

Aging Grace-Fully



A Living Book Series

United Lutheran Seminary

Kindling Faith
Learning Never Ends



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Aging Grace-Fully
Register Today!

In Person at Our
Chapel of Abiding Presence
or Live Stream



Attend All or
Select Sessions



Individual or Groups Rates
of 10 or More Available

Preface:

Aging Grace–Fully examines how to age with grace and live, fully, with the physical, mental and social changes that are often difficult to accept when growing older.

Join us, in person or virtually, to seek understanding and acceptance of these challenges in our eight–part series featuring leading authors who share their knowledge and experiences about aging including suffering, love and loss.



Rabbi Steve Leder author of *The Beauty of What Remains*
Tuesday, Oct. 22, 2024 | 1:30 p.m.

Despite Leder’s extensive experience helping people deal with loss as senior rabbi of one of the largest synagogues, he found himself unprepared when his own father passed away. Learn how his personal experience led him to exploring the many ways death teaches us how to live and love more deeply by showing us the beauty of what remains.



Sloane Crosley author of *Grief Is For People*
Tuesday, Nov. 12, 2024 | 1:30 p.m.

Known for her witty and poignant memoir, Crosley shares how the death of her closest friend led her on an answer seeking journey that included friends, philosophy and art, hoping for a framework more useful than the unavoidable stages of grief. Learn about loss and verve for life from a deeply moving and suspenseful portrait of friendship.



Margaret Renkl author of *Late Migrations*
Tuesday, Feb. 25, 2025 | 1:30 p.m.

Influenced by her upbringing in Alabama, life in Tennessee and experience as a caregiver to her parents and mother-in-law, Renkl shares a backyard naturalist perspective to the cycle of life – in nature, inside our own families and our own bodies. Discover how nature has taught her a speed at which to live, hope and avert despair.



Rebecca Chopp author of *Still Me*
Thursday, March 27, 2025 | 1:30 p.m.

Having been diagnosed with the early stage of Alzheimer’s disease, Chopp retired from her stressful job leading the University of Denver to preserve the core of herself for as long as possible. Learn how her efforts, with the help of her family, friends and medical team, have helped to reshape her life for a healthy and vibrant approach to living with Alzheimer’s.

Missy Buchanan author of *From Dry Bones to Living Hope*
Tuesday, April 22, 2025 | 1:30 p.m.

Although aging comes with challenges, Buchanan provides spiritual light and nourishment on aging and mortality drawing from Ezekiel’s version of dry bones returning to life. Gain a spiritual renewal and purpose towards living as an older adult and explore actions that can lead to hope and joy from God’s perspective on aging.



Frank Bruni author of *The Beauty of Dusk*
Thursday, May 22, 2025 | 1:30 p.m.

After a rare stroke cut off blood to an optic nerve causing functional blindness in his right eye and faced with the possibility of being blind if the same were to happen to his left eye, Bruni recounts his adjustment to this daunting reality. Learn how to persevere when faced with limitations in a poignant, probing and uplifting discussion.



Mia Birdsong author of *How We Show Up: Reclaiming Family, Friendship, and Community*
Tuesday, July 15, 2025 | 1:30 p.m.

Based on research, interviews and stories shared on lived experiences, Birdsong believes that, taken collectively, we are the guides we most need. Explore how to find strength, safety and support from inherent connectedness. Showing up points us toward the collective vitality and leads us to the liberated well-being we want.



Anne Lamott author of *Somehow*
Thursday, Sept. 11, 2025 | 1:30 p.m.

Drawing from her experience of love’s transformative power, Lamott shares how it surprises and forces us to confront uncomfortable truths, reminds us of our humanity and guides us forward. Explore how love may not always be the easiest choice but is always the right choice as she reminds us that love is at the heart of who we are.

