



4<sup>th</sup> Annual  
St. Andrew By the Bay Seminar 2011-12

## **Aging Well - Living Enthusiastically**

*Discovering new purpose as we age.*

*Exploring God's presence in our lives today.*

*Caring for our aging parents.*

*Finding tools for 'harvesting life'*

*Becoming the 'possible sage'*

Are you working through a mid-life crisis?

Or have you been there, done that?

Wondering what life holds for you as you age?

Maybe thinking about caring for your aging parents?

Come see how God's Spirit leads us to live out God's presence throughout our lives, calling us to wisdom, to sharing life experience, to a deepening sense of time, responsibility, and lovingkindness. Come see how God calls us beyond our fears to draw us into aging well within his loving care.

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

Beginning Sept 7, 2011

7:00 to 8:30 p.m.

Lower Hall

Register with Bill Hocking

410 349-0329 or [billhocking100@comcast.net](mailto:billhocking100@comcast.net)

### READINGS

*From Age-ing to Sage-ing* by Rabbi Zalman Schachter-Shalomi. The ideas, pictures, and stories from our readings are used to tease out our own notions of how best to age well and to strengthen our desire for God in all we do and all we are at this time in our lives.

SEPTEMBER 7 & 21, 2011

Intro and Ch 1: "The Vision of Spiritual Eldering"

The elder uses the tools for inner growth, such as meditation, journal writing, and life review. Elders come to terms with their mortality, harvest the wisdom of their years, and transmit a legacy to future generations.

Serving as mentors, they pass on the distilled essence of their life experience to others. The joy of passing on wisdom to younger people not only seeds the future, but crowns an elder's life with worth and nobility.

OCTOBER 5 & 9, 2011

Ch 2: "Becoming the Possible Sage"

Why do we call this work 'spiritual eldering' and not 'religious eldering'? Rabbi Schachter-Shalomi moves beyond a sectarian approach to one which unites all people in their common search for God, no matter what their affiliation.

NOVEMBER 2 & 16, 2011

Ch 2: “Eldering: Past, Present and Future”

In *The Turning Point*, physicist Fritjof Capra asserts that our one-sided scientific culture is going through a period of rebalancing. A more holistic perspective is emerging that stresses cooperation rather than competition, ecological awareness rather than mindless consumerism, and intuition to complement our obsession with rationalism.

DECEMBER 7, 2011

Ch 5: “Tools for Harvesting Life”

A modest, undramatic act of forgiveness has the power to transform an adversary into a friend. The elder functions as a trusted teacher, guide, and friend who through long-term relationships is a patient midwife helping others in their own authentic religious paths and vocations.

JANUARY 4 & 18, 2012

Ch 4: “The Art of Completion”

In its deepest sense, spiritual eldery enables us to complete our lives triumphantly. As our spiritual vision widens, we perceive our interconnectedness with the earth and all of nature.

FEBRUARY 1 & 15, 2012

Ch 6: “The Eternity Factor”

Elders serve the larger world not from mystic sentimentalism, but from the felt experience, matured through contemplation, that the world is one family connected by the bonds of love. The deepened sense of time, and the responsibility it calls forth, heighten the intimate care they extend to all creation.

MARCH 7 & 21, 2012

Ch 7: “The Conscious Transit at Death”

“Peaceful death is really an essential human right more essential perhaps even than the right to vote or the right to justice; it is a right on which, all religions tell us, a great deal depends for the well-being and spiritual future of the dying person. . . . There is no greater gift of charity you can give than helping a person to die well” – Sogyal Rinpoche.

APRIL 4 & 8, 2012

Ch 8: “Mentoring: Seeding the Future with Wisdom”

Listen with great spaciousness of heart and mind to your mentee’s genuine concerns before attempting to share your wisdom. Don’t impose but evoke your mentee’s innate knowing. Don’t try to impress your mentee by claiming to be perfect; be your searching, tentative, very human self instead. Respect and call forth their uniqueness.

MAY 2 & 16, 2012

Ch 9: “Elders as Healers of Family, Community, and Gaia”

“To preserve economic viability of the planet must be the first law of economics. To preserve the natural world as the revelation of the divine must be the basic concern of religion” – Fr. Thomas Berry.

JUNE 6 & 20, 2012

Ch 10: “Spiritual Eldering Comes of Age”

This month addresses the paradigm shift including aging, retirement planning, second career opportunities, community service option, eldery in the modern family, mentoring, death and dying, bereavement, exercise and nutrition, meditation, journal writing and life review.