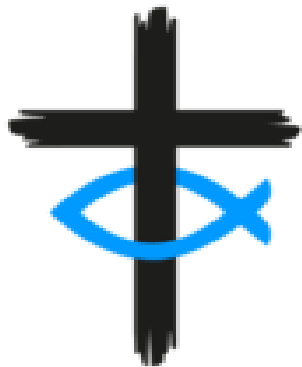


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Accompanying Age:  
The Gift of Time



# Time for reflection



# Setting the Scene

- Take time to plan
- Make time to invest in relationships and networks
- Take time to reflect about your theology ( Why we do what we do)
- Take time out – Self Care
- Take time to keep praying and exploring



# Take time to plan

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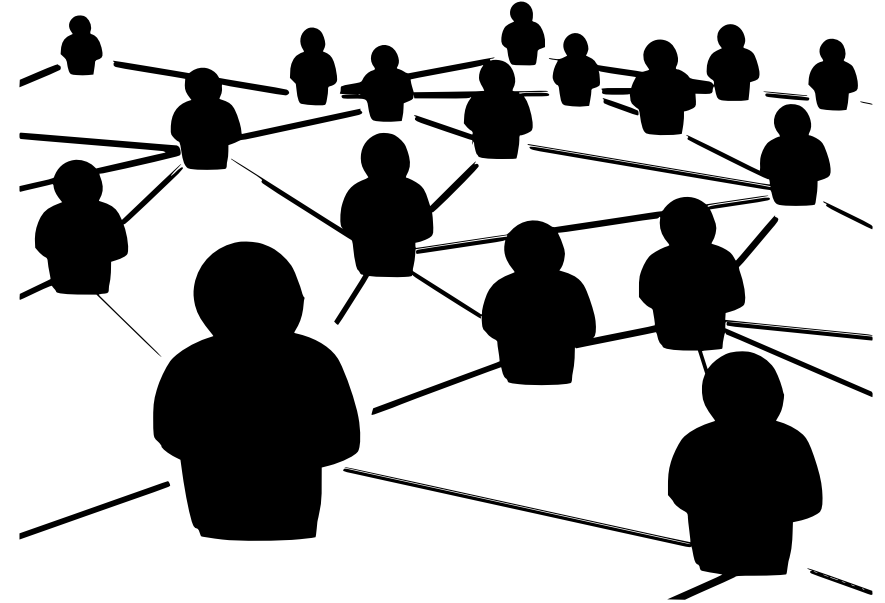


