

A few topics that might flow from the interests and needs of the seasons of adulthood

Young Adults:

- The role of the Spirit in daily decision-making
- Predictable crisis in adult life; in the faith journey
- Single today: opportunities and challenges
- Family prayer
- Juggling the rhythms of family life
- Portraits in leadership: timeless tales for inspired living
- Christian alternatives in celebrating holidays
- When both spouses work
- Religion and spirituality rather than religion vs. spirituality

Mid-Life Adult

- Crisis points in marriage
- Single parent parenting skills
- My kids aren't growing up like I did. Help!
- Being the church in the world
- Biblical reflections: find yourself in the stories of the Bible
- Safety in a cyberspace age
- Media literacy: Knowing how the media influences (hoodwinks) us
- Traits of a healthy spirituality
- 9 to 5: spirituality of work

Maturing Adults

- Simplifying life
- Self-care: nutrition, exercise, fitness
- Sharing faith with grandchildren and caring for grandchildren
- Managing life transitions: new types of work, retirement; losses
- Living as an empty-nest family
- Developing marriage relationships in the mature years
- Managing mature adult life issues: wills, living wills, organ donations, Social Security, Medicare
- Becoming a caregiver (older parent, spouse)
- Spirituality of the aging years (meaning and purpose in life, deepening and strengthening relationship with God)
- The joys of Grand-parenting
- Christian perspectives on everyday medical dilemmas
- Growing older without fear

Older Adults

- Facing losses gracefully
- Wisdom - the gift of age: what do I do with it?
- Taking stock: finding meaning in later life
- Coping with illness
- Life after retirement: writing the next chapter
- Choosing lifestyle changes in later life
- New-old ways to pray
- The comfort and challenge of the Resurrection
- The best is yet to come (eldering spirituality)
- The 12 keys of successful aging