

## **What is the Soul of Aging?**

Based on the pioneering work of Dr. Parker J Palmer, a process called the Circle of Trust has been developed through the Centre for Courage and Renewal that is designed to create a safe, confidential and sacred space where participants support one another in accessing the voice of their soul.

During the series we learn how to listen more deeply to one another and how to create spaces that are safe for honest sharing and self discovery. The themes address many of the spiritual aspects of this season of our lives, including questions of forgiveness, where are we in our spiritual development, what aspects of ourselves are still yearning for expression, our relationship with time, how to love and serve others and the notion of befriending our own deaths.

There is a takeaway of a self-created collage of your intended future and a workbook - bring 3 pictures of yourself from the age of 3-5 if available and your spirit animal - as a picture or stuffy and a pen and journal and your personal water container.

Session#1 – Calling in the Ancestors: Visions of Aging

Session#2 – Spiritual Formation Across the Lifecycle: Living Into the Soul's Calling

Session#3 – The Courage to Name and Claim Your Unlived Life

Session#4 – Pathways to Wholeness

Session#5 – Truth & Forgiveness: The Call to Completion

Session#6 – Enlightenment in Slow Motion

Session#7– Stories of Divestment: The Foreign Currency of Change

Session#8 - The Wisdom of Living In Deep Time

Session#9 - The Final Stage of Growth

Session#10 - Generativity, Legacy and Harvesting our Lives

The sessions are 2 1/2 hours – a work book will be provided where you can follow the readings, take notes and explore further writings on your own schedule - there is a mix of writings, poems, questions to ponder and to interact with others during breakout sessions. There is an entire session of 2 1/2 hrs for each person to describe an issue on his/her heart and the triad of registrants will ask " soul to soul questions" of you - no obligation to answer - only if the question is helpful to your soul's question- notes are taken and given to you after the session and the "Soul Issue" is not addressed again with you. It is a Quaker process called a Clearance Committee.