

CONVERSATIONS IN HEALTH

St. Andrew's Cathedral
Healthcare Fellowship

20 JAN 2022, 7PM

AGING GRACEFULLY & FINISHING WELL

A CONVERSATION WITH BISHOP EM. DR. ROBERT SOLOMON



Aging is inevitable. Growing old is not and finishing well certainly is not. There is much that we can do to make our lives count for Christ as we enter our silver or golden years. After all, Abraham only left Ur for Haran and then for Canaan at the ages of 70 and 75 respectively. Moses led the Hebrew slaves out of Egypt at the age of 80. By all estimates, about 20% of the population in Singapore will be above the age of 60 by the year 2030. Furthermore, all of us, at any age, are in full-time Christian service, whether we know it or not. How then are we to age gracefully and finish well?

Do join us for this Zoom conversation with Bishop Emeritus Dr. Robert Solomon as we explore how, as senior disciples, we might be as fruitful in our latter days as in our former. Bishop Solomon was Bishop of the Methodist Church in Singapore from 2000 to 2012. He is still a much sought after speaker, has spoken and taught ministry in many countries and in many settings and is also a prolific writer having authored 49 books, with the 50th book due to be released in April 2022. These books include *The Race, Faithful to the End, We are Pilgrims, Finding Rest for the Soul, Growing Old Gracefully, and A Grand Calling* (on grandparenting)

This Zoom conversation will be held at **7pm on Thursday, 20 January 2022** and will be moderated by A/Prof. Joseph Thambiah

To register, please click on this link: <https://bit.ly/SACHFJan22>

You will be sent a link with instructions via email. You are encouraged to send any questions that you may have ahead of time to SACHFhealthtalk@gmail.com