or in-person meeting.

Office Location: Room 2125 (often working from home office – contact information below)

Phone: 519-885-0220 x 24232

Email: jane.kuepfer@uwaterloo.ca

Course Description:

Through experiential, reflective, and theoretical learning, this course will explore spirituality as a central aspect of growth and development in later life. The perspectives of various faith and humanistic traditions will be included. Topics will include: religious beliefs and spiritual concerns later in life; a theology of aging; ministry to persons in later life; spirituality and dementia; death and dying.

Note: this course is cross-listed and welcomes 'participating visitors' (auditors). Some of the students in the classroom may be undergraduates, some graduate students, and some participating visitors. It is anticipated that this mixture will contribute to rich discussion and learning.

Course Objectives:

Students completing this course will:

- become aware of and conversant within the field of spirituality and aging
- have opportunity to dialogue about aging and spirituality in a forum that promotes academic rigor and mutual respect – “seeking wisdom, nurturing faith and pursuing justice and peace in service to church and society”
- become aware of assumptions and biases operative in their own understandings of aging and older persons
- develop a relationship with an older person and learn from his/her experience
- develop a familiarity with issues in aging and the capacity to bring critical thinking and a pastoral sensibility to those issues

TS 689 students will develop, in addition, an ability to view issues of aging in the light of a theology of aging.

Course Expectations:

Readings, Attendance & Participation (10% of grade):

This course expects a high level of student participation. You will be expected to read the assigned readings prior to the weekly class. Lectures and discussions will assume that you have covered that material. While readings may not be addressed directly in class, students are expected to raise questions and engage the readings during class. Regular class attendance and participation is expected. Please contact the instructor to make arrangements if you need to miss a class.

Expectations for various participants:

TS 689 students are expected to complete all readings and assignments.

RS 387 students are expected to complete the readings assigned and prepare shorter assignments.

Participating visitors are expected to complete the readings but not expected to submit assignments.

Required Reading Materials:

All readings are available online through LEARN, as posted documents, or links. There is no cost to access any of the readings.

Several readings are found in this journal issue, available online:

Spirituality & aging (Fall 2022). *Vision: A journal for church and theology* 23:2

<https://press.palni.org/ojs/index.php/vision/issue/view/69>

Learn: This course will make use of a WATERLOO LEARN website.

Students must familiarize themselves with the LEARN platform and check it regularly for:

- News – Important announcements will be posted, so please try to check the site before each class.
- Readings – All required readings will be posted in LEARN.
- Content – Any handouts in class will be posted in LEARN.

Evaluations:

Due Date	Assignment	Weighting	Length (Undergrad)	Length (Masters)
September 16	Reflection Paper #1	10%	4 pp	4 pp
October 7	Presentation (with partner if you choose)	15%	10 minutes +1 page handout	10 minutes + 1 page handout
November 4	Topic and working bibliography for Research Paper	5%	1 page	1 page
November 18	Senior Partner Journal and Reflection Paper #2	25%	6 hours of visiting 7-8 pp paper	6 hours of visiting 8-10 pp paper
November 25 or December 2 (class sharing) December 2-9 (paper)	Research Paper and sharing in class	35%	10-12 pp 10 min to share	15 pp 15 min to share
	Readings and participation	10%		

Assignment Details:

Reflection Paper #1

A 4 page double-spaced engagement with this week's readings.

Reflect on your experience of and understanding of spirituality and religion. If you encountered new ideas in the readings, what inspired you? What made you uncomfortable? What do you know about yourself and how will you hold that as you consider how you understand and interact with others, particularly older adults? The instructor will provide some 'exploring your spirituality' questions that may be helpful.

Faith/Cultural Perspectives Presentation

A **10-minute in-class presentation** on aging and spirituality from a perspective of your choice; e.g. Muslim, Jewish, Christian, Indigenous, Buddhist, Hindu, Confucian, Daoist, Humanist, Black, LGBTQ2S+, etc. Two core questions will frame your presentation:

- 1) How is aging understood and spirituality experienced within this particular tradition/culture/identity?
- 2) What do I need to know about this person's perspective and experience so that I can respect it as I offer care?

By way of introduction, briefly include enough background (history/beliefs, etc) to provide a foundation for understanding this perspective on spirituality and aging.

Prepare a one-page handout for class members that lists your main points as well as four resources that class members can access for information on the perspective you are presenting.

Two resources that are a good starting point for your research:

Chapter 5 in **Nelson-Becker, H. (2017). *Spirituality, Religion, and Aging*. Los Angeles: Sage Publications** (On Reserve).

Multi-faith Practices: Guidelines for Caregivers https://the-ria.ca/wp-content/uploads/2018/08/Multi-Faith-Resource-Guide_Accessible_2018-02.pdf

***This assignment may be completed with a partner, and/or may be submitted as a video. A sign up process will ensure that a diversity of perspectives will be covered.**

Senior Partner Journal and Reflection Paper #2

This learning opportunity is the experiential component of the course: Each student will meet for approximately **six hours** throughout the term with a person over the age of 70. (Your partner must be chosen by September 30. Check with the instructor if you need help finding a partner).

