

THINKSHEET AIM: To help individuals and groups isolate the aging factor for improved (1) self-understanding, (2) communication between the sexes, (3) reduction of false rhetoric in movements, especially in the feminist movement (which I identify myself with), and (4) personal and societal dealing with the elderly and the terminally ill and with structural issues vis-a-vis them.

PROCESS: With this cartoon as your meditation center (visual mantra),

(1) jot down (in phrases) whatever comes to mind about aging and its attendant worries (bio-fears of sickness and iatrogenic [medical-treatment-caused] financial ruin and sexual unattractiveness [and other factors threatening the establishing and maintaining of whole-person intimacy] and declining neurophysical powers and death);

(2) list aging's reverberations (a sound-physics metaphor), projections (a psycho-metaphor), metastases (a medical metaphor); then classify them as physical, mental, spiritual, relational. Thought-starters on this: (a) In the cartoon, he has generalized from bio-aging to total dissolution; and she has projected from bio-aging to relational dissolution; (b) What, attributable at least in part to aging, is often said by men about women? by women about men?; and (c) How does aging modulate how one sees family? work? church? leisure? fame? fortune? political power and unjust/just social structures?

(3) list scriptures which you've found helpful to yourself and others facing aging, and be prepared to tell one use-story in connection with each.

-----All the above is PREPARATION either before or during the Session.

SESSION COMPONENTS:

A situation-appropriate combination of subgrouping, Elliott running commentary, silence, and study--concluding with personal resolves in the context of worship.

