

Contents

Dedication and Acknowledgements iv

Foreword v

Introduction viii

Session 1 **What's it all about? Finding Meaning** 2

Seasons of Life - Jean's Story
The Quest for Meaning
My Commitment

Session 2 **After the Chase: Am I Ready?**16

During the Chase (Summer)
After the Chase (Autumn)
Autumn: Twenty-eight Years and Counting

Session 3 **Plentiful Harvest or Scarcity?**28

Jean's Confession
Finances - Plentiful Harvest or Scarcity?
Generous and Thankful Hearts at Any Age

Session 4 **Change and Loss**40

You Can't Avoid It
Is There No Escape?
Emotional Journey in the Faith Community

Session 5 **Why Suffering? Why Loss?**52

A Questioning Christian Asks
What Can I Say?

Session 6 **Wisdom: Sharing Across the Generations**64

Sharing Wisdom between Autumn and Spring
Sharing Wisdom between Autumn and Summer
Sharing Wisdom between Autumn and Winter
What Wisdom Will YOU Share?

Credits76

Companion Leader's Guide available at www.lifecrossings.com or 614-451-0519