- Keep a **journal** of your experience. What are you thinking about? What are you learning?

- Write a 7-8 (TS 689 students 8-10) page double-spaced **reflection paper** about your senior partner. The goal for this paper is to attempt to see the world through the eyes of your senior partner and to reflect on the role and influence of their spirituality on their daily lives. Your paper will be graded on your ability to note and reflect on this person's *physical and cognitive abilities and challenges; their sense of vocation and sources of meaning; their faith perspective, spiritual practices and community; their experience of aging as a spiritual journey; their spiritual needs and resources* (We will be covering these various aspects of aging in class).

- Insights gleaned from the **autobiographic journal** of your choice (see required readings) should be integrated into the paper. You might compare and contrast your partner's experience with that of the journal-writer.

- TS 689 students will include a one-page **spiritual care plan** that includes your partner's strengths and resources as well as spiritual concerns and potential for growth. Reflect on the role of the faith community/congregation (if there is one), in this person's life.
- Both your journal and your paper are to be handed in, although the journal will not be graded.

Research paper and class sharing/discussion:

Paper - Choose a topic in the field of spirituality and aging that is of interest to you (See list of research paper topics for some ideas).

RS387 students: 10-12 pages, double-spaced (2500 – 3000 words);

TS689 students: 15 pages (4000 words).

TS 689 students will dedicate a section of the paper to ministry within their topic area. For example, if the topic area is 'Aging and Singleness', a section of the paper will be ministry with seniors who are single. Alternatively, this section may explore your topic in the light of your theology of aging.

- Topic and working bibliography should be shared with the instructor (in dropbox, followed up by email or meeting) by November 4.

Class sharing/discussion: Each student will be given 10-15 minutes of class time to share about their topic and what they have learned. A one-page **handout** citing main points and primary resources is to be posted on LEARN before class. This class time will give students opportunity to learn from one another and discussion will provide feedback and encouragement toward the student's completion of their final paper. **Students who prefer not to present in class may pre-record a presentation that will be posted on Learn.**

Further notes about assignments:

- Assignments are to be submitted digitally, double-spaced, standard margins and 12-point font.
- Add page numbers.
- Citation of sources may be in APA or Chicago Style (Turabian).
- Use inclusive language when referring to people.
- There is no binding rule about the number of sources to use in the research. It is often better to use fewer sources well than to cite many books and/or journal articles superficially. That said, for the research paper you should expect to do significant reading beyond the required readings discussed in class. I would suggest a minimum of seven sources for RS387 students, and a minimum of ten sources for TS689 students.
- My general rubric for marking research papers is as follows: 1/3 for a fair and accurate representation of your sources, 1/3 for your reflection and critical analysis, 1/3 for the quality of writing.
- Late submission of any assignment will be penalized 3% per calendar day if alternate arrangements have not been made.

Week	Topic	Readings
1 Sept 9	Introduction	No readings to be done before the first class. Syllabus review. Setting the Context: What do we bring to the subject? Exploring our experiences and assumptions about aging.
2 Sept 16	What is spirituality? <i>Reflection paper due (4-5 pages)</i>	O'Connor, T. & Meakes, E. (2005). Assessing plurality in spirituality definitions. In A. Meier, T. O'Connor & P. VanKatwyk (Eds.), <i>Spirituality & health: Multidisciplinary explorations</i> (p.43-59). Wilfrid Laurier University Press. (On Learn) Atchley, R.C. (2009). <i>Spirituality and aging</i> . Introduction. (Call # BL624.A795 2009, On Learn) Rohr, R. (2012). <i>Falling upward</i> . Introduction, pp.xiii-xxxvii. (On Learn)
3 Sept 23	What is aging?	deLange, F. (2015). <i>Loving later life</i> , introduction + chapter 1, pp.1-26. (On Learn) Fisher, J.C. and Simmons, H.C. (2007). <i>A journey called aging</i> . Chapter 1. (Call # HQ1061.F53, On Learn) Fischer, K. (1998). <i>Winter Grace</i> , pp. 7-12. (On Learn) Zweig, C. (2021). <i>The inner work of age: From role to soul</i> , chapter 1, pp. 14-36. (On Learn)
4 Sept 30	Meaning, purpose and legacy <i>(vocation, narrative)</i> <i>Have you found a 'Senior Partner?'</i>	Jewell, A. (2016). Finding meaning and sustaining purpose in later life. In Johnson, M., & Walker, J. (Eds.). (2016). <i>Spiritual Dimensions of Ageing</i> . New York: Cambridge University Press, pp. 179-197. (Call # BL65.A46.S65) (On Learn) Elizabeth MacKinlay, Richard Burns & Ms Sally Mordike (2023): The lived experience of frailty: what does it mean to be frail?, <i>Journal of Religion, Spirituality & Aging</i> , DOI: 10.1080/15528030.2023.2223156 (primary source, research study) Aging, spirituality & narrative – CASC seminar (1:08) with Bill Randall Link: https://www.youtube.com/watch?v=qmVIDP1HNso&ab_chann el=WilliamRandall

