



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 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.*