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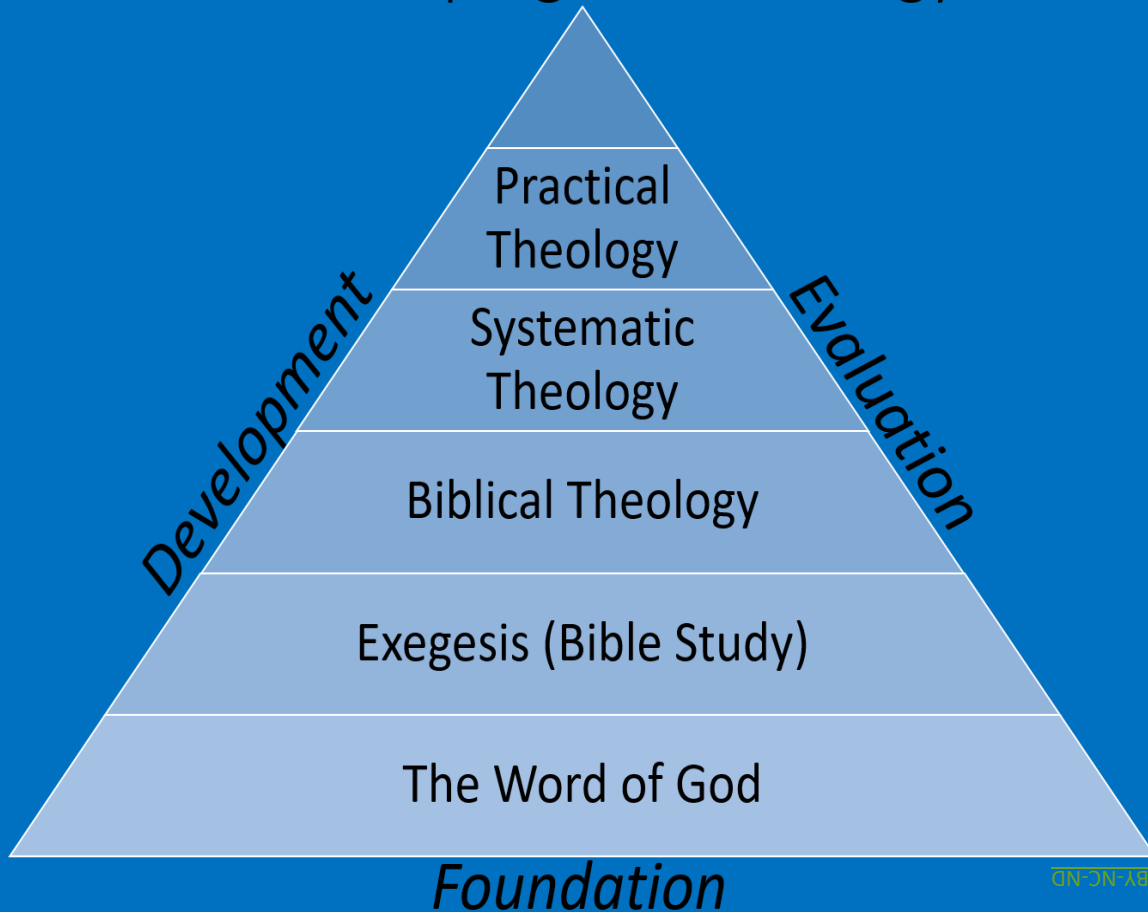
Make time for  
investing in  
relationships and  
networks

Everyone has a story  
to tell



# Take time to reflect on your theology

Developing our Theology



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## Christian Perspective

- Human Beings – Created in the Image of God

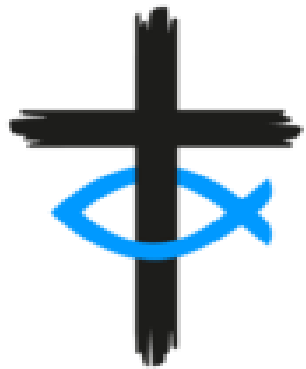
Valued

Relational Beings

Interdependency and relation care

Intergenerational

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## Spirituality – Basic Human Need

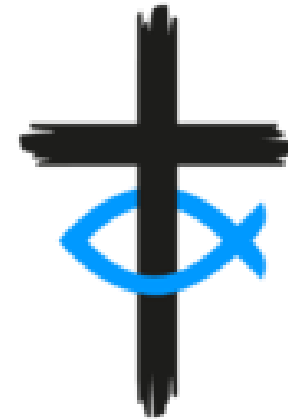
- Ageing is a journey
- Every human includes a spiritual dimension H Mowatt (2013)
- Who Am I, Why am I here?
- The need to be loved
- The need to belong
- The need to feel hope, peace & gratitude



# Self Care



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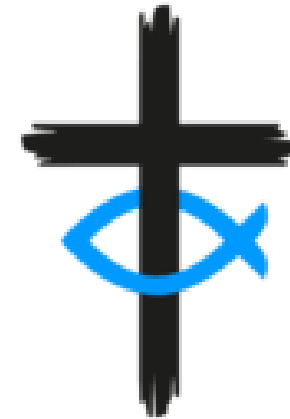


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# Time to keep praying and exploring

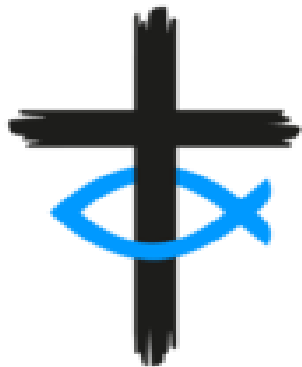


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