Oct 7	<p>Faith perspectives and aging</p> <p><i>In class presentation on aging and spirituality from a perspective of your choice</i></p>	<p>Nelson-Becker, H. (2017). Integration of Religious Philosophies and Aging in <i>Spirituality, Religion and Aging</i> (pp. 146-149). Sage Publications. (On Learn)</p> <p>TS 689 students may be interested in further theological readings:</p> <p>Simmons, E. (2019). Aging and the cross: Explorations in deep incarnation. <i>Dialog</i>; 58:252-258. (On Learn)</p> <p>Woodward, J. (2016). Reimagining the theology of old age. In M. Johnson & J. Walker (Eds.), <i>Spiritual Dimensions of Ageing</i> (270-282). New York: Cambridge University Press. (Call # BL65.A46.S65) (On Learn)</p>
5 Oct 14	<p>READING WEEK</p> <p>No class</p>	
6 Oct 21	<p>Aging as a spiritual journey</p>	<p>Read a book written by someone reflecting personally on the experience of aging – choose from list provided (this can be the book you use as part of your reflection paper later in the course).</p> <p>Handouts:</p> <ul style="list-style-type: none"> - Ageing to Sageing appendix “Exercises for Sages in Training”, 267-285 - Gerotranscendence
7 Oct 28	<p>Spiritual needs and resources</p>	<p>Brubacher Noel, C. (2022). Finding meaning in old age. <i>Vision</i> 23:2, 25-30.</p> <p>Cressman, K. (2022). Home in later life. <i>Vision</i> 23:2, 52-65</p> <p>Schwartz, V. (2022). Embracing emotions with honesty and integrity. <i>Vision</i> 23:2, 20-24.</p> <p>Brown, N. (2022). <i>A Time to Weep, and a Time to Laugh: The Use and Potential of Humor as a Spiritual Resource for People Receiving Palliative Care</i>. Research paper for TS689. (On Learn)</p> <p>Idler, E. (2024). Religion as a social determinant of health in old age? <i>Journal of Religion, Spirituality & Aging</i>, 36:4, 336-344 https://doi.org/10.1080/15528030.2024.2374493 (On Learn)</p>

<p>8 Nov 4</p>	<p>Spirituality and dementia Research paper topic and working bibliography shared with the instructor (email or meeting)</p>	<p>O'Brien, G. (2019). Rocks in my head. In Everyman & Wendorf (Eds.). <i>Dementia friendly worship</i>, 51-62. (On Learn)</p> <p>Maddux, C. (2019). The intimate touch of meditative prayer. In Everyman & Wendorf (Eds.). <i>Dementia friendly worship</i>, 255-259. (On Learn)</p> <p>McFadden, S.H. (2021). Spiritual Connections in <i>Dementia-friendly communities: Why we need them and how we can create them</i>, London: Jessica Kingsley, 191-212. (On Learn)</p> <p>Loepp Thiessen, I. (2022). Holding a Lamp: Ministry as memory fades. <i>Vision</i> 23:2, 13-19.</p> <p>Schlegel-UW RIA (draft). <i>Providing Spiritual Care in Long-term Care: Supporting spiritual wellbeing in dementia</i> (On Learn)</p>
<p>9 Nov 11</p>	<p>Spiritual care/support + caregiving + Initial sharing of Senior Partner experience (first week)</p>	<p>Schlegel-UW RIA (draft) <i>Providing spiritual care in long-term care: Supporting inclusive practices</i> (On Learn)</p> <p>Schlegel-UW RIA. (2025). <i>Providing spiritual care in long-term care: Guidance for long-term care leaders</i> (On Learn)</p> <p>Frey, A. (2022). Navigating the transitions of aging: A spiritual direction perspective. <i>Vision</i> 23:2, pp. 6-12.</p> <p>Address, R. (2005). Creating Sacred Scenarios. <i>Journal of Gerontological Social Work</i>, 45:1-2, 223-232, DOI: 10.1300/J083v45n01_13 (On Learn)</p> <p>Richards, M. (2016). The essential spirit in caresharing. In Koepke, D. <i>The essential spirit: providing wholistic services to and with older adults</i>, 92-110. (On Learn)</p> <p>The following 3 research articles are provided but not required reading:</p> <p>Kuepfer, J., Schmidt, A., O'Connor, T. S. J., & James, M. (2022). Spiritual Care in Ontario Long-Term Care: Current Staffing Realities and Recommendations. <i>Journal of Pastoral Care & Counseling</i>, 76(1), 29–36. https://doi.org/10.1177/15423050211073571</p> <p>Kuepfer, J., Schmidt, A., O'Connor, T. S. J., & James, M. (2022). Promise, Provision, and Potential: A Hopeful Trajectory for Spiritual Care in Long-Term Care. <i>Journal of Pastoral Care & Counseling</i>, 76 (2), 105-113. https://doi.org/10.1177/15423050221090870</p> <p>Kuepfer, J. (2022). Supporting Spirits in Changing Circumstances: Pandemic Lessons for Long-Term Care and Retirement Homes, <i>Religions</i> 13(7), 584ff. Special Issue Spirituality and Aging: Finding Meaning in the Context of Personal and Societal Change, ed. Jane Kuepfer. https://doi.org/10.3390/rel13070584</p>

