## FRANK J. CUNNINGHAM

With a Foreword by Joyce Rupp

## ESPER TIME

The Spiritual Practice of Growing Older

Frank Cunningham

## Vesper Time: The Spiritual Practice of Growing Older



NAUTILUS GOLD MEDAL AWARD WINNER 2017 (AGING CONSCIOUSLY) INDEPENDENT PUBLISHER ILLUMINATION AWARD SILVER MEDAL WINNER 2018 (SPIRITUALITY)With a Foreword by Joyce Rupp"" It will nourish your exhausted soul. Loosen up with this reserve.Reading Vesper Time period is like going for a long walk with a sensible but down to earth friend. --Robert WicksNoted Catholic editor and publisher Frank Cunningham shows how growing old -- simply by itself -- could be a spiritual exercise that brings pleasure, peace, insight, gratitude, and love.



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How to love yourself A great book that gives me wonderful guidance on how to be considered a happy, satisfied aged person, rather than an angry geezer who wishes that that they had gone in to the stage of later years differently. This would make an excellent gift for anyone getting into retirement, learning to switch gears from busyness to mindfulness. My partner purchased this reserve and advised me she thought I would appreciate reading it.Lee Stewart A guide and a blessing. Frank Cunningham deals with each of these troublesome topics, at least if you ask me, in an exceedingly gentle and reassuring method and interspersed the spiritual comforts that must be regarded. As I've read the book, I've found myself participating in the real "spiritual practice" which the reserve speaks, specifically, viewing my growing older as a spiritual path. This workout has occurred as the author's anecdotes and remembrances do not call attention to him, but rather work as mirrors in which I' ve seen similar events and people in my own life. The reality is that people will die but Cunningham presents these experiences of diminishment with spiritual method of comfort certain realities of what's coming. A special book for those of us in the Vesper Period of our lives. I think this is an excellent book for individuals who are at the age that they begin to realize that they will not live forever. I came across the bookto be a beautiful way to examine one's lifestyle and appreciate the countless people we've known and how they helpedus on our trip through life. In case you are at that age and that age would be the age of the authorat 77 or older as I am, 81 you may find this publication to be great as both we did. Wisdom, even for a Gen X-er.Sometimes the chapter on "gratitude" brought me to tears of appreciation for his or her help. The other chapters also resonated with both my partner and myself. Will have to re-read very soon. I recommend the reserve to anyone grappling with their own senescence, also to those folks who are accompanying someone you care about through that period of their lifestyle. I really do not know for sure but I simply surmised the it may you need to be the "dread" of facing the journey we all take from birth alive to loss of life and beyond. I've purchased more copies for close friends who are at the point within their lives where the wisdom of Vesper Time will be a great and cherished companion. Memory space, Intimacy, Diminishment, Gratitude and Acceptance gently lead the reader through his/her own story. The tales and narrative illuminate the five chapters with clarity and insight. I've purchased more copies for friends who are in the point in their lives where in fact the wisdom of Vesper Time will be a good and ch Vesper Time is timely for those who have realized that they are entering a special time of life. Personally, my wife and I are folks of faith so that it was for us a lovely preparation and reviewof what's to come. Highly recommend this reserve! The topics have become well chosen and cut back fond memories if you ask me and howpeople I had forgotten about acquired influenced the direction of my life, my career and family members life. I bought this publication for my 65-as well as Mom and made a decision to give it a browse once We flipped through a few pages. I found inspiring anecdotes and perennial wisdom that I will carry from my mid-years to my very own vesper time. I tried to figure out why they didn't care for it and asked a few them that question. in nature and in the humanity and love of others Very insightful. Frank eloquently weaves personal stories with theology, literature and wisdom from many sources. He affirms that God is not "out there" or "up there," but present concretely inside our lives, in nature and in the humanity and like of others. He is devoted to the Catholic faith custom, but conveys a non denominational globe view and theology. Gorgeous. Hits many special large spots for me As I possibly could sense in scuff, the author hadn't yet found what I was searching for in the book: what is intimacy like more near the end. This would make a wonderful gift for anyone moving into retirement The writer reaches deep and finds positive ways of embracing the later years. A realist, he says "we won't look back on this stage of existence since we do not grow out of it." This wonderful memoir depicts a existence well lived, yet the writer continues to live completely in retirement. Frank speaks from knowledge. Something to ponder as we travel on. Frank C. is usually a writer for sure. He gets the craft down cold. Vesper Time is an excellent book. However, on page 51 Frank writes that the loss of respect was the most common modern dealbreaker in a marriage. I don't desire to feel so by itself. Thought provoking look at growing older. For some, the discussions on diminishment were difficult. Or various other marriages? This would be enormously helpful to me. I needed to scream: GIVE US Good examples! Easy read, ideal for recent retiree or contemplating retirement! Super easy read, thought provoking reserve! I suggested this reserve to several our friends with generally very positive opinions and gratitude but a few of themhad issues with it. Vesper Time was invaluable as I believe through my aging process. Cunningham. Cunningham will a very good work in demonstrating why growing older is a Spiritual process. I especially loved Frank's

personal approach I especially loved Frank's personal approach, sharing his encounter and inviting his readers to consider their very own experiences of aging. His is an authentic tone of voice. Frank rocks1 Accepting the reality of aging in a graceful way. April 8, 2018 A review by Anthony T. Riggio of the reserve Vesper Time (The Spiritual Practice of Growing Older) by Frank J. I found Vesper Time very useful in thinking through my aging.Vesper Time is not so much a religious book since it is helpful information of how to be content with yourself at any age group. I waited for many months before selecting it up and found out it was about getting old, compiled by a man nearly my age group and I thought it might be a book I'd not enjoy but continued and was amazed. It described most of the stuff I was experiencing but was too scared to admit them to myself. The contents of this book was split into five subjects dealing with growing older, namely: storage: intimacy; diminishment; gratitude and acceptance. "Vesper Time" has gently led me personally to a far more soulful perspective on my past, present and future. I browse the section on "diminishment" with some trepidation as someone in their seventies might be expected to feel. As "Vesper Time" sheds light, it inspires hope for the times ahead and beyond. Well- written and sincere book. A time in life where many fear going forward, the author's insights are comforting and, in a way, rewarding. Go through it and then reread it! Beautiful. This was used within a conversation group on "Spirituality and Aging. Our vesper period of our lives could be the best. How about in your relationship Mr. Cunningham? Thought provoking look at getting older Very poetic design of writing."



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