

THE ART OF AGING: THE GIFT OF SAGE-ING^(R)

FERRY BEACH

28 AUGUST - 3 SEPTEMBER 2010

*...transforming the expectations, conversations
and experiences of aging in our culture*

The 20th century has given us the gift of longevity. In the past hundred years, life expectancy has increased by three decades, a phenomenon that is reshaping our families, attitudes, work lives and institutions. Sage-ing® programs reflect on the challenges and blessings of this gift of longevity while cultivating the qualities that the world's wisdom traditions have always associated with spiritual maturity - loving kindness, wisdom, generosity, humor, and inner peace.

This conference has two morning program tracks and participants select their appropriate level of engagement: ***Introductory Workshop*** for persons new to the Sage-ing® philosophy, and ***Advanced Workshop*** for persons who have experienced a Sage-ing® program at Ferry Beach (or other venues). ***Introductory sessions*** components include Images of Aging, Life Review/Life Repair/Life Harvest, Gift of Forgiveness, Facing Mortality, Leaving a Legacy, and Mentorship Relationships. ***Advanced sessions*** components include Changing Identities, Intimacy and Sexuality, Relationships: The Crucible of Love, Service and Generativity, Character and Wisdom, Presence of Grace, Letting Go and Letting God.

Afternoons include ample time for journal writing, meditation, and spiritual intimacy followed by creativity workshops for all participants led by different artists. Participants can explore their creativity through various media from music and art to poetry and spiritual memoir writing to collage and mandalas. Evening programs celebrate the whole community on the theme *My Life as a Work of Art* with time to engage in storytelling, spiritual practices, ethical action, and holy play.

Come to explore aging stereotypes, harvest the wisdom of your life experience, do your philosophical homework, identify ways to leave your legacy and serve as a mentor, share contemplative practices, and engage in dialogue and creative sage-ing expressions. We are the Sage-ing pioneers!

Each Morning Workshop: Minimum is 10, Maximum is 16. Register early.

Coordinators: Pat Hoertdoerfer, CSL and Anne Murray, SCF