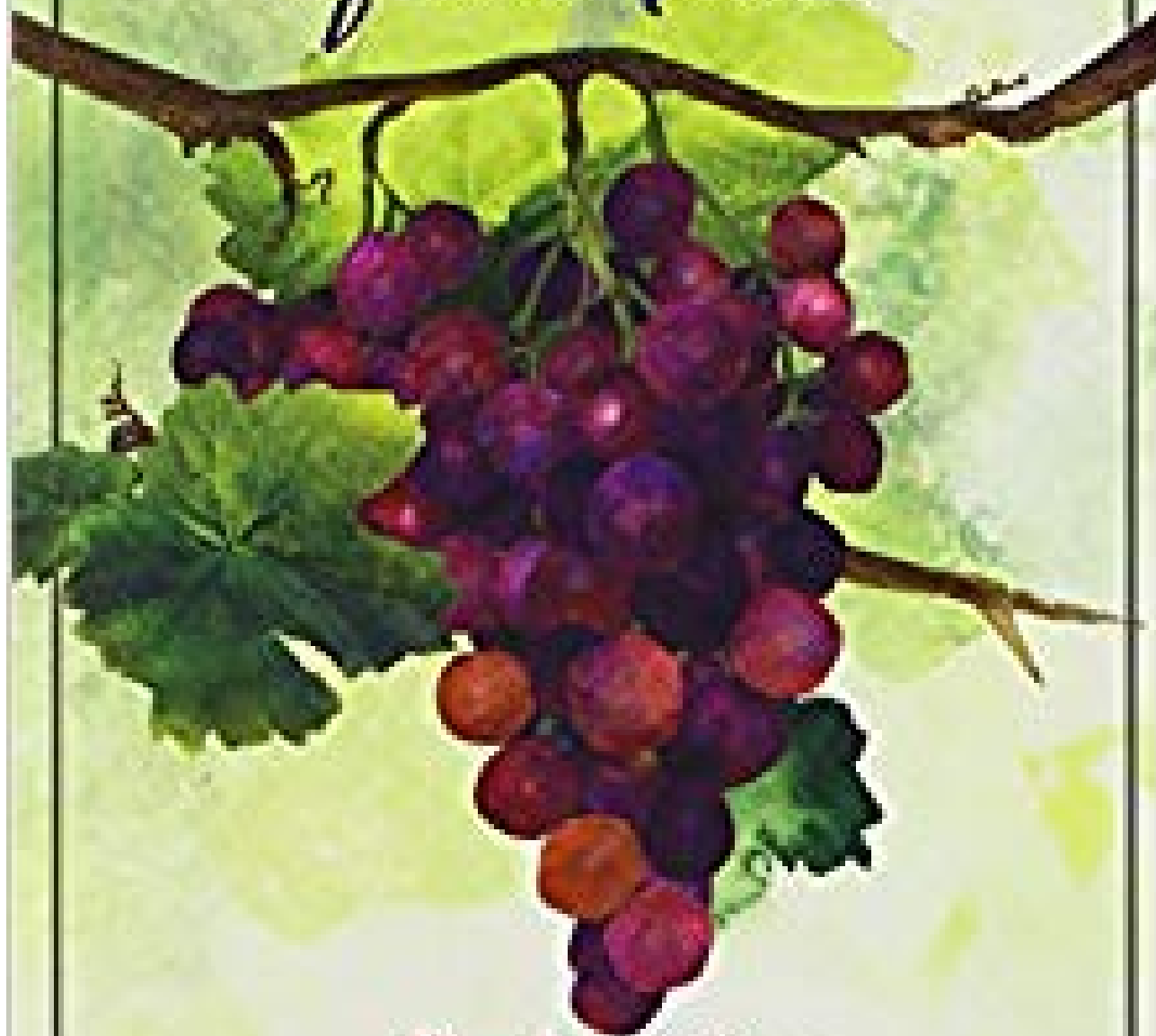


# *Wine at the End of the Feast*



Embracing  
Spiritual Change  
as You Age

KRISTEN JOHNSON INGRAM

Kristen Johnson Ingram

## Wine at the End of the Feast: Embracing Spiritual Change As We Age



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Spirituality and prayer transformation with age group. Candid discussions about love and loss, fear and faith, and death and dignity offer profound insight in to the changing romantic relationship with faith occurring in old age. Ingram analyzes the spiritual, emotional, and physical areas of aging and clarifies how these issues affect a person's romantic relationship with God. As a female in her seventies, Ingram understands firsthand the pleasure and sadness of getting old. In this book, author Kristen Johnson Ingram explores these changes and offers a Catholic perspective on the aging process. Relevant Scripture passages and quotes on aging bring in each chapter. This book offers a springboard for reflection on one's very own aging and allows those close to the elderly to better understand their complications. Ingram also provides encouragement that gaining years deepens a person's spirituality and brings peace.



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Words of Wisdom for Aging An excellent friend shared this book, someone well past the 60 mark. For me personally, where I am in my life journey at present, Joan Chittister's "The Gift of Years" offers even more depth and insight, provides been more helpful in coming to terms with aging and its losses and changes, and also recognizing the gifts it can bring. I am just reaching the 60 mark, yet currently find Ingram's wisdom a great comfort and guiding light, and have purchased a copy for myself, therefore i too can return to it often. It is specifically poignant, as we care for my in-laws and regulations, who are in their early 90's. Ingram's openness of her own vulnerabilities, and her down-to-earth advice makes it encouraging and entertaining, while equipping the reader for the problems that lie ahead. Not inspiring enough I expected the publication to be more inspiring. This was an ideal gift for my fear-laden mother-in-law, and she is now reading it and beginning to find hope for the rest of the years and the eternal future. They have been coping with us for 8 years, and we have watched them struggle with so lots of the issues that are tackled within these pages. Five Stars Very insightful!? Excellent! The majority are too shiny and cheerful to be true to the season. The author appears to be operating from the perspective of a 60 year old who's thinking she is old. I've bought many copies of this book to give to close friends and strongly recommend it to everyone in the later stage of their lives. They are not people of faith, so the journey has not been easy. Many are turgid with emotional terminology. When I was 60 I was in the center of a career and retired at 66. I am now 81 and just slowed up about 78. Her actuality may apply to those who feel outdated before they are. Especially meaningful was her continuous reminder of the eternal potential that lies forward in the embrace of our loving Father God. Excellent insights This is one of the better books on spirituality along the way of aging. This book is honest, but offers some excellent insights. It really is well written and honest. An excellent daily reading which will both encourage you and help you deal with everyday worries and concerns. Many thanks, Kristen. This may be better appreciated by somebody who deeply believes it best This might be better appreciated by someone who deeply believes it best, and can, turn all problems to a higher power. She commented that it is one she returns to frequently and after reading it I understand why. Five Stars a great go through for anybody over 60 Five Stars Product as described.



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