

# Living Catholic Culture Today

*Exploring the richness of Catholic culture in our everyday lives*

*A retreat series hosted by Regnum Christi women of Greater Cincinnati*

- This month's retreat explores the cultural aspect of *Aging Gracefully*

## What is Culture?

*Culture is a group's lived response to life's most fundamental questions of meaning and purpose... Who am I? What is my purpose?*

CCC 256

*Of all visible creatures only man is "able to know and love his creator".<sup>219</sup> He is "the only creature on earth that God has willed for its own sake",<sup>220</sup> and he alone is called to share, by knowledge and love, in God's own life. It was for this end that he was created, and this is the fundamental reason for his dignity.*

## Questions for Small Group Discussion and Personal Reflection

- 1) In Fr John's meditation, we reflected on three benefits of aging: wisdom, detachment and simplicity. Share other benefits, qualities and advantages of aging.
- 2) How do we appreciate benefits of aging? How do we create an experience so the elderly can express these qualities, especially sharing them with young people?
- 3) Obstacles such as distance, finances and broken relationships can prevent us from the joy of relationship with the elderly, even in our own families. What obstacles hinder me from this experience?
- 4) Continue the discussion of ways to maintain dignity when dementia is an obstacle. Cyndi shared keeping constant habits and avoiding corrections as a beginning. What else can we do?
- 5) Contemplating my own aging, do I consider how aging impacts my relationship with God? How do the qualities of aging I see in myself bring me closer to God?

Join us next month Wed, July 8<sup>th</sup>

*The Great American Picnic*

*Coming Together in the Eucharistic Feast*



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