

**Books to help
inspire, equip and
enable every church
across the UK to meet
the spiritual needs
of older people**



Introduction

The Gift of Years is part of what we offer to support churches for outreach in the local community and has been developed by The Bible Reading Fellowship since 2014.

Interest in **The Gift of Years** is growing steadily across denominations and in all parts of the UK as Debbie Thrower and Alex Burn help more and more people to explore the Anna Chaplain model of chaplaincy to older people, which Debbie originally pioneered as a grassroots ecumenical project in Alton, Hampshire.

Through **The Gift of Years**, we aim to inspire, equip and enable every church across the UK to meet the spiritual needs of older people wherever they may be – in congregations, in residential care, in their own homes and in the community. At the heart of **The Gift of Years** is the Anna Chaplain model, which we are making widely accessible.

We're aiming to:

- increase the provision of spiritual care services for older people.
- raise awareness of older people's spiritual needs.
- improve skills, knowledge and confidence within communities in addressing these needs.

These are just some of the resources BRF publishes to help individuals and churches equip themselves to meet the spiritual needs of older people, as well as books for older people themselves.



thegiftofyears.org.uk



COME, LET US AGE!

An invitation to grow old boldly

Wanda Nash

Edited by Poppy Nash and Debbie Thrower

In this unique book, established writer on spirituality Wanda Nash reflects on growing old with faith and a positive spirit. This compelling invitation to grow old boldly includes Wanda's reflection on her encounter later in life with terminal cancer, and her thoughts on coping with the daily challenges of living a Christian life in ageing and in illness. Demonstrating a profound sense of the value and purposefulness of 'old age', the author's

indomitable spirit is matched only by her fresh vision of the love of God in Jesus Christ.

£6.99, 978 0 85746 558 0

This posthumous publication of Wanda's final reflections on ageing has been lovingly edited by her daughter, Poppy, and her friend, Debbie Thrower, contributor to *Bible Reflections for Older People*, bringing to life the wisdom, faith and humour of old age for future generations.

Order online at brfonline.org.uk or phone BRF direct +44 (0)1865 319700

HENRY WANSBROUGH

THE PSALMS

A COMMENTARY
FOR PRAYER AND REFLECTION

Psalms is Israel's prayer book. Their origins are in many cases shrouded in mystery. We cannot be sure how they were selected or collected, or how most were used. They cover the whole sweep of Israel's history and spirituality, echoing the very earliest periods of the nation's life right up to the laments of the Babylonian exile.

Covering all 150 psalms, these bite-sized devotions, which were first published

in BRF's *Guidelines* Bible reading notes series, have been revised and expanded. They draw on Henry Wansbrough's years of living and working in the Middle East to provide insight into the historical, literary and cultural background of the psalms as well as showing how these ancient texts can still guide and inspire you in your Christian walk today.

£8.99, 978 1 84101 648 1

Dom Henry Wansbrough OSB is based at Ampleforth Abbey, teaches at Ampleforth College and is a member of the Anglican Roman Catholic International Commission (ARCIC). He is a former Master of St Benet's Hall, Oxford, a frequent contributor to BRF's *Guidelines* Bible reading notes and editor of the *Revised New Jerusalem Bible*.

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John Twisleton

Experiencing Christ's Love

Establishing a life of worship, prayer,
study, service and reflection

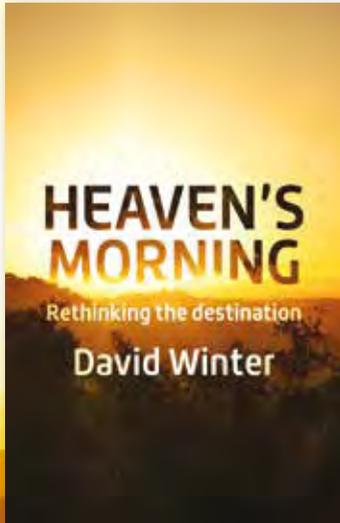
In *Experiencing Christ's Love*, well-known writer John Twisleton reminds us of Jesus' gracious challenge to love God with heart, soul and mind, and to love our neighbour and ourselves. Against the backdrop of the message of God's unconditional love in Jesus Christ, the author delivers a wake-up call to the basic Christian patterns of worship, prayer, study, service and reflection.

These, he claims, serve to take God's hand in ours, leading us into his divine possibilities.

John Twisleton is based in Sussex and the former parish priest of Horsted Keynes in Chichester Diocese, where he also led the diocesan mission and renewal team for eight years. He has written on issues including baptism, confession, priesthood, prayer and healing, and he broadcasts regularly on Premier Radio.

£6.99, 978 0 85746 517 7

Order online at brfonline.org.uk or phone BRF direct +44 (0)1865 319700



The Bible – especially the New Testament – has plenty to say about resurrection and heaven, but many Christians struggle to make sense of what it actually means in practice. David Winter's accessible book explores the biblical teaching on what happens after death and considers what difference this can make to our lives here and now. He also shows how we can present what we believe about eternity as a source of hope to our sceptical, anxious world.

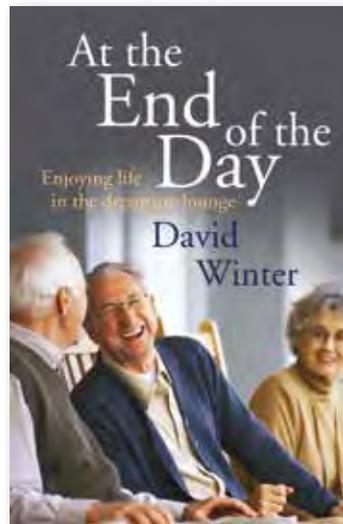
£7.99, 978 0 85746 476 7

An octogenarian takes a wryly humorous look at what it's like to be old in an era of the relentlessly new. Turning to the Bible, he explores its store of timeless wisdom, encouragement and reassurance about what it has always meant to grow old and be old.