10 Nov 18	<p>Spirituality at end of life/Dying and death</p> <p>+ Further sharing of Senior Partner experience (second week)</p> <p>Senior Partner reflection paper due</p>	<p>Schlegel-UW RIA (draft). <i>Providing Spiritual Care in Long-term Care: Supporting spirituality at end-of-life</i> (On Learn)</p> <p>Heath, Yvonne. (2015). <i>Love your life to death: How to plan and prepare for end of life so you can live fully now</i>, Ch 6 pp 75-87 (On Learn)</p> <p>Bowman, B. (2022). Though my body wastes away: Pursuing a healthy spirituality while dying. <i>Vision</i> 23:2, pp. 31-38.</p> <p>Kimble, M. (2003). Final Time: Coming to the End. In <i>Aging, spirituality, and religion: A handbook</i>, pp.449-459. (On Learn)</p> <p>Manning, C. (Autumn/Winter 2019). Facing death without religion. <i>Harvard Divinity Bulletin</i>. https://bulletin.hds.harvard.edu/facing-death-without-religion/</p> <p>Spreadbury, J.H. & Coleman, P.G. (2011) Religious responses in coping with spousal bereavement, in Coleman, <i>Belief and ageing: Spiritual pathways in later life</i>, 79-96. (On Learn)</p> <p>TS 689 students may be interested in further theological readings:</p> <p>Willimon, W. (2020). Ending in God. <i>Aging: Growing Old in Church</i>, 157-164. Baker Academic. (On Learn)</p> <p>Au, W. and Au, N.C. (2018). All Shall Be Well. <i>Aging with wisdom and grace</i>, 128-141. Paulist Press. (On Learn)</p>
11 Nov 25	Sharing and discussion of research in class	
12 Dec 2	Sharing and discussion of research in class	

December 2-9

- **Final Research Paper Due.** Submit the paper in the dropbox on LEARN.

The Land on Which We Meet: We acknowledge that we are located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and the Haudenosaunee peoples. The University of Waterloo and Conrad Grebel University are situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometers (six miles) on each side of the Grand River. Relationships between indigenous peoples and settlers have been fraught with injustice; we hope in this course to encourage careful listening, and to move forward in ways that foster respect, dignity and equality.

Research and Writing Support

Theological Studies Liaison Librarian and Research Guide

The library has created a [Theological Studies research guide](#) to help you carry out theology-related research. If you need more specialized assistance, the Theological Studies liaison librarian, Laureen Harder-Gissing (lharderg@uwaterloo.ca), is available for consultation.

UWaterloo Policies & Resources

Mental Health: At the University of Waterloo, we are dedicated to supporting your mental and emotional well-being. Our Counselling Services offer confidential support, including individual counselling, workshops, and crisis intervention.

If you're struggling, please reach out for help at 519-888-4096 or visit [their website](#) for more information.

Academic integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check [the Office of Academic Integrity](#) for more information.]

Grievance: A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70, Student Petitions and Grievances, Section 4](#). When in doubt, please be certain to contact the department's administrative assistant who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity to avoid committing an academic offence, and to take responsibility for their actions. [Check [the Office of Academic Integrity](#) for more information.] A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about "rules" for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate associate dean. For information on categories of offences and types of penalties, students should refer to [Policy 71, Student Discipline](#). For typical penalties, check [Guidelines for the Assessment of Penalties](#).

Appeals: A decision made or penalty imposed under [Policy 70, Student Petitions and Grievances](#) (other than a petition) or [Policy 71, Student Discipline](#) may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to [Policy 72, Student Appeals](#).

Note for students with disabilities and disabling conditions: The University of Waterloo recognizes its obligations under the Ontario Human Rights Code to accommodate students with known or suspected disabilities and disabling conditions (e.g. medical conditions, injuries, impacts of trauma such as from violence or discrimination) to the point of undue hardship. To support this obligation, [AccessAbility Services](#) (AAS) collaborates with all academic departments and schools to facilitate academic accommodations for students with disabilities and disabling conditions without compromising the academic integrity of the curriculum. If you believe you may require academic accommodations (e.g., testing accommodations, classroom accommodations), register with AAS as early in the term as possible by completing the [online application](#). Students already registered with AAS must activate their accommodations for each of their courses at the beginning of each term using AAS' online system. If you require assistance, contact AAS by phone (519-888-4567 ext. 35082), email (access@uwaterloo.ca) or in-person (Needles Hall North, 1st Floor, Room 1401).

