



"I AM GLAD TO COMMEND LIFE ASCENDING AND ITS EXCELLENT WORK WITH PEOPLE IN THE LATER YEARS OF THEIR LIVES. THE APPOINTMENT OF POPE FRANCIS SHOWS THAT THESE YEARS CAN BE FULL OF GREAT FRUITFULNESS AND NOT A FEW SURPRISES. I HOPE MANY WILL COME TO KNOW THE SUPPORT AND INSPIRATION TO BE FOUND IN LIFE ASCENDING AND SEE THESE YEARS AS A TIME IN WHICH WE ARE ALL INVITED TO GROW CLOSER TO THE LORD AND DEEPER IN OUR LOVE."

His Eminence
Cardinal Vincent Nichols



*It is not life
ascending to
Heaven but rather,
life growing
here and now
towards a human
and Christian
fullness*

TO JOIN A LIFE ASCENDING GROUP
ASK YOUR PARISH SECRETARY OR LOOK
AT OUR WEBSITE

www.ascentmovement.org.uk



LIFE ASCENDING

Life Ascending formerly known as The Ascent



*Growing in the
love of God and
each other*

Shared Moments

LIFE ASCENDING'S ORIGINS AND ETHOS ARE CATHOLIC BUT IT IS OPEN TO PEOPLE OF ALL DENOMINATIONS AND CULTURES.



It is for all lay people who have reached a moment in their lives with more time to share with others and a desire to deepen their faith.

It seeks to bring together men and women who are looking to enrich their later years and through the bond of friendship and prayer, they are encouraged to reach out to others.

Life Ascending is the first movement to recognise the value of older people and all they have to give to the Church and to the community.

Meetings take place weekly, fortnightly or monthly according to the wishes of the members.

Life Ascending

Life Ascending is centred on three aims:

Spirituality

Members benefit through prayer, exploring Scripture and sharing. This hopefully leads us into an ever deepening experience of the knowledge and love of God.

Friendship

By listening and understanding, a loving and mutual trust supports each member.

Mission

The service of the Gospel has nothing to do with age. All the gifts acquired in our lives are of value to our families, society and the world.

It is essential that members benefit from their meetings and leave with a sense of joy and peace.

