

## **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

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10:00 opening session

11:30 workshops:

Life-Review: a practice for cultivating gratitude and recognizing grace – Teresa

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The Art of Sacred Story Listening - Miriam

Spiritual Resources for Aging, Illness and Dying – Jane

The Struggle of Prayer – Maureen

1:00 lunch

2:15 workshops:

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