

The Soul of Aging: A Mini Retreat Series

As we approach the autumn and winter seasons of our lives, aging invites us into deeper questions, unexpected challenges, and surprising blessings. In this program, we explore the soulful terrain of our maturing years with honesty, tenderness, and courage. At a time when so many congregants and people of faith are in their later years—often marked by isolation, loss, and loneliness—we offer this program as a place for companionship, meaning-making, and trustworthy conversations within the Trinity community.

We recognize the immense potential of aging to awaken us in ways nothing else has. As the years accumulate, many of us feel a natural turning inward: a desire to make peace with our past, to listen for the guidance of the soul, and to discern how to live fully and faithfully with the time that remains. We sense that we can simply grow old, or we can grow into Elders—people whose presence, wisdom, and compassion become a gift to the wider world. Aging brings its harsh realities, yet it also carries profound invitations and enormous gifts.

Together, we will explore these invitations with care. We will reflect on the spiritual dimensions of this autumnal season of life: our unlived lives, the work of completion and forgiveness, the possibility of transformation by addressing mortality, and the nurturing of our mystical nature. Poetry, story, music, and art will accompany us as companions and catalysts. All of this unfolds within a Circle of Trust, a community grounded in confidentiality, deep listening, and respect for the inner teacher.

Our approach is inspired by the work of Dr. Parker J. Palmer and the Center for Courage & Renewal, whose practices create a safe and sacred space where participants can listen for the voice of the soul and support one another in living with greater integrity, courage, and wholeness.

Facilitators



Georgia Noble, a Courage & Renewal Facilitator, co-authored “Soul of Aging” with Caryl. With 25 years of experience as a Marriage and Family Therapist in private practice, she is also a trained Spiritual Director and spent 10 years serving as Lay Staff in the Episcopal Church. Her passion lies in guiding faith communities to unlock their potential as catalysts for personal and social change.



Caryl Casbon, Courage & Renewal Facilitator, co-authored the “Soul of Aging” program with Georgia. A published poet and writer, she is an interfaith minister and spiritual director and has led Circle of Trust retreats for clergy and educators for 30 years.

Registration Information:

Please use the QR code, click the link, or register by contacting Georgia Noble, 1noblegeorgia@gmail.com.

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Saturday, September 26th, 2026

9:00am-1:00pm

Suggested Donation: \$25

(Covers three sessions.)



Registration deadline: Sunday, September 20

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Soul of Aging Follow-Up Mini-Retreat

Saturday, October 24

9:00am-1:00pm



Soul of Aging Follow-Up Mini-Retreat

Saturday, November 21

9:00am-1:00pm

