

# Spirituality, ageing and mortality

Finishing well

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4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

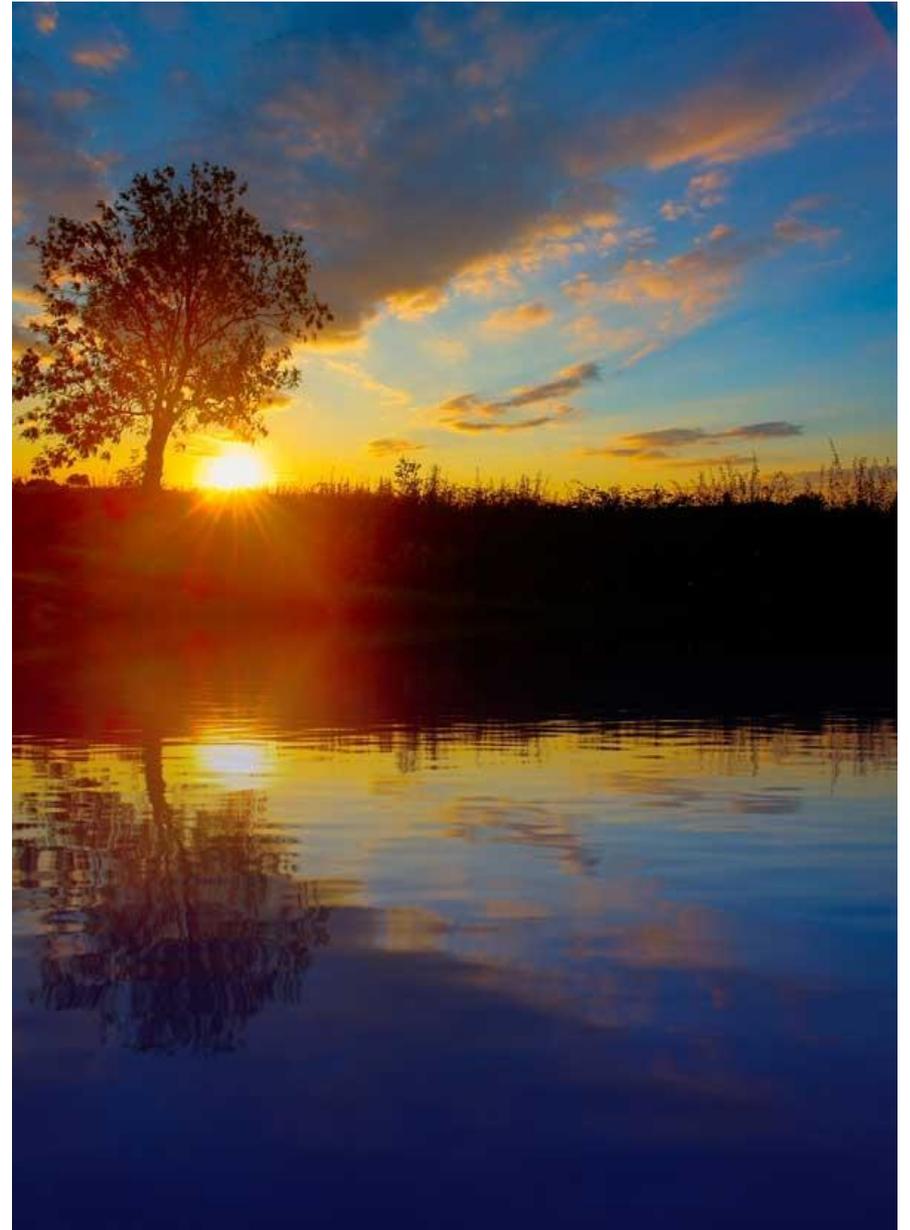
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Listening



