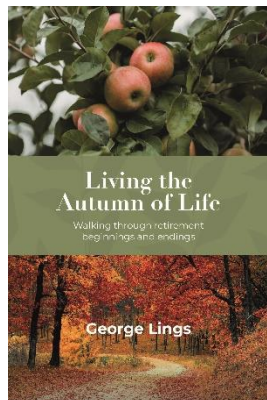


18 October 2024



Living the Autumn of Life Walking through retirement beginnings and endings

George Lings

Pb, ISBN 978 1 80039 281 6, £12.99

How can we best approach the season between retiring and becoming dependent – the so-called ‘third age’? Autumn is a time of gains and losses: fruit being harvested and leaves falling. George Lings’ important new book – candid, personal and well-researched – charts the experience of living through both realities, drawing on the author’s own life and the views and experiences of his interviewees. Informed by historic and contemporary reading, the author offers snapshots of later life, taken against a backdrop of ageism in society and church. He reflects on the identity of the ‘active elderly’ and considers through a biblical lens the challenges and opportunities that this season brings. On the inspiration for the book, he says: ‘It seemed to me there’s quite a lot written about the period immediately around retirement and yet more written about extreme old age and end of life issues, but there’s not much about the 10, 20, even 30 years between the two. I wanted to make sense of living this period for myself.’

Praise for Living the Autumn of Life

‘I’ve been privileged to have had many opportunities to sit and learn from George and Helen over the past 20 years. Reading *Living the Autumn of Life* feels like those warm, hospitable, brain-stretching chats. It’s studded with honest, personal experiences and concepts to take away and ponder at leisure. I’m glad to have read it while it’s still summer for me, so there’s time for the rich choice of ideas and wisdom to take root for my own autumn.’ – *Lucy Moore, founder of Messy Church and head of the Growing Faith Foundation*

‘We live in a time of gifts, not least the gift of age. But the journey needs guidance. Out of his experience and rooted in scripture, George has given us a guide to these later seasons, which can be long and fruitful. Reading it I found myself better equipped to use the God-given time, and I believe this will be true for you too. Highly recommended!’ – *Paul Bayes, former bishop of Liverpool*

About the author

George Lings has been a banker, student, vicar, writer, mentor and researcher. From 1997 to 2017 he led Church Army’s Research Unit specialising in fresh expressions of church and gaining a PhD. In 2017 he was awarded the Canterbury Cross for outstanding service to the Church of England. He now serves as a companion of Northumbria Community and vice-president of BRF Ministries.

For more information [click here](#).

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