Turnitin.com: Text matching software (Turnitin®) may be used to screen assignments in this course. Turnitin® is used to verify that all materials and sources in assignments are documented. Students' submissions are stored on a U.S. server, therefore students must be given an alternative (e.g.,

scaffolded assignment or annotated bibliography), if they are concerned about their privacy and/or security. Students will be given due notice, in the first week of the term and/or at the time assignment details are provided, about arrangements and alternatives for the use of Turnitin in this course.

It is the responsibility of the student to notify the instructor if they, in the first week of term or at the time assignment details are provided, wish to submit alternate assignment.

READINGS

Required:

All readings are available online through LEARN, as posted documents, or links.

For reflection paper #2: Choose one (an autobiographical book written from the perspective of an older person). New books are being written, so don't be confined by this list. Some of the books listed in the Selected Bibliography below would also be suitable for Assignment #2:

Athill, Diana. (2008). *Somewhere Towards the End*. London, UK: Granta.

Bryden, Christine. (1995, 2012). *Who will I be when I die?* Sydney, AUS: HarperCollins.

Bryden, Christine. (2005). *Dancing with Dementia*. London, UK: Jessica Kingsley.

Bryden, Christine. (2018). *Will I still be me?* London, UK: Jessica Kingsley.

Burkholder, G.H. (2012). *Relentless goodbye: Grief and love in the shadow of dementia*. Harrisonburg, VA: Herald Press. (caregiver perspective)

Chittester, J. (2010). *The Gift of Years: Growing older gracefully*. Katonah, NY: BlueBridge.

Dass, R. (2001). *Still Here: Embracing Aging, Changing, and Dying*. New York: Riverhead Books.

Dass, R. (2013). *Polishing the Mirror: How to Live from Your Spiritual Heart*. Boulder, Colorado: Sounds True. (Hindu)

Davis, Robert. (1989). *My Journey into Alzheimer's Disease*. Wheaton, IL: Tyndale House.

Graboyes, T.B., & Zheutlin, P. (2008). *Life in the balance: A physician's memoir of life love, and loss with Parkinson's disease and dementia*. New York, NY: Union Square Press.

Grover, Ione. (2021). *OLD: A Time for the Soul to Flourish*. Victoria, BC: Friesen Press.

Killinger, J. (2005). *Winter Soulstice: Celebrating the Spirituality of the Wisdom Years*. New York: The Crossroad Publishing Company.

King, R. H., & King, E. M. (2006). *Autumn Years: Taking the Contemplative Path* (New edition). London: Bloomsbury Academic.

Murray, D. M. (2001). *My Twice-Lived Life: A Memoir*. New York: Ballantine Books.

Orsborn, Carol. (2021). *The Making of an Old Soul: Aging as the Fulfillment of Life's Promise*. Amherst, MA: White River Press.

Palmer, P. (2018). *On the brink of everything: Grace, Gravity & Getting Old*. Oakland, CA: Berrett-Koehler Publishers.

- Pevny, R. (2014). *Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter*. New York : Hillsboro, Oregon: Atria Books/Beyond Words.
- Richmond, L. (2012). *Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser*. New York: Avery. (Buddhist)
- Rohr, R. (2011). *Falling Upward: A Spirituality for the Two Halves of Life*. San Francisco: Jossey-Bass.
- Sarton, May. (1993). *Encore: A Journal of the Eightieth Year*. New York: W.W. Norton & Co.
- Sarton, May. (1996). *At Eighty-Two: A Journal*. New York: W.W. Norton & C.
- Sarton, M. (1995). *Endgame*. New York: W W Norton.
- Scott-Maxwell, Florida. (1968). *The Measure of My Days*. New York: Penguin Books.
- Sherman, E. (2010). *Contemplative Aging: A Way of Being in Later Life*. New York: Gordian Knot.
- Stahl, M. (2009). *Shalom: Beyond retirement and death*. Morgantown, PA: Mastof Press. (published when author was 79 – a call to Christian living – shalom, gelassenheit)
- Thelma-Anne, Sister SSJD. (2007). *In Age Reborn, By Grace Sustained*. Toronto, ON: ABC Publ.
- Thibault, J. M. (1995). *A deepening love affair*. Nashville, Tenn: The Upper Room.
- Weber, R. L., & Orsborn, C. (2015). *The Spirituality of Age: A Seeker's Guide to Growing Older*. Rochester, Vermont: Park Street Press.
- Wiebe, K.F. (1995). *Border crossing: A spiritual journey*. Scottdale, PA: Herald Press.

