

# 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*

Supplemental Handout for *Aging Gracefully*

## *Letter from a Mother to a Daughter*

"My dear girl, the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through.

If when we talk, I repeat the same thing a thousand times, don't interrupt to say: "You said the same thing a minute ago" ...

Just listen, please. Try to remember the times when you were little and I would read the same story night after night until you would fall asleep.

When I don't want to take a bath, don't be mad and don't embarrass me. Remember when I had to run after you making excuses and trying to get you to take a shower when you were just a girl?

When you see how ignorant I am when it comes to new technology, give me the time to learn and don't look at me that way... remember, honey, I patiently taught you how to do many things like eating appropriately, getting dressed, combing your hair and dealing with life's issues every day... the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand what I'm going through.

If I occasionally lose track of what we're talking about, give me the time to remember, and if I can't, don't be nervous, impatient or arrogant. Just know in your heart that the most important thing for me is to be with you. And when my old, tired legs don't let me move as quickly as before, give me your hand the same way that I offered mine to you when you first walked.

When those days come, don't feel sad... just be with me, and understand me while I get to the end of my life with love.

I'll cherish and thank you for the gift of time and joy we shared. With a big smile and the huge love I've always had for you, I just want to say, I love you... my darling daughter."



- Facebook post (author unknown)



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## Practical Talk – Closing Prayer

Please plan to join Cyndi in prayer at the close of her practical talk.

### *A Prayer for the Mature Life*

Lord, Thou knowest better than I know myself that I am growing older,  
and will someday be old.  
Keep me from getting talkative, and particularly from the fatal habit of thinking that  
I must say something on every subject and on every occasion.  
Release me from craving to try to straighten out everybody's affairs.  
Make me thoughtful but not moody; helpful but not bossy.  
With my vast store of wisdom it seems a pity not to use it all,  
but Thou knowest, Lord, that I want a few friends at the end.  
Keep my mind free from the recital of endless details;  
give me wings to get to the point.  
Seal my lips on my own aches and pains.  
They are increasing and my love of rehearsing them  
is becoming sweeter as the years go by.  
Teach me the glorious lesson that  
occasionally it is possible that I may be mistaken.  
Keep me reasonably sweet; I do not want to be a saint  
— some of them are so hard to live with, but  
a sour old person is one of the crowning works of the devil.  
Help me to extract all possible fun out of life.  
There are so many amusing things around us,  
and I don't want to miss any of them.  
Amen.

*-Passionist Missionaries*



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