



**July 15, 2024**

**Aging Faithfully  
Faith Matters! Blessed Pilgrimage into the  
Last Third of Our Lives!  
Peace.**

We, at St. Andrews are on a pilgrimage. “Pilgrimage into the Last Third of Life” is a journey a goodly number of us are making together each Monday and Thursday through the summer. We met for the first Monday session this past week and two prayers from Richard Morgan’s book, spoke to me. I hope they speak to you as well.

**Prayer for Aging**

All Gracious God, You have given me all I am and have,  
And now I give it back to You to stand under Your will alone.  
In a special way I give you these later years of my life.

I am one of those called by You into old age, a call not given to all,  
Not given to Jesus, not given to most in our world today.  
I humbly ask You, grace me deeply in each aspect of that struggle.  
As my physical eyesight weakens,  
May the eyes of my faith strengthen,  
That I may see You and Your Love in everything.  
As my hearing fails, may the ears of my heart  
Be more attentive to the whisper of Your gentle voice.  
As my legs weaken and walking becomes more difficult,  
May I walk more truly in Your paths,  
Knowing all the while that I am held in the embrace of Your love.  
As my mind becomes less alert and memory fades  
May I remain peaceful in You,

Aware that with You there is no need for thought or word.  
You ask simply that I be there, with You.

And should sickness overtake me and I be confined to bed,  
May I know myself as one with Your Son as he offers his life for the  
salvation of the world.

Finally, as my heart slows a little after the work of the years,  
May it expand in love for You and all people.  
May it rest secure and grateful in Your loving Heart  
Until I am lost in You, completely and forever.  
St. Moya Hanlen, FDNSC (Australia)

And

“Oh God  
The beginning of any task leads us to you, as does its ending.  
You are beginning and end.  
We ask for your grace as we begin this incredible journey.  
We ask you to stay with us  
As we journey through our Last Third of Life and as we listen to others,  
Confident that “the one who began a good work among us  
Will bring it to completion by the day of Jesus Christ.”  
Amen

Prayer by Richard Morgan  
~Faith Matters Written by Pat Sheafor

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