Selected Bibliography

AGING AND SPIRITUALITY

- Albans, K. and Johnson, M., eds. (2013). *God, me and being very old: Stories and spirituality in later life*. London, UK: SCM Press.
- Atchley, Robert C. (2009). *Spirituality and Aging*. Baltimore: Johns Hopkins University Press.
- Bianchi, Eugene. (1997). *Aging as a Spiritual Journey*. New York: Crossword.
- Boyer, Mark G. (2014). *A Spirituality of Ageing*. Eugene, OR: Wipf and Stock. (Coming to terms with aging is a process - stages of grief + scripture from several traditions)
- Brubacher Kaethler, A. and Kuepfer, J., eds. (2022). Spirituality & aging [Special issue] *Vision: A journal for church and theology*, 23(2). <https://press.palni.org/ojs/index.php/vision/issue/view/69>
- Cahalan, Kathleen & Bonnie Miller-McLemore (eds). (2017). *Calling all years good: Christian vocation throughout life's seasons*. Eerdmans. (chapters 7 & 8, on Late Adulthood and Older Adulthood)

- Coleman, P.G. (2015). *Self and Meaning in the Lives of Older People: case studies over twenty years*. Cambridge, UK.
- deLange, F. (2015). *Loving later life: An ethics of aging*. Cambridge, UK: Eerdmans.
- Erikson, Erik H. (1997). (Extended Version with New Chapters on the Ninth Stage of Development, by Joan M. Erikson). *The Life Cycle Completed*. New York: W.W. Norton.
- Fisher, Kathleen. (1998). *Winter Grace: Spirituality and Aging*. Nashville, TN: Upper Room Books.
- Fisher, J.C. & Simmons, H.C. (2007). *A journey called aging: Challenges and opportunities in older adulthood*. New York, NY: Haworth.
- Friedman, Dayle A. (2008). *Jewish Visions for Aging*. Woodstock, VT: Jewish Lights Publishing.
- Greenstein, M. & Holland, J. (2015). *Lighter as we go: Virtues, character strengths, and aging*. New York, NY: Oxford University Press.
- Guenther, Margaret. (1995). *Toward Holy Ground: Spiritual Directions for the Second Half of Life*. Cambridge, MA: Cowley Publ.
- Hauerwas, Stanley, Carole B. Stoneking, and Keith G. Meador, eds. (2003). *Growing Old in Christ*. Grand Rapids, MI: Eerdmans.
- Jenkinson, S. (2018). *Come of age: The case for elderhood in a time of trouble*. Berkeley, CA: North Atlantic Books.
- Jewell, Albert, ed. (2004). *Ageing, Spirituality and Well-Being*. London, UK: Jessica Kingsley.
- Jewell, Albert, ed. (1999). *Spirituality and Ageing*. London, UK: Jessica Kingsley.
- Johnson, M., & Walker, J. (Eds.). (2016). *Spiritual Dimensions of Ageing*. New York: Cambridge University Press.
- Kimble, Melvin, Susan McFadden, James Ellor and James Seeber, eds. (1995). *Aging, Spirituality and Religion, Vol.I*. Minneapolis, MN: Fortress Press.
- Kimble, Melvin and Susan McFadden, eds. (2003). *Aging, Spirituality and Religion, Vol. II*. Minneapolis, MN: Fortress Press.
- Kelcourse, Felicity B., ed. (2004). *Human Development and Faith: Life Cycle Stages of Body, Mind, and Soul*. St. Louis, MO: Chalice Press.
- Krause, Neal M. (2008). *Aging in the Church: How Social Relationships Affect Health*. West Conshohocken, PA: Templeton Foundation Press.
- Martinson, Roland D. (2018). *Elders Rising: The promise and peril of aging*. Minneapolis, MN: Fortress Press.

Moberg, D.O. (ed.) (2001). *Aging and spirituality: Spiritual dimensions of aging theory, research, practice, and policy*. New York, NY: Haworth Press.

Nelson-Becker, H. (2017). *Spirituality, Religion, and Aging*. Los Angeles: Sage Publications.

Nouwen, H. and Gaffney, W.J. (1974). *Aging: The fulfillment of life*. New York, NY: Doubleday.

Randall, William L. (2019). *In our Stories Lies Our Strength: Aging, Spirituality, and Narrative*. Fredericton, NB: 6 Colour Copy.

Ridenour, A. A. (2018). *Sabbath rest as vocation: Aging toward death*. London, UK: Bloomsbury.

Schachter-Shalomi, Zalman and Ronald S. Miller. (1995). *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*. New York, NY: Warner Books.

Valliant, George. *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. (2002). New York, NY: Little, Brown and Co.

Valliant, George. *Triumphs of Experience: The Men of the Harvard Grant Study*. (2012). Cambridge, MA: Harvard University Press.

Zweig, Connie. (2021). *The Inner Work of Age: Shifting from Role to Soul*. Rochester, VT: Park Street Press.

SPIRITUAL CARE

Koepke, D. R. (2016). *The essential spirit: Providing wholistic services to and with older adults*. Eugene, OR: Pickwick.

MacKinlay, Elizabeth, ed. (2010). *Ageing and Spirituality across Faiths and Cultures*. London, UK: Jessica Kingsley.

