

The Wisdom of Teresa of Avila

Responding to the Summons of the Second Half of Life

Saturday, January 25, 2020

Too few people know that there is a further journey following the first half of life. As we age and consider retirement or go through transitions, in our work, in our families, in our community, in our health, we want to reach out for guidance and wisdom.

Teresa of Avila (1515-1585), a Spanish Carmelite, wrote her classic *Interior Castle* at the age of 62 years. This brilliant text is a summary of her experience of God—a map of a spiritual journey inclusive of the blessings and distractions encountered in the second half of life. We will explore how the seven dwelling places of the Interior Castle can guide us in understanding and navigating our spiritual journey.



Copy of an original 1576 painting of Teresa of Avila when she was 61 years old

From Wikimedia Commons

Led by Maureen McDonnell, D.Min., who currently leads a program in Spirituality and Aging in a Toronto parish. Following her retirement from teaching at Regis College, Toronto, her desire is for all to have the opportunity to deepen and enjoy their spiritual life for service in the world.

Begins 9:30 am with a gathering for coffee; **ends** 4:00 pm.

Fee \$32 if you bring a bag lunch (\$25 for Associates and Oblates). A hot meal is an additional \$18.

Registration deadline: January 18, 2020

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