

harvest the true wisdom already inside you

Sage-ing in Unity: an Introductory Course

Join us at Christ Church Unity as we explore the paradigm shift of **Age-ing to Sage-ing, a Profound New Vision of Growing Older**, based on the book of the same name by Rabbi Zalman Schlacter-Shalomi.

This class will offer a process for engaging the following six themes:

- *Change from the Inside Out: Personal images and cultural models of aging*
- *Life Review: Cycles, seasons and lessons*
- *Repairing our Relationships: Letting go, healing past hurts and relationships*
- *Embracing our Mortality: Meaning, context and creating peace of mind*
- *Creating our Legacy: Ethical wills, sharing our story*
- *Elders as Natural Leaders: Spiritual and social responsibility to the community.*

You can learn to have a deeper appreciation of your own beauty, truth and power. Following that can flow a natural and generous desire to share that ‘harvest’ with the world and with all forms of Life.

Your Instructor will be **Tim McGowan**, a licensed social worker with extensive experience in community organizing and serving people with disabilities. He completed a graduate program in Spirituality in California in 1985 and has had a private practice in spiritual counseling since 1995. Tim is a member of the National Association of Spirituality and Social Work, and of Spiritual Directors International. He is currently a Certified Sage-ing Leader Intern in a program sponsored by the Sage-ing Guild.

When: Six sessions, beginning **Sunday, Jan. 17, 2010**, 1:00 to 3:00 p.m.
Sessions 2 through 6 will be on **Monday afternoons**, January 25, February 1, 8, 22, and March 1 from 1:30 to 3:30 p.m.

Where: Christ Church Unity, 55 Prince St., Rochester, NY 14607. 585-473-0910
unityroc@frontiernet.net; www.unityrochester.org

Cost: Love offering

Registration deadline: January 3, 2010. To register, sign up at the church or call 585-473-0910. Class size is limited; sign up soon. Please consider carpools as parking is limited to 14 spaces for the Monday sessions.