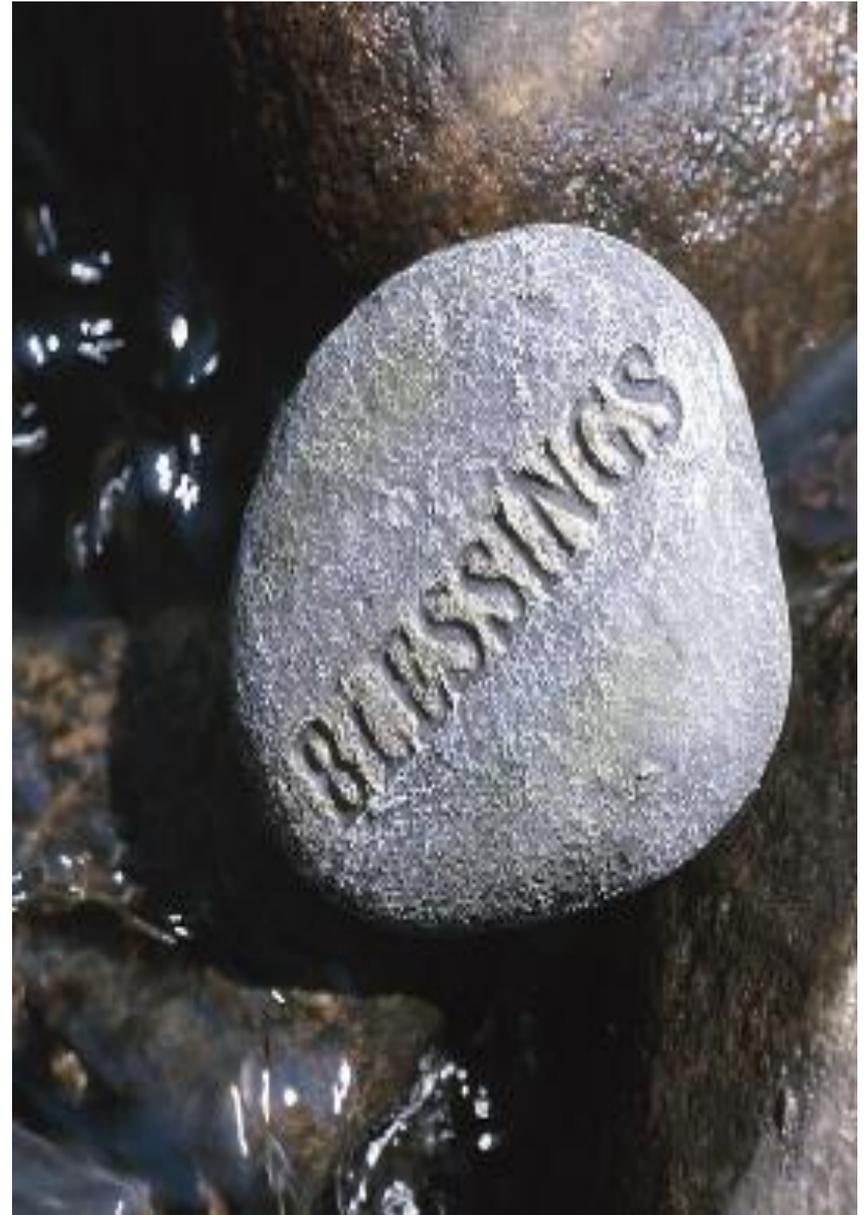
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**Reflection**



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Gratitude



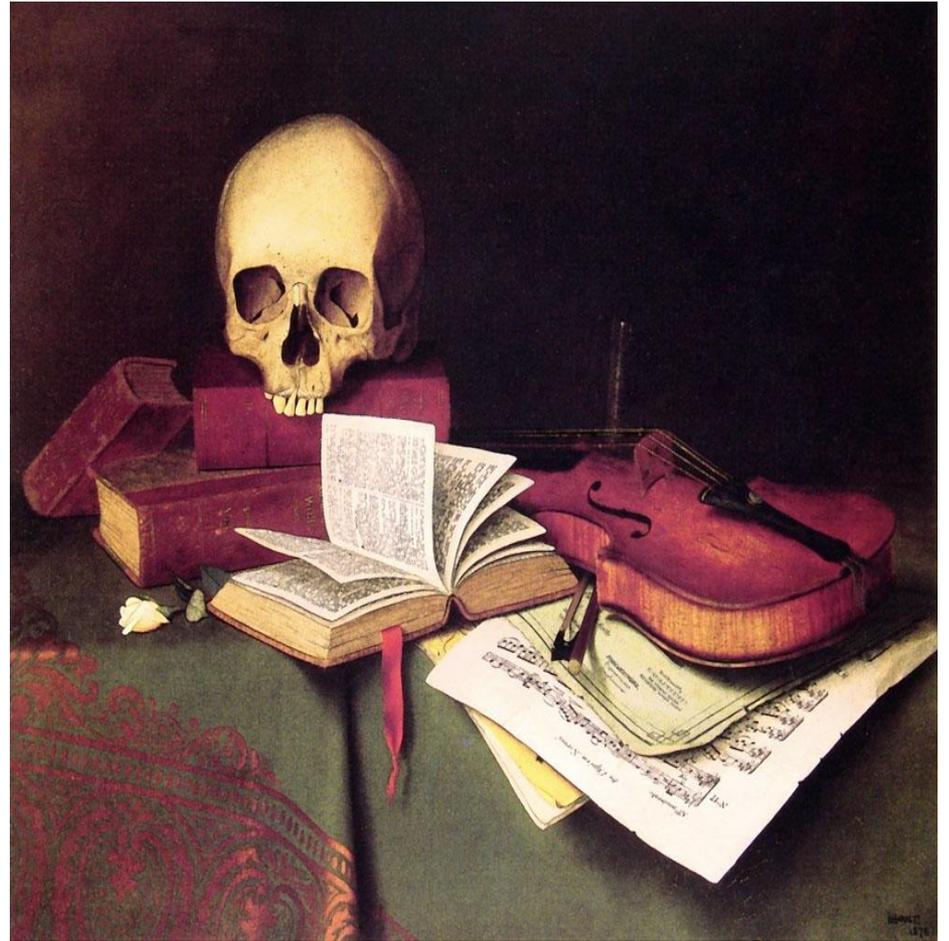
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**Inter-  
dependence**



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Face  
mortality



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- Part 1 – for everyone.
- Part 2 – for those wanting to explore Christian faith.
- Part 3 – for Christians wanting to explore themes of ‘finishing well.’

“Set your minds on things above,  
not on earthly things.”

Colossians 3:2