



Study Guide for Groups
Episode 6: Innovative Aging
Topic: Stewardship, Retirement

Listen to the interview with Lynn Miller, a “stewardship consultant” to people planning for and living in retirement and Jennie Chin Hansen, board president for the American Association of Retired Persons. Then discuss the following questions.

- What were your reactions to the interview with Lynn Miller? What parts struck you or had you thinking in new ways about aging?
- Lynn said, *“Stewardship is the act of organizing your life so God can spend you.”* What sorts of things will you do to be a good steward of your time and resources? In what ways do you see God “spending” you in those later years?
- Lynn also said, *“You can always get more money, get a second job, sell something ... there isn’t any store to go to buy another week or another year. So I decided I wanted to give away time because that was what was really valuable....”* What do you think about this? And how might you see yourself giving of your time in those later years?
- What are your “yes, buts” in regards to how you would implement any of Lynn’s ideas about retirement in your life?
- Jennie Chin Hansen said, *“People who have chosen either to cut back on their work or have retired early, have new options to develop a whole second passage of their life to contribute.”* What might some of those “new options” be?

Listen to this week’s “Potluck” part of the show featuring Rebecca Thatcher Murcia. Then discuss the following question.

- Sometimes aging can be a wonderful time to remember being young. Rebecca shared that certain recipes can take her back to memories of when she was young. What recipes and dishes take you back to those times? What memories or stories are attached to them?