

Book Reviews

The Joy of Ageing: A Spirituality for Oldies by Brian Gallagher MSC

Reviewed by Carmel Tedesco, Spiritual Director and Retreat Giver, Balnarring, Victoria.

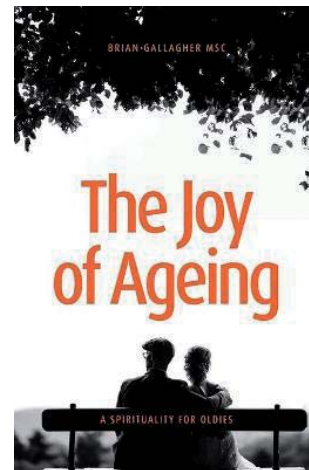
For those of you who know Brian you will not be surprised to hear that this book reflects very much who Brian is. I could say that it is 'vintage' Brian! His contemplative approach to life, his ever deepening relationship with God and his love of life, shine through; as does his love of family and friends (including four legged ones!), as well as his respect and care for the many people he has guided on their journey through life.

Brian shares honestly, simply and generously his reflections on his experience of ageing. He encourages us to reflect on the joys and blessings of our lives and gives us the courage to sit with the regrets, sorrows and struggles that come with ageing. All the while, he helps us to see, through the use of scripture, stories and some carefully selected short quotes from various writers, that God is with us throughout our days.

Brian invites us to read this book reflectively and slowly. As it is quite a short book, it would be tempting to 'speed read' it, but in doing so we would miss the riches within. This is a book to be savoured. There is wisdom on every page. Brian shares some very helpful personal practices and 'Be-attitudes' in each chapter: Ageing, Awakening, Remembering, Dreaming, Living, Dying and Praying.

Every time I open this book I find something fresh and new. Some of our elderly friends will have little surprises arriving on their doorsteps very soon!

Published by Coventry Press, 2021. \$18.95



10 Minutes: Gospel Reflections for Minds & Hearts by Peter Malone MSC

Reviewed by Jeff Hood, Lecturer and Supervisor, Heart of Life Centre for Spiritual and Pastoral Formation.

Stories tell us powerful truths about ourselves. The scriptures tell stories that resonate with the experience of our lives and with our attempts to make meaning from our experience. Peter Malone is a storyteller. He tells stories about stories, those in the scriptures, those in the movies and those lived out in the reality of human experience. In blending these stories, Peter creates images with words, and encourages us to invite the story into our imagination, thus bringing it to life within our own hearts and minds. When a story comes to life in our imagination, we come to life within the story, and allow the lessons of the story to teach us from within.

10 Minutes invites us to enter into the scriptures and to become part of that world in order for the scriptures to become part of us. Peter writes in a very warm and friendly style, inviting us to write our own gospel, and in doing so to engage with the aspects of the gospel stories that live in our memories and continue to speak to us in our life experience.

This book is a very useful catalyst for a quality of reflection that invites the scriptures to inhabit us in life-affirming ways.

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