**Life Development & Retirement**

Rationale

“We are all in a lifelong process of development, of being and yet becoming.”

Our mission is to proclaim the good news as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, directing our entire lives toward that oneness for which Jesus Christ was sent. We live our mission through our common life, ministry, and prayer. We never retire from this mission but we do transition from a schedule of full-time ministry to positions of less ministerial responsibility. We search for creative ways to adapt to the changing realities of age, energy level, and health.

Process:

1. When a sister reaches the age of 70 or when she is limited through illness, she is encouraged to evaluate her energy level and health regarding full or part-time ministry and talk with her Wellness Coordinator.
2. The sister is encouraged to reflect on the various dimensions of wellness and to consider the following questions:
   1. Spirituality: At this time in my life, how am I being asked to respond to the call to transformation and contemplation? How do I see myself continuing the mission of \_\_\_\_\_\_\_\_\_\_\_ if I am not “working”?
   2. Community: Am I able to participate in community life in a way that is life giving to me? What would be my preferred environment for retirement?
   3. Mission and Ministry: Am I able to contribute my gifts, skills, and talents in a way that is meaningful and rewarding? What kind of ministry might interest me in future?
   4. Personal Development: Are my health, happiness and personal development needs being met?
   5. Physical: How am I responding to physical limitations as they become more apparent? Do I have the time and energy to attend to the various aspects of my wellness needs?
   6. Emotional: How do I foster a positive attitude in myself and within my community regarding life transition/change? What excites me the most about retirement? What makes me anxious about retirement?
   7. Cultural: As I reflect on our members who have “retired” gracefully, what qualities of these persons would I like to have? How do I see them continuing the mission of \_\_\_\_\_\_\_\_\_\_\_?
3. The sister and Wellness Coordinator share responsibility for keeping the sister’s Provincial Council informed. By mutual agreement of the sister and her provincial councilor the sister may move into a transitional ministry, i.e., part-time or volunteer ministry. She is encouraged to participate in other life-giving and fulfilling activities.
4. If the sister and her provincial councilor determine that the sister is able and wishes to continue in her current ministry, she is allowed to do so.
5. The sister is encouraged but not required to share her journey with her local community.