



The Soul of Aging

Informational Workshop

September 10, 2016
4:00 pm

Come and Experience....a safe and supportive place to listen deeply.. to others and your own soul.

Explore ...the possibility of deeply engaging with the gifts and challenges of aging.

Connect...through poetry, stories, silence and shared wisdom.

Come and learn more about an exciting opportunity to participate in a small group program focused on exploring *The Soul of Aging*. Developed by the Center for Courage and Renewal and the work of Parker Palmer, *The Soul of Aging* curriculum invites participants to explore various aspects of aging, including themes of: forgiveness, making the most of our time and befriending our own deaths. This multi-session program will be offered at the First Congregation Church of Sonoma beginning in November. If you are interested in learning more about the curriculum and how you can participate there are two upcoming opportunities:

- **Introductory Workshop: September 10, 4-7 pm at the First Congregational Church of Sonoma, Community Room** (Just show up, no pre-registration required) 252 West Spain St. Sonoma
- **Getting Older, Living Deeper Fall Retreat: October 14-16 at Westerbeke Ranch.** (Registration information at www.couragerenewal.org/Events)

For more information contact: Kathy Cramer at revkatcramer@yahoo.com, cell: 707 479-1848.