Philosophy of Healthy Aging

**As Sisters of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and women of the Gospel, We believe that aging is an integral part of the lifecycle from conception to death.** Therefore, “*the entire life of our sisters takes on apostolic value and every condition, Health or sickness, success or failure, weakness, old age, or death becomes an occasion of grace.*” (Book I, 24)

**e believe that the aging process encompasses both a creative spirit and the inevitability of loss.** Aging affords the opportunity to choose behaviors and attitudes that enhance the quality of our lives and relationships. As sisters of \_\_\_\_\_\_\_\_\_\_\_\_\_ we assume responsibility for healthy aging throughout our lives by engaging in wellness practices that promote personal growth, balance, and adaptation to the changes of aging.

**As members of the congregation of God’s great love, we believe that we are called, in every condition of age and health, to be united in our desire for God and for union with our neighbor.**  We also acknowledge that physical and mental diminishment can present needs that must be recognized. As a congregation, we provide support based on a profound respect for each sister as an adult woman.

**We believe the conscious acceptance of the grace of aging will continually inform the meaning of who we are individually, as a congregation, and as a global community.**