The book is structured around a series of fascinating biblical pictures, from the legendary Methuselah to the feisty Sarah and the great leader Moses, from the picture of inevitable decline as the Preacher saw it in Ecclesiastes to the glorious Nunc Dimittis of old Simeon in the temple.

£6.99, 978 0 85746 057 8

David Winter is one of the UK's most popular and long-established Christian writers and broadcasters. He also writes for *New Daylight* and was a regular contributor to Radio 4's *Thought for the Day* from 1989 to 2012.



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The freedom of Years

Ageing in perspective

NEW!

Harriet & Donald Mowat

This positive, affirming book explores and reviews the meaning and purpose of our lives. As Christians, ageing gives us the opportunity to deepen and even transform our spiritual lives. *The Freedom of Years* helps those who want to undertake the journey by examining the ageing task, the inevitable changes and the possibilities of joy along the way. Read this book, see the potential and seek to age in the light of your Christian faith.

Harriet Mowat has spent her working career researching the social impact of ageing and was influential in the development of Scottish health care chaplaincy. She has been a key adviser to BRF in developing its programme *The Gift of Years*, which resurces the spiritual journey of older people. Donald Mowat is a retired psychiatrist, specialising in old age. He is an honorary staff member in the School of Divinity at the University of Aberdeen.

£8.99, 978 0 85746 506 1

Thinking of You

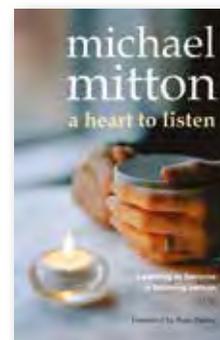
A resource for the spiritual care of people with dementia

This book approaches dementia from a number of angles: biological, psychological, sociological and theological. After an introduction explaining the multifaceted nature of this set of conditions, some possible theological responses are offered to such questions as: what is the nature of human identity? How can someone with severely impaired cognition have a full spiritual life? The book's final two sections are predominantly practical, addressing the

spiritual care of the affected individual and how churches can help support affected individuals and their carers. This final section includes resources for ministry in residential care homes.

The Revd Dr Joanna Collicutt is Lecturer in Psychology and Spirituality at Ripon College Cuddesdon, Oxford Diocesan Advisor for the Spiritual Care of Older People, and also ministers in a parish.

£9.99, 978 0 85746 491 0



This new edition of *A Heart to Listen* explores how, with God's help, we can relearn the essential art of listening. Michael Mitton interweaves biblical reflection with insights from many years of listening ministry in the UK and abroad.

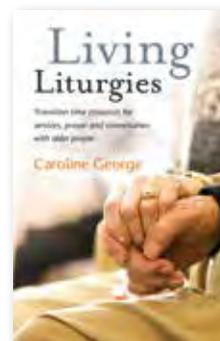
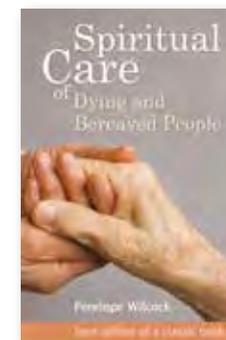
The Revd Michael Mitton is Project Officer for Renewing Ministry in Derby Diocese. He was previously Deputy Director of the Acorn Christian Foundation, heading up Acorn's Christian Listeners, and was Director of Anglican Renewal Ministries (ARM) 1989-97.

£8.99, 978 1 84101 747 1

An updated and expanded edition of a classic book, *Spiritual Care of Dying and Bereaved People* is a fresh, original and honest look at death and bereavement, including the author's personal experiences. This book encourages readers to grow in confidence as companions, looking honestly at the questions people ask and offering a reflection on the kind of God those questions reveal. This new edition also includes a practical section on how to plan a funeral.

Penelope Wilcock has worked as a chaplain in hospice and hospital settings, taught about spiritual care and palliative care for the NHS and spent several years as a church pastor.

£9.99, 978 0 85746 115 5



A creative and original book of liturgies and reflections for use in worship and also pastoral ministry with older people, who are moving from the 'third age' to the more dependent 'fourth age' of life. Developed by the author after many years of working in church and community settings with older people, the book provides an invaluable resource for those embarking on this ministry as well as those wanting inspiration for their ongoing work. The book also includes wider reflections on ageing and spirituality.

Caroline George is a Non-Stipendiary Minister, working as Assistant Priest in Moseley, Birmingham.

£7.99, 978 0 85746 323 4

Bible readings for special times

These 32-page booklets offer undated reflections, drawing on a range of Bible passages. They offer ways of connecting more closely with God and drawing strength, peace and security from the knowledge of his presence.

Finding God in hard times through simple Bible readings



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 Facing Midlife: £3.99, 978 0 85746 581 8
 Facing Death: £3.99, 978 0 85746 564 1
 Ill Health: £3.99, 978 0 85746 231 2
 Bereavement: £3.99, 978 0 85746 326 5

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The Bible Reading Fellowship (BRF) is a Registered Charity (233280)

A daily companion
to keep by your side



Bible reflections

for older people

These Bible reflections, produced three times a year, are written by older people for older people and are designed to bring hope, assurance and sustenance, reminding the reader of the presence and love of God.

In each issue are 40 undated Bible reflections and prayer suggestions to use and revisit as often as is needed, either individually or in groups. In the centre pages, **Debbie Thrower**, team leader of BRF's The Gift of Years ministry, brings stories, ideas and encouragement.

Individual copy £4.99

One-year subscription £18.75

To find out more and to order copies, visit
biblereadingnotes.org.uk/the-gift-of-years

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