

More information is available through our website:

[www.quakeragingresources.org](http://www.quakeragingresources.org)

**\* SUGGESTED RESOURCES:**

John Yungblut, On Hallowing One's Diminishments, Pendle Hill Pamphlet 292, Pendle Hill, Wallingford, PA

Mary C. Morrison, Gift of Days, Pendle Hill Pamphlet 364, Pendle Hill, Wallingford, PA.

Mary C. Morrison, Without Nightfall Upon the Spirit, Pendle Hill Pamphlet 311, Pendle Hill, Wallingford, PA.

<http://ezinearticles.com/?Coping-with-Serious-Illness:--Letting-Change-into-Your-Life&id=150109>



Aging Resources Consultation Help



[www.quakeragingresources.org](http://www.quakeragingresources.org)

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# *Spirituality in Loss and Change*



**Q:** *What will this newfound present of old age and its unknown future demand of us? Where is dignity to be found in it? How shall we find ourselves the dignity we see is needed?"*

Mary Morrison, Without Nightfall Upon the Spirit, Pendle Hill Pamphlet 311 \*

### ***Moving through Loss:***

Illness, loss of mobility, hearing or sight, or other changes can present spiritual and emotional challenges along with your physical concerns. First, you need to validate the loss you feel and allow yourself to grieve.

***“The secret of finding joy after sorrow, or through sorrow, lies,...in the way we meet sorrow itself...accept sorrow as a friend, if possible. If not, as a companion...Together we can create beauty from the ashes and find ourselves in the process.”***

Elizabeth Gray Vining, 1952, PYM Faith and Practice, 2002

***Letting Go of What Was:*** Though we most often associate bereavement with death, grieving occurs with other losses—a changed relationship, lost job, physical challenges, or illness. Understanding the bereavement process and moving through grief helps you to find acceptance, and adjust to life under changed circumstances. For more information on grief, see the “suggested resources” in this pamphlet.

***Understanding What Is:*** When you are ready, knowing more about your illness or challenges may help you learn to live with your changed circumstances. You may find yourself with a long list of “can’t”, but try to think in terms of adaptation, rather than giving up. A Friend who loved to cook and eat at restaurants was not allowed to eat many beloved foods because of her illness. Her doctor handed her a list of what she couldn’t eat. With a list of what she could eat, she researched recipes and had fun creating some of her own dishes.

Find out what you want to know about your physical condition, or enlist a friend to help you. Can you adapt your home to accommodate your needs? Are there support groups in your area or online where you find others who share similar experiences?

### ***Actively Envision the Future:***

What are your core values, and what do you need to live in a way that is consistent with those values?

Who can help you, and what do you need from them? Be specific. Many of us want to help, and don’t know how.

What will you need to do differently, and how can you make the adaptations necessary to live your potential?

Creating an accessible Meeting environment for those facing challenges, such as hearing, vision, or mobility, is an opportunity for creativity and broadening in your community. Let people know what you need—sound systems for the hearing impaired, a wheelchair ramp, a certain place to sit. Sharing your story helps others grow, and will help alleviate their fears as they see you facing your challenges. Contact your Yearly Meeting program or see Quaker Aging Resources for more information:

**[www.quakeragingresources.org](http://www.quakeragingresources.org)** Resources 

***“Then my cane and I stepped out the front door into brilliant sunshine, and all was changed...sugar spun candy, a white ewe with a brand new black lamb...a calliope...All the wheelchairs were there, and in them people smiling...A time of pure play.”***

Mary C. Morrison, Gift of Days, Pendle Hill Pamphlet 364 \*

