Aging and Spirituality: Finding Courage and Resilience
Retreat: June 13-14, 2019
Conrad Grebel University College

Thursday
9:30 a.m. registration and coffee/tea
10:00 opening session
11:30 workshops:
  Life-Review: a practice for cultivating gratitude and recognizing grace - Teresa
  Nearing the Shore: Important Conversations for Befriending Death - Dale
  Letting Your Spirit Arise through Gazing on Art - Maureen
  Accompanying Dementia - Celia
  Spiritual Resources for Aging, Illness and Dying – Jane
1:00 lunch
2:15 workshops:
  Aging: Setting the conditions for resiliency and courage – Teresa
  The Art of Sacred Story Listening – Miriam
  Spiritual Resources for Aging, Illness and Dying – Jane
  Self-care for the Caregiver – Celia
3:45 group process
4:30 departure for commuters

Thursday evening
5:30 Supper for those staying overnight
6:45 Evening options: film/games/walk

Friday
9:30 a.m. registration and coffee/tea
10:00 opening session
11:30 workshops:
  Life-Review: a practice for cultivating gratitude and recognizing grace – Teresa
  Nearing the Shore: Important Conversations for Befriending Death – Dale
  The Art of Sacred Story Listening - Miriam
  Spiritual Resources for Aging, Illness and Dying – Jane
  The Struggle of Prayer – Maureen
1:00 lunch
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