



# UNITARIAN UNIVERSALIST CHURCH OF ARLINGTON VIRGINIA

A Place to Connect, Grow and Serve

## The Soul of Aging Spring Offering 2018

*The Soul of Aging* is a 10-session series with each session lasting 2½-3 hours. This offering will be led by Mary Pike and David McTaggart, with occasional assistance from Jacomina de Regt, Diane Ullius, and Sally Recinos, all of whom have training and experience in this work.

**Dates:** First session on Wednesday, February 7, followed by the remaining 9 sessions on Wednesdays, February 21 through April 18. Participation implies commitment; please consider waiting for a future offering if you feel you might be absent more than once. Of course, we understand that unforeseen life circumstances do intervene.

**Time:** 7:00 to 10:00 p.m.

**Location:** UUCA, room TBD

**Cost:** \$35 to cover snacks, copying and supplies for the full 10 sessions.

### What is The Soul of Aging?

**The Soul of Aging** curriculum is based on the Circle of Trust® approach pioneered by Dr. Parker J. Palmer through his Center for Courage and Renewal. The curriculum is designed to create a safe, confidential, and sacred space where participants support one another in accessing their inner voice, the voice of their true authentic selves, their soul. Over 50 UUCA people have participated in Circle of Trust work in recent years making it a defining thread in our congregational fabric.

This program is for people who wish to explore together, to understand and be transformed by the aging process. The themes address many of the spiritual aspects of this season of our lives, including questions of forgiveness, where we are in our spiritual development, what aspects of ourselves are still yearning for expression, our relationship with time and the divine, how we love and serve others, and the notion of befriending our own deaths. Clearly these themes invite a level of honesty and self-disclosure along the way. If you are up for such an exploration, please consider this program!

**Application Questionnaire:** Registrants will be asked to complete a short reflective questionnaire designed to help them discern whether this program is appropriate for them at this time in their lives.

*May the light of your soul mind you.*

*May all your worry and anxiousness about your age  
Be transfigured.*

*May you be given wisdom for the eyes of your soul  
To see this as a time of gracious harvesting.  
May you have the passion to heal what has hurt you,  
And allow it to come closer and become one with you.*

*May you have great dignity,  
Sense how free you are;  
Above all, may you be given the wonderful gift  
Of meeting the eternal light that is within you.*

*May you be blessed;  
And may you find a wonderful love  
In your self for your self.*

~ For Old Age by John O'Donohue

May you join us in this time of gracious harvesting.

Register with **David McTaggart** at 703-835-6944 or [dmctagg@gmail.com](mailto:dmctagg@gmail.com).