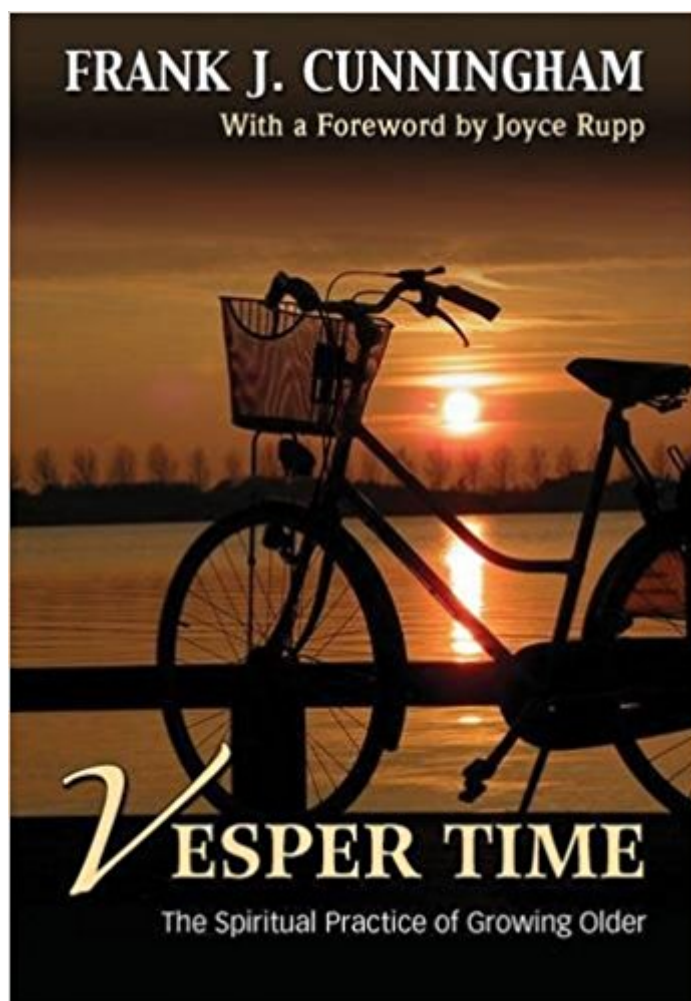


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# Vesper Time: The Spiritual Practice Of Growing Older



## Synopsis

With a Foreword by Joyce Rupp "Reading Vesper Time is like taking a long walk with a wise but down to earth friend. Relax with this book. It will nourish your tired soul." --Robert Wicks  
Noted Catholic editor and publisher Frank Cunningham shows how growing old -- all by itself -- can be a spiritual exercise that brings joy, peace, insight, gratitude, and love.

## Book Information

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## Customer Reviews

"What good work Frank Cunningham has done . . . . His book is an invitation to more fully engage this stage of our journey and be enriched by it." --Richard Rohr, Center for Action and Contemplation, and author, *Near Occasions of Grace*  
"Anyone who has gazed at the rising moon or the emerging stars at twilight knows the beauty of this hour of day. Frank Cunningham reminds us that the 'vesper time' of life is a rich seedbed for spiritual growth." --Judith Valente, PBS-TV, and author, *Atchison Blue: A Search for Silence, a Spiritual Home, and a Living Faith*  
"Reading Vesper Time is like taking a long walk with a wise but down-to-earth friend . . . . Relax with this book. It will nourish your tired soul." --Robert J. Wicks, author, *Riding the Dragon: Ten Lessons for Inner Strength in Challenging Times*

Frank Cunningham is a former newspaper and magazine writer and editor, university writing instructor, and book editor and publisher of Ave Maria Press. One of the most successful religion publishers of his generation Frank has been retired for eleven years, discovering and enjoying the spiritual practice of aging.

A great book that gives me wonderful guidance on how to be a happy, satisfied old person, rather than an angry geezer who wishes that they had gone into the stage of old age differently. Frank speaks from experience. Vesper Time is not so much a religious book as it is a guide of how to be content with yourself at any age. Lee Stewart

As I could sense in the begining, the author had not yet found what I was hoping to find in the book: what is intimacy like more near the end.

Outstanding!

A transformational opportunity.

A perfect book for our twilight years. I especially appreciated the chapter on acceptance. Having just turned 80, there are many things that need to be accepted.

Having just turned 70, "Vesper Time" appeared like soul food for Baby Boomers. In looking back reflectively over the 70+ years of his life, author Frank Cunningham invites readers of any age to engage in the spiritual exercise of a life review. In revealing what he did with what life gave him, the author demonstrates how everything comes to us with a purpose, a message, a lesson, and "Vesper Time" shows a user friendly way to discern the soulful messages in the events of our lives. This book is a comforting read for the spirit, soulfully engaging in its ordinary manner, challenging in its depth of insight, fitting for anyone at any age interested in exercising their spirit with a life review.

"Vesper Time" has gently led me to a more soulful perspective on my past, present and future. As I've read the book, I've found myself engaging in the actual "spiritual practice" of which the book speaks, namely, viewing my growing older as a spiritual path. This exercise has occurred because the author's anecdotes and remembrances do not call attention to him, but rather function as mirrors in which I have seen similar events and people in my own life. As "Vesper Time" sheds light, it inspires hope for the days ahead and beyond.

Very insightful. Frank eloquently weaves personal stories with theology, literature and wisdom from many sources. He affirms that God is not "out there" or "up there," but present concretely in our

lives, in nature and in the humanity and love of others. He is loyal to the Catholic faith tradition, but conveys a non denominational world view and theology. Our vesper time of our lives may be the best.

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