

**JUNE
13, 14
2019**



PHOTO:
ROY MATTAPPALLIL

AGING AND SPIRITUALITY: FINDING COURAGE AND RESILIENCE

We can find ourselves in new territory where much is unknown as we face challenges and difficulties in illness, in the aging process, and in dying. In the same way the grit inside an oyster transforms into a pearl, we wonder if our fear and frustration can be transformed into something just as beautiful in us.

You are invited to a time of learning, reflection, and self-care.

We will be led by a collaborative, experienced group of spiritual companions of various faith traditions who work in long-term care, hospice, and the community.



Teresa
Bryant



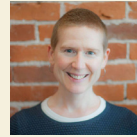
Miriam Frey



Dale
Guenter



Jane
Kuepfer



Celia
McBride



Maureen
McDonnell

The context of the gathering will allow time for contemplation, relaxation, and community connections. Join us as we consider and experience together the role of spirituality in finding courage and resilience in our work, in our homes, and within ourselves. Come for one day, two days, or make it a retreat and stay overnight at Grebel.

Visit grebel.ca/spirituality for updates and to register.

Conrad Grebel University College, 140 Westmount Rd N, Waterloo, ON N2L 3G6



RIA RESEARCH
INSTITUTE
for AGING
Schlegel • UWaterloo • Conestoga

Enhancing Life



Conrad Grebel
University College