



be a spiritual seeker

# Hindsight, Humor, and Hope: Who, Me, an Elder?

First Universalist Church, Yarmouth, Maine

*"Each of us is much more than a physical body. Each of us also is a spiritual being holding faith, hope, and love within. It takes thought and reflection to discern what to bring forth from the deeper, spiritual self to deal with what is happening in the community, the family, and the world."*

**WHAT:** A six week course on aging with humor and hope, and offered by the UUA.  
By [Karin Peterson](#) © 2015d

**WHERE:** First Universalist Church,  
97 Main Street Yarmouth

**WHEN:** 5:00 to 7:30 pm,  
six Monday nights 3/16 – 5/18  
(No April 13, 20, 27. No May 11.).  
We ask that in registering you commit to  
attend all 6 sessions for the integrity and  
enjoyment of the group. At least 5!

**COST:** \$120 covers resources and  
contributes to our RE lifespan  
programming. (Reduced rate available for  
fixed income etc.) Missed sessions are not  
refunded; paper copies of resources will be  
provided. Please indicate your intention to  
attend with an email to Sarah Witte at  
[sarahcoffinwitte@gmail.com](mailto:sarahcoffinwitte@gmail.com) by 3/20.  
Checks can be collected any time prior to  
3/23.

**WHO:** Offered by Rev. Frieda Gillespie and  
Board Member/Congregation  
Connections Chair Sarah Witte.  
Group size: 8 min, 20 max.

**FORMAT:** The first half hour is a social gathering where we bring our brown bag dinners to enjoy together. The actual session starts at 5:30 pm. Our hope is that with the later sunsets there will be very little driving in the dark!

**PURPOSE:** This program helps people as they redesign their later years into a time of reflection, discernment, soul stretching, and new life possibilities. This gift of extended years finds many people becoming elders with deep personal questions such as, Who am I now? and What will I do that is meaningful?

*This program will:*

- Encourage participants to support one another and not be alone
- Identify and explore the positives about being an elder
- Use journaling as well as color and line as expressions of spirituality and creativity
- Lead participants to claim inner wisdom
- Help participants come to understand being an elder as a time of spiritual richness
- Invite participants to remain adventurous in thinking about the future
- Challenge participants to find ways to mentor others.