MacKinlay, Elizabeth, ed. (2006). *Spiritual Growth and Care in the Fourth Age of Life*. London, UK: Jessica Kingsley.

MacKinlay, E., ed. (2006). *Aging, spirituality and palliative care*. Binghamton, NY: Haworth Press.

MacKinlay, E. (2012). *Palliative care, ageing and spirituality: a guide for older people, carers and families*. London, UK: Jessica Kingsley.

DEMENTIA

Berry, K. (2018). *When words fail: Practical ministry to people with dementia and their caregivers*. Grand Rapids, MI: Kregel Ministry. <http://whenwordsfail.com/> - free videos and study guide

Boss, P. (2011). *Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief*. San Francisco, CA: Jossey-Bass.

Cail, M. M. (2023). *Dementia and the church: Memory, care, and inclusion*. Minneapolis: Fortress Press. (7 practical chapters + appendices incl. Books for the church library, activities to educate the congregation, support group leader training guide)

- Carder, K. (2019). *Ministry with the forgotten: Dementia through a spiritual lens*. Nashville: Abingdon Press.
- Crowther, D. (2017). *Sustaining persons, grieving losses: A fresh pastoral approach for the challenges of the dementia journey*. Eugene, OR: Cascade.
- Everman, L. and Wendorf, D., Eds. (2019). *Dementia-friendly worship: A multifaith handbook for chaplains, clergy, and faith communities*. London: Jessica Kingsley.
- Jewell, Albert, ed. (2011). *Spirituality and Personhood in Dementia*. London, UK: Jessica Kingsley.
- Johnson, D. (2020). *Reclaiming Joy Together: Building a Volunteer Community of Real Hope for Those with Dementia*. Independently published.
- Linthicum, D. and Hicks, J. (2018). *Redeeming dementia: Spirituality, theology, and science*. New York, NY: Church Publishing.
- McFadden, S. H. (2020). *Dementia-Friendly Communities: Why We Need Them and How We Can Create Them*. Jessica Kingsley.
- McFadden, S. H., & J. T. (2011). *Aging together: Dementia, friendship, and flourishing communities*. Baltimore, MD: John Hopkins University Press.
- Power, A. (2016). *Dementia Beyond Disease: Enhancing Well-Being* (Revised edition). Baltimore, Maryland: Health Professions Press.
- Power, A. (2017). *Dementia Beyond Drugs: Changing the culture of care* (Second edition). Baltimore, Maryland: Health Professions Press.
- Ramsey, J. L. (2018). *Dignity and grace: Wisdom for caregivers and those living with dementia*. Minneapolis, MN: Fortress Press.
- Shamy, Eileen. (2003). *A Guide to the Spiritual Dimension of Care for People with Alzheimer's Disease and Related Dementia*. London, UK: Jessica Kingsley.
- Swinton, John. (2012). *Dementia: Living in the memories of God*. Eerdmans.
- Thibault, J. M. & Morgan, R. L. (2009). *No act of love is ever wasted: The spirituality of caring for persons with dementia*. Nashville, TN: Upper Room Books.
- Woodward, J., ed. (2010). *Between remembering and forgetting: The spiritual dimensions of dementia*. London, UK: Mowbray.

DYING

- Byock, I. (1997). *Dying well: The prospect for growth at the end of life*. New York, NY: Riverhead.
- Craddock, F. B. (2012). *Speaking of Dying: Recovering the Church's Voice in the Face of Death*. Grand Rapids, MI: Brazos Press.
- deHennezel, M. (1997). *Intimate death: How the dying teach us how to live*. Toronto: Random House.
- Gawande, A. (2014). *Being mortal: illness, medicine and what matters in the end*. London: Profile Books.

Hutchison, J. R. J., & Rupp, Joyce. (2009). *May I Walk You Home?* (10th edition). Notre Dame, Indiana: Ave Maria Press.

Jorgensen, S.S. (2016). *The second bookend: Completing a life*. Applecart Press.

Kramer, Kenneth. (1988). *The Sacred Art of Dying: How World Religions Understand Death*. Mahwah, NJ: Paulist Press.

Kuhl, D. (2003). *What dying people want: practical wisdom for the end of life* (Anchor Canada ed.). Toronto]: Anchor Canada.

Miller, G. (2014). *Living Thoughtfully, Dying Well: A Doctor Explains How To Make Death a Natural Part of Life*. Harrisonburg, Virginia: Herald Press.

Miller, J. E. (1997). *One You Love is Dying: 12 Thoughts to Guide You on the Journey*. Fort Wayne, IN: Willowgreen Publishing.

Miller, J. E. (2010). *When You Know You're Dying: 12 Thoughts to Guide You Through the Days Ahead*. Fort Wayne, IN: Willowgreen Publishing.

Morgan, R. (2014). *At the edge of life: Conversations when death is near*. Upper Room.

