

Seeking Meaning in the Second Half of Life
Midrash and Medicine Conference--May, 2009/Iyar 5769

Lech L'cha - Go Forth:
Creating the Journey for Living as We Grow Older

Carol P. Hausman, Ph.D. and Lynne P. Iser, MPH, Presenters

If you are assigned #1, answer as if you were 50-75.
If you are assigned #2, answer as if you were 75 and over.

1. What is your greatest pleasure?
2. Who is most important to you?
3. What do you have to give to others?
4. What do you most need from others?
5. What is your greatest fear?
6. Where do you find meaning in your life?
7. What are you most looking forward to in the next 10 years or so?

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The Lord said to Abram, 'Go forth from your native land and from your father's house to the land that I will show you. I will make of you a great nation, and I will bless you; I will make your name great, and you shall be a blessing.' Genesis 12:1

How do you hear this call of Lech L'cha at this particular time in your life?

How does this call, of Lech L'cha, shape your current work with others?

The years of old age may enable us to attain the high values we failed to sense, the insights we have missed, the wisdom we ignored. These are formative years, rich in possibilities to unlearn the follies of a lifetime, to see through inbred self-deceptions, to deepen understanding and compassion, to widen the horizon of honesty, and to refine the sense of fairness.

Abraham Joshua Heschel, *To Grow in Wisdom*, 1961

People who have been creatively re-designing their lives after age 50 exhibit new personal growth just when many people might expect, as conditioned by the stereotypes of aging, to expect decline. After 50 we have the potential to direct and shape our lives to experience more meaning, enjoyment, purpose, vitality and fulfillment than we ever could have expected as we crossed the bar into maturity.

William Sadler, *Changing Course: Navigating Life after 50*, 2007

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The Roadmap: Values, Dangers and Choices

Looking back - deferred dreams and negative messages

Values to incorporate

Fears

Barriers

Choices

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Presenters

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Lynne P. Iser, MPH, is an advocate, teacher and consultant dedicated to creating elder communities designed to add value to our lives and our world. She presents workshops on conscious aging and creating communities in which to grow old. *LPiser@aol.com (215) 843-4924*

Resources

Publications

Berrin, Susan (Ed.), *A Heart of Wisdom: Making the Jewish Journey from Midlife Through the Elder Years*, Jewish Lights, Woodstock, N.Y., 1997.

Dass, Ram, *Still Here: Embracing Aging, Changing and Dying*; N.Y.: Riverhead Books, 2000.

Lawrence-Lightfoot, Sara, *The Third Chapter: Passion, Risk and Adventure in the 25 Years After 50*; New York: Farrar, Strauss and Giroux, 2009.

Leider, Richard & Shapiro, David, *Claiming Your Place at the Fire: Living the Second Half of Your Life on Purpose*; San Francisco, Berrett Koehler, 2004.

Schachter-Shalomi, Zalman, *From Age-ing to Sage-ing*, N.Y.: Warner Books, 1995.

Sadler, William, *Changing Course: Navigating Life after 50*; Center for Third Age Leadership Press, 2007.

Websites

Civic Ventures – is leading the call to engage millions of baby boomers as a vital workforce for change. www.civicventures.org

Encore provides news, resources and connections for individuals and organizations establishing "encore careers" that combine social contribution, personal meaning and financial security.
www.encore.org

Second Journey: Awakening human potential in baby boomers with experiences that promote conscious aging, spiritual eldering and sustainable living. www.secondjourney.org

The Transition Network – a community of women over 50, who join forces as they navigate the transition from one career to another – or to whatever is next. www.thetransitionnetwork.org