



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

Kristen Johnson Ingram

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Spirituality and prayer change with age. In this book, author Kristen Johnson Ingram explores these changes and offers a Catholic perspective on the aging process. Ingram analyzes the spiritual, emotional, and physical aspects of aging and explains how these issues affect a person's relationship with God.

As a woman in her seventies, Ingram knows firsthand the joy and sadness of getting older. Candid discussions about love and loss, fear and faith, and death and dignity offer profound insight into the changing relationship with faith that occurs in old age. Ingram also provides encouragement that gaining years deepens a person's spirituality and brings peace. This book provides a springboard for reflection on one's own aging and allows those close to the elderly to better understand their problems. Relevant Scripture passages and quotes on aging introduce each chapter.

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