O'Rourke, M., & Dufour, E. (2012). *Embracing the End of Life: Help for Those who Accompany the Dying*. Toronto, ON: Novalis.

Swinton, J. and Payne, R. (eds.) (2009). *Living Well and Dying Faithfully: Christian practices for end-of-life care*. Grand Rapids, MI: Eerdmans. (interdisciplinary papers, rooted in a conference)

TALKING WITH FAMILY AND FRIENDS

Kaufman, G.W. and Kaufman, L.M. (2017). *Necessary conversations: between families and their aging parents* (Second edition.). New York, NY: Good Books.

Tirabassi, M.C., Tirabassi, M.I. and Tigert, L.M. (2007). *Caring for ourselves while caring for our elders*. Cleveland, OH: Pilgrim Press.

AGING IN THE CHURCH (INCLUDING RESOURCES TO USE IN STUDY GROUPS)

Au, W. and Au, N.C. (2018). *Aging with wisdom and grace*. Paulist Press.

Brubaker, S.Y. (2003). *Reinventing Aging*. Scottdale PA: Herald Press. (12 chapters on various topics written by Mennonite authors + leaders guide for groups)

Buchanan, M. (2011). *Aging Faithfully: 28 Days of prayer*. The Upper Room.

Gentzler, R. (2018) *An Age of Opportunity: Intentional Ministry by, with, and for Older Adults*. Discipleship Resources.

Larsen, D. and Larsen, S. (2005). *Growing older and wiser* (A Life Guide Bible Study). IVP Connect.

MacGregor, S. (2018). *Redesigning Your Life: A practical spirituality for the second half of life*. Friesen Press.

Shaeffler, J. (2020). *Let this be the time: Spiritual essentials for life's second act*. Twenty-third Publications.

Snyder, E. (2017). *Upside down living: Identity and aging*. Harrisonburg, VA: Herald Press. (6 chapters of readings and discussion)

Thibault, J.M. and Morgan, R.L. (2012). *Pilgrimage into the last third of life: 7 Gateways to spiritual growth*. The Upper Room.

Wiebe, K.F. (ed.) (1993). *Life after 50: A positive look at aging in the faith community*. Newton, KS: Faith & Life Press. (13 chapters ending with questions to think and talk about)

Willimon, W. (2020). *Aging: Growing Old in Church*. Baker Academic.

SOME KEY JOURNALS

The Journal of Religion, Spirituality & Aging

Religions (see special issue on Spirituality and Aging)

Journal of Pastoral Care and Counselling

NEW BOOKS TO ADD FOR 2025:

Meilaender, G. (2013). *Should we live forever The ethical ambiguities of aging*. Grand Rapids, MI: Eerdmans.

Boyer, M. (2014). *A spirituality of ageing*. Eugene, OR: Wipf & Stock. (scripture, reflection, journal/meditation, prayer – by a Roman Catholic priest)

Grant, J. (2017). *When did everybody else get so old? Indignities, compromises, and the unexpected grace of midlife*. Harrisonburg, VA: Herald Press. (19 reflections on midlife)

McEntyre, M. and Showalter, S. (2022). *The mindful grandparent: The art of living our children's children*. Minneapolis: Broadleaf Books. (52 chapters with suggestions for grandparents with each)

Tolson K. E. S. (ed.) (2024). *Wisdom of our elders: Living in spirit, wisdom, deep mercy, and truth*. Eugene, OR: Wipf & Stock. (diverse anthology compiled by a spiritual director exploring and sharing wisdom from different perspectives – each chapter ends with Deeper conversation/listening, and Spiritual practice suggestions)

Starr, A.L. (2023). *Don't forget to call home: Lessons from God and Grandpa on a life of meaning*. Eugene, OR: Resource Publications. (a rabbi's reflection on relationship with God, rooted in questions of his aging grandfather, a Holocaust survivor)

Patterson, D. (2023). *Eighteen words to sustain a life: A Jewish father's ethical will*. Eugene, OR: Cascade Books. (an example of a comprehensive ethical will)

RESEARCH TOPIC IDEAS:

- Spirituality and dementia
- Spiritual maturity
- Aging and the Bible
- Wisdom
- The conscious aging movement
- Spirituality and health (physical or mental)
- Isolation and loneliness and aging
- Counselling older adults
- Spiritual care provision (in a certain context)

- Aging and an ethical and/or justice issue (poverty, institutions, abuse, resource allocation...)
- Aging in a global context (or a certain culture)
- 'Home' – age friendly communities
- Autonomy, community and aging
- Ageism
- Death and dying
- Aging and identity
- Humour and aging
- Storying life – spiritual autobiography, narrative gerontology
- Gender considerations in aging
- Sexuality and aging
- Grandparenting
- Developing a congregational ministry with seniors
- The experience of aging as portrayed in films/media
- 'Eldering'
- Caregiving
- An ethical issue related to aging (MAiD for example)
- Vocation in later life
- Or other topic/question of interest to you...