

Opening Song:

In Every Age

Janet Sullivan Whitaker

<https://music.youtube.com/watch?v=5BxarTJavmY>

Verse 1: Long before the mountains came to be and the land and sea and stars of the night, through the endless seasons of all time you have always been, you will always be.

Verse 2: Destiny is cast, and at your silent word we return to dust and scatter to the wind. A thousand years are like a single moment gone, as the light that fades at the end of the day.

Verse 3: Teach us to make use of the time we have. Teach us to be patient even as we wait. Teach us to embrace our every joy and pain. To sleep peacefully, to rise up strong.

Refrain: In every age, O God, you have been our refuge. In every age, O God, you have been our hope.

Opening Prayer: Good and gracious God, as I strive to care for my body and mind, I thank you for the gift of life and health. Guide me to make wise choices regarding my nutrition and exercise and grant me the strength and discipline to prioritize my well-being. Help me to see my body as a temple, my mind as a treasure, honoring you through the way I treat body and mind. May I always be mindful of the balance needed for both physical and mental health, and may I use my body and mind to serve you and others with joy. Amen.

Isaiah 41: 10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. For I am the Lord your God who takes hold of your right hand and says to you, 'Do not fear; I will help you.'

Introduce and Watch: The Third Act

Quiet Reflection and Sharing if You Wish

- As Jane Fonda said, "It turns out most people over the age of 50 feel better, they are less stressed, less hostile, less anxious...some studies even say they are happier." Can I relate to this statement? Is it true for me? Is it not true for me? If not, why?
- How do I use my time? Could I, am I willing to make choices to improve my physical and psychological health? What type of exercise would work for me? What type of exercise or activity should I avoid? (Your physician could help with this question) Exactly, what do I see myself doing in order to stay physically strong? Be specific.
- In what ways do I stimulate my cognitive abilities? Do I challenge my brain with activities such as reading, word puzzles, or games? What am I willing regularly willing to commit to enhance my cognitive health?
- What changes might I make in my nutritional choices? If I have a housemate, might she join me in making some necessary changes? Exactly, what changes are realistic for me....for us to make in our diet? Be specific

Sharing time: Some of your answers to these questions may be deeply personal. Only share with your group what you are comfortable sharing. No notes are to be taken and none of this part is reported back to the Committee.

When your sharing is complete, please look at the following questions and this part which will be reported back to the Committee.

Please answer these questions and return your answers to the Committee.

What did you find enlightening and / or valuable from Jane Fonda's talk, especially as you consider your own "third act"?

Do you think you might want to make a change or two in your everyday life? Can you imagine yourself setting some goals related to enhancing your "third act"? If so, can you share about that will be?