

RETIREMENT WORKSHOP  
RESOURCES  
EFC-ER 15 July 2022

**General Resources:**

~AREA AGENCY ON AGING.

Clearly the best "one stop shop" for info on retirement, aging, care facilities and services for elderly, etc. 1 800 421 7277

~VETERANS ADMINISTRATION.

For veterans and wives. Many aid programs do not require low incomes. 1.800.253.4060

~RETIREMENT CALCULATORS

for helping you determine your benefits, how much you'll need to retire, even help you calculate your likely longevity. Available on most brokerage firm websites like Schwab, Fidelity, Vanguard, etc. Also [SocialSecurity.gov](http://SocialSecurity.gov), [mymedicare.gov](http://mymedicare.gov).

~ *As Our Years Increase: Loving, Caring, Preparing: A Guide.* Tim Stafford (Word, 2012)  
Practical and spiritual guide for all who face the challenges of aging or caring for an aging relative.

~ *Claiming Your Place at the Fire: Living the second half of your life on purpose.* Richard J. Leider and David A. Shapiro (Berrett-Koehler, 2004)

.... To claim one's place at the fire means to live ones life on purpose. When we claim our place at the fire, we enter into the circle of vital elders who have been the source of wisdom in society since time immemorial.

(Note: this is not written from a Christian worldview but contains some helpful questions and suggestions)

~ *Finishing Well: Retirement Skills for Ministers.* Nathan Davis and Beth Davis.

Ministers face much more difficult retirement issues than most secular individuals. They not only lose their occupation, but they often lose friends, culture, identity, self-esteem and too frequently, even their future hope of effective ministry. This book addresses: • What is a successful retirement for a minister? • How can you know when it is time to retire as a minister? • How can you gracefully transition to a new ministry? • How can you survive and even thrive like never before?

~ *Letting Go and Moving On: Easing Retirement for Professional Men and Their Wives.* Dwight Hervey Small. (Baker Books, 1993.)

The author seeks to help men of retirement age develop a realistic perspective of what the days ahead may hold by analyzing the mental/spiritual dynamics of losing professional status through retirement.

~ *Nearing Home: Life, Faith and Finishing Well.* William F. (Billy) Graham, Jr., (Thomas Nelson, 2011).

The best way to meet the challenges of old age is to prepare for them now, before they arrive. Readers are invited to explore not only the realities of life as

one grows older but also the hope, fulfillment and even joy that come as one looks at these years from God's point of view and discovers His strength that daily sustains. Sections include "Transitions to Retirement," "Retirement and the Bible," "Retirement and You," and "Retirement and Thankfulness."

~*Necessary Endings: The employees, businesses, and relationships that all of us have to give up in order to move forward.* Henry Cloud (Harper Business, 2011)

Knowing when and how to let go when something or someone isn't working - a personal relationship, a job, or a business venture- is essential for happiness and success. This book gives readers the tools they need to say good-bye and move on.

~*What's Next? Navigating Transitions to Make the Rest of Your Life Count.* H. Norman Wright. (Bethany House Publishers, 2012).

As you look at the next year, next five years or beyond, one thing you can count on is that life *will* change. H. Norman Wright, author, licensed therapist and professor, says now is the time not to "just let life happen" but rather ask "what's next, Lord?" Wright has packed this book with crucial questions (e.g. Chapter 13: "Retire, or Redirect and Restructure?") and straightforward steps to help make transitions that enable you to embrace all that God has designed for you.

## Grieving

~*Praying Our Goodbyes: Understanding the Spirituality of change in our lives.* Joyce Rupp (Ave Maria Press, 1988)

It is a book for anyone who has experienced loss, whether a job change, the end of a relationship, the death of a loved one, a financial struggle, a mid-life crisis, or an extended illness. It is designed to help readers reflect, ritualize, and re-orient themselves—to help heal the hurts caused by goodbyes and the anxieties encountered when one season of life ends and another begins.

~*Recovering from the Losses of Life.* H. Norman Wright (Guidepost, 1991)

Life is marked by a variety of losses, says certified trauma specialist H. Norman Wright. Some are life-changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, such as changing jobs, moving, or a broken friendship. But whether readers encounter family, personal, or community disaster, there is always potential for change, growth, new insight, understanding, and refinement. Writing from his own experience, Wright covers such issues as the meaning of grief, blaming God, and learning how to express and share in times of loss. Now repackaged and updated with additional material, *Recovering from Losses in Life* will help readers find hope in difficult times. Study questions included.

~*Journeying through Grief.* Kenneth C. Haugk ( Stephen Ministries)

4 small, low-key booklets. Highly practical and full of helpful direction intended to be read in stages over the first year of grieving.

Book one: A time to Grieve

Book two: Experiencing Grief

Book three: Finding Hope and Healing

Book four: Rebuilding and Remembering

**Services:**

**Barnabas International** <https://www.barnabas.org/>

Barnabas International exists to edify, encourage, enrich, and strengthen servants in ministry. We creatively seek ways to fulfill our charter through a variety of ministry models. We are pastoral care providers, shepherding the hearts and souls of God's people. Our ministry priorities are targeted toward global servants, pastors, national church leaders, and their families.

**Sonscape Retreats** <https://sonscaperetreats.org>

For over three decades, our weeklong, guided retreats have helped thousands of pastors, missionaries, parachurch leaders, along with their spouses, to balance the demands of life, family, and ministry while rekindling their passion for Christ and His church.

**Association of Mature American Citizens**, [www.amac.us](http://www.amac.us),

...is a conservative alternative to AARP. Benefits include restaurant, retail and travel discounts, roadside and planning assistance, competitively priced insurance products, and Social Security/Medicare advisory services.

**National Council on Aging**, [www.ncoa.org](http://www.ncoa.org),

...focuses on advocacy and programs promoting healthy living and financial security for older adults. Its **Aging Mastery Program**, [www.ncoa.org/AMP](http://www.ncoa.org/AMP), aims to help "older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. When they participate in the Aging Mastery Program® (AMP) or use the Aging Mastery Starter Kit on their own, individuals create their own playbook for aging well via actionable goals, sustainable behaviors, social engagement, and gratitude."

