



You might think that this Josephite Team is just about the aged and how best to companion them. It is about that. However, the word 'Eldering' points to a deeper story. Eldering is an invitation to each of us into the conscious embrace of a process that begins ideally when we are much younger. It is about that gradual revelation of our true selves to ourselves over time.

Richard Rohr speaks of this as God's image within us trying to fulfil itself in us. It is our ultimate journey of meaning, our coming into our own. We have access to this from our very first breath till our last. Rohr describes it as a "slow-release probiotic or supervitamin." How much richer to be aware of this amazing reality which only deepens as we consciously age. This culmination of our inner and outer development as human beings is the achievement of elderhood.

Our task, like other Congregational Committees, is to be a resource when requested - for research, reflection or support, especially where new models and approaches are developing. Sometimes we might connect with other groups where issues over-lap but whose focus might belong more rightly with one than another.

An Exercise in Consciousness

- *Spend time with the image above. Treat this as a sacred space within which dwells the mystery of your story. Open your heart to whatever stirs within you.*

Catherine Shelton rsj

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