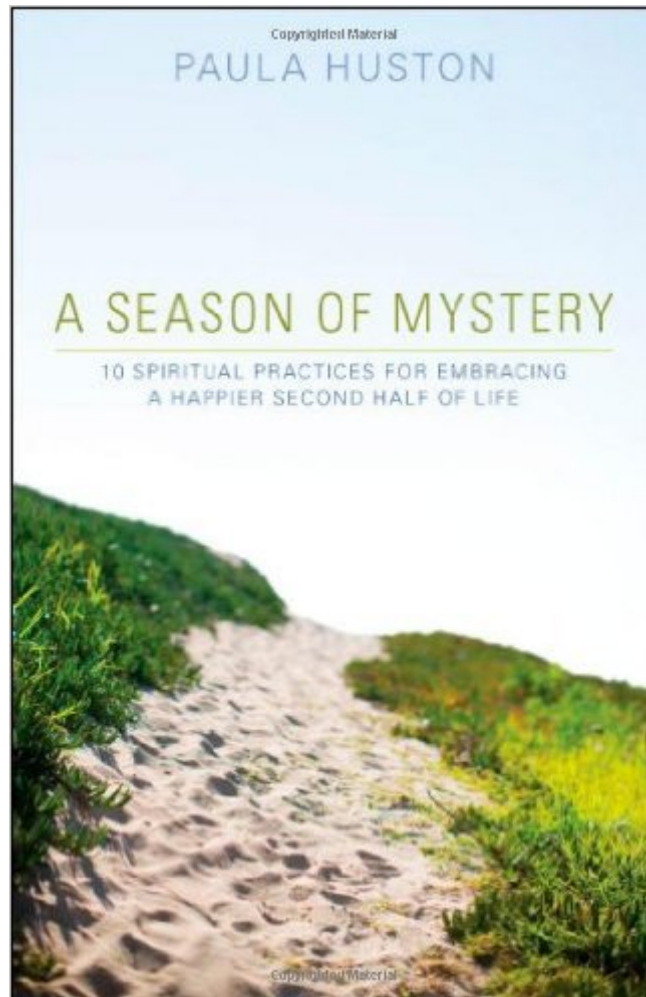


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A Season Of Mystery: 10 Spiritual Practices For Embracing A Happier Second Half Of Life



Synopsis

We live in a culture that tells us there are few things worse than aging, that we should avoid aging at all costs, and that we must shun death. And yet, no matter how much money we spend on health supplements, no matter how many gurus we consult, the fact remains unchanged: We will grow old. In *A Season of Mystery*, 60-year-old Paula Huston—a grandmother, and also a caretaker for her own mother and for her in-laws—shares with readers a far more fulfilling way to approach how we live and how we think about the second half of life. Each chapter offers a spiritual practice that is particularly suited to nurturing us in ways we would never have recognized in our younger lives. For example, the practice of *œlistening* helps us quit superimposing our own take on every situation before we have a chance to hear and see what is truly there; the practice of *œdelighting* encourages us to notice and be thankful for what is small and seemingly insignificant. Each of the 10 practices serves as an antidote to the classic afflictions of old age, such as close-mindedness, complaining, and fear of change. *A Season of Mystery* is not intended to be a selection of self-improvement secrets; the goal of Huston's work is to encourage people in the second half of life to become *œordinary mystics* who are no longer bound by the world's false ideas on aging but instead be freed by God's grace to embrace the riches that come only with growing older.

Book Information

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Customer Reviews

I purchased this book after reading a prior very profound book by the same author titled *Forgiveness*. This one is also excellent though quite different. Huston reveals more of her own

background prior to returning to her Catholic faith and then becoming an oblate. She struggles now with the issues of aging and tells how we can avoid becoming a crotchety old person. The disciplines she describes include practices helpful to all: listening, delighting, lightening, settling, confronting, accepting, befriending, generating and blessing. A final chapter on Departing is touching and insightful. Huston illustrates each chapter with vignettes of her experiences with friends and family. She encourages us to view aging in a positive way, to appreciate the benefits of aging and the benefits of knowing and enjoying elderly friends.

A few months ago, as my new pregnancy companion book was launching, my mother-in-law approached me and made a request she's never made of me. She asked me to write a book. It's hard entering the second half of life, she explained. Her kids are all adults, and some of her grandkids have started having babies. She feels unprepared. She feels unsure. She feels like having a book to walk with her would be helpful at the very least. I agreed. But I didn't think I was the person to write it. For one thing, this is outside my experience. Thankfully, one of my favorite writers tackled the topic and wrote a book that I can now freely share and endorse: *A Season of Mystery: 10 Spiritual Practices for Embracing a Happier Second Half of Life*, by Paula Huston. I read this book mostly in one evening. I couldn't put it down. Huston writes honestly and candidly, in a way that not only engages the reader, but that also plants itself within you. I've been thinking about various aspects of what I've read for days now. I've always had a soft spot for the elderly, but now I think I have a deeper appreciation for the challenges that come with aging and changing seasons in life. I have a number of "mature mom" friends, and I cherish their wisdom; it hasn't occurred to me that I support them in their struggles even as I share my own! I won't be in my second half of life for a while, but many people I know and care about will be (or are). This book is topping my list of resources to share and reread myself as I support them. Highly recommended.

This book is a must read for every senior citizen. It is a "bucket list" of sorts. Paula lists 10 things that as an aging adult we all need to make sure we are at peace with before we die. Of the 10 spiritual practices listed, I was OK on a few, but the rest I never gave thought to. I look forward to praying about these and putting them into my life. Thank you Paula for opening my eyes to some unseen needs.

This book will get you to thinking about your life, about your purpose in life. It is confessional yet enlightening, spiritual yet down to earth. Ms. Huston uses her life experiences as the basis for

exploring a richer more rewarding life of giving to others. She provides a rich background of ecclesiastical history as she explores her voyage from personal chaos to peace. An enjoyable read for anyone searching for some meaning to life, regardless of their religious beliefs.

The sharing of the story of divesting yourself of the unnecessary things in life and moving to a simpler way of living evokes a way to view a Lenten journey that continues throughout each year and not just in the season of Lent. It is thoughtful and helps me look at my second half of my life in a different way.

This is a great read! Not only informative but also reflective and uplifting. No doubt getting older is a real challenge, but *A Season of Mystery* helps you walk through this time with dignity and hope.

This was a book chosen by a group at my church to read and discuss. It did promote discussion, but the frequent mentions of going to a monastery and reliance on discussing things with monks seemed to be something that our group couldn't fathom applying to our own lives. Easy to read -- lots of white on the pages -- but still thought provoking. Sometimes the material in the chapter did not seem to strongly relate to the title of the chapter.

If, like me, you want to relish growing older, don't miss this book. It's a journey with Ms. Huston in the discovery of simple practices to enhance the journey.

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