



CENTER FOR SPIRITUAL INTEGRATION

Creating Sacred Space in Daily Living

Aging with Grace: Spiritual Preparation for the Last Quarter of Life

We live in a time where the pace of life encroaches upon our time for spiritual reflection...
and the wisdom that comes from stopping to reflect is fading from our view.

We live in a culture where growing older is often met with fear, loathing, or despair...
and the appreciation of life's rich tapestry of experience is often disregarded as unimportant.

We live with the challenge of remaining loyal to what we love while daring to dream of new possibilities...
and the creative spirit that feeds our soul continues to wait for our attention.

We live with the opportunity to begin a journey, one that invites us to cross a spiritual-psychological threshold...
and prepares us to move into our aging with grace, wisdom, and vitality.



"Time makes us old. Eternity keeps us young."

Meister Eckhart

None of us knows how long we will live nor do we have the guarantee of living into old age. Part of the mystery of life has to do with how we hold that uncertainty. But what if someone were able to tell you that you would live to be 100? Would you begin to live your life differently? Would you make adjustments in personal habits, career decisions, education, diet, and exercise in ways that would promote your physical and emotional well-being? Would you nurture and develop dreams, ideas, and passions that may have been neglected? Would you develop more courage, imagination, boldness?

What if we behaved *as if* we had that much life in front of us? That would require a spiritual preparation that begins in mid-life. Midlife is the time when a shift begins to occur in the psyche. The soul quietly whispers, calling us to pay attention to life's meaning and purpose.

- For some we discover that our thoughts and dreams seem to be pulling us in directions that are different from those we had in our youth.
- For others feelings of boredom or discouragement may greet us, as if we wonder if this is all there is.
- Many of us are confronted with losses—the empty nest, aging parents, thoughts of retirement ahead of us.

It can be a confusing time. Yet, it is a critical time. Moving forward with purpose and intention can make all the difference.

A Break from Tradition: A Retreat for Spiritual Preparation

Please join us in welcoming **Dr. Patricia Gianotti** to **The Inn at Tanglewood Hall** for an opportunity to participate in a weekend couple's retreat. Guests are invited to experience a new concept in get-away weekends, where relaxation will be combined with personal reflection, meaningful time with your partner, and dialogue with other guests who are contemplating a transition point in life. This is the first time that we will be featuring a guest seminar leader to facilitate an experience that allows you an opportunity for personal growth while enjoying the wonderful accommodations at **The Inn at Tanglewood Hall**.



What You Can Expect from the Weekend

- Time for couple's reflections and conversation.
- Unstructured time for exercise and ocean walks.
- Group dialogue.
- Experiential exercises to help individuals and couples move forward with a clearer vision and intention for the next phase of life.

Goals for the Retreat Experience

- To identify and manage the transition from one phase of life to the next.
- To integrate spiritual longings with purposeful action.
- To translate these hopes and dreams into a vision and plan for the future.
- To discover ways to give back to your community, drawing upon personal wisdom and life experience.
- To leave a legacy for your inner circle of family and friends.
- To pay greater attention to physical vitality and the balance between work, spirituality, and creative interests.

How the Retreat Will Be Organized

- Prior to attending the retreat, you will be mailed a packet of preparatory reading materials as well as questions for personal reflection.
- The retreat will begin on Thursday evening with a three hour introductory session, facilitated discussion, and group interaction.
- The remainder of Thursday evening will allow for couples to have leisure time at the Inn.
- The structure for Friday will be broken into three sessions. The first will begin after breakfast with focusing exercises, small group exercises, and group discussion.
- There will be a two hour break for lunch, exercise, and personal time.
- Friday afternoon and evening sessions will follow a similar format with a two hour break for dinner.
- Throughout the retreat Patricia will present information on the importance of using life transitions as a spiritual opportunity for growth and development with intention and purpose.
- Our Saturday morning session will be devoted to focusing on and presenting beginning ideas and plans to move forward.

