Opinion
Guest Voices



A tree with warm-colored fall leaves is pictured in Des Moines, Iowa, in 2024. (Unsplash/Andrew Phares)



by John Dear

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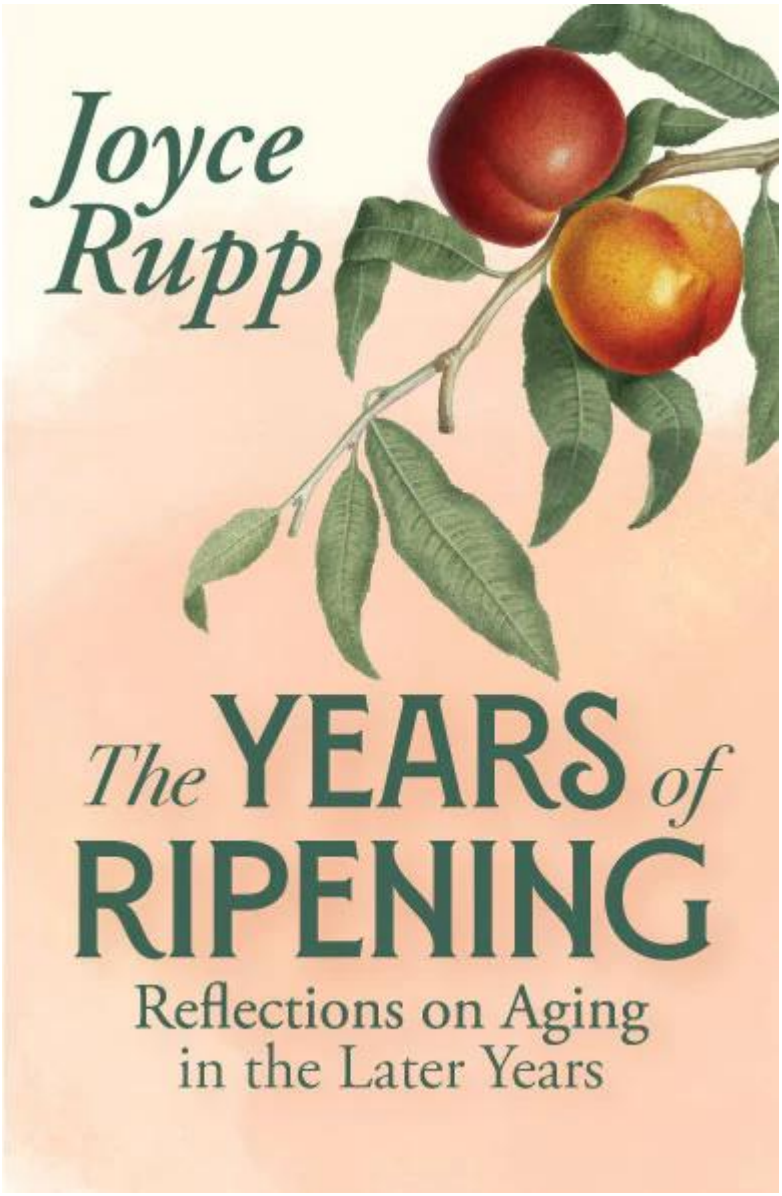


Bestselling author, international retreat leader and conference speaker Joyce Rupp (Alexander Photos)

On this week's episode of "The Nonviolent Jesus Podcast," I speak with beloved spiritual writer Sr. Joyce Rupp. An international retreat leader and conference speaker, Rupp is the author of three dozen bestselling books on compassion, grief, aging in midlife and in the later years, prayers and poems for every occasion, reflections on nature, and a memoir.

Among her bestsellers are *Boundless Compassion*; *Return to the Root*; *Jesus, Guide of My Life*; *Constant Hope*; *Dear Heart Come Home*; *Praying Our Goodbyes*; *Inviting*

God In; and *Walk in a Relaxed Manner*. Orbis Books also published *Joyce Rupp: Essential Writings*.



Book cover to *The Years of Ripening* by Joyce Rupp (Orbis Books)

Rupp is a member of the Servite community (Servants of Mary), was a volunteer for hospice for 15 years, and lives in West Des Moines, Iowa.

"Elderhood is really all about surrender," she said while discussing her new book, *The Years of Ripening*. "But I like the word 'acceptance' better. I find the aging process quite exciting: so many opportunities for spiritual growth! We're surrendering our physical limitations, our relationships, our ego challenges, and

ourselves into the mystery of faith."

"Jesus becomes vulnerable in the Gospels," she continued. "As we become older, we become more vulnerable. … We have to start with self-compassion. Without that, we will not be compassionate to others. Acceptance and being with the process of surrender and letting go lead us to being at home in the heart of God. We can't give in to discouragement. It doesn't get us anywhere."

Listen to the full episode here.

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