



A series of Zoom courses designed to create community and conversation around spiritual life, encouraging older adults to learn, grow and share together.

The Deeper Path: The Call of Aging

Is this all there is? That's a question so many aging adults ask when looking at their future. Rev. Lois answers emphatically, NO! The "third age" can be a sacred journey when new life can be developed and thrive. Through five Zoom sessions, you will expand your understanding of the spiritual questions and opportunities for your later life with the chance to be inspired and energized by new-found potential. A variety of film clips, poetry and music will be used as well as journaling and breakout groups for deeper reflection.



Course Facilitator: Rev. Lois Mueller, retired United Church of Christ pastor

After serving as pastor of Plymouth Jazz & Justice UCC in Oakland, Rev. Lois has returned to her passion of calling elders to their identity as Blessers. She has a master's degree in social work with an emphasis in Aging. She likes to spend her free time exploring art museums, gardening or chatting with friends over coffee.



Day/Time

Thursdays from 2:00-3:30 (Eastern time), October 13, 10/20, 10/27, 11/10, 11/17

Central Time 1 - 2:30

Mountain Time 12 - 1:30

Pacific Time 11 - 12:30

What You'll Need

No prior reading or homework will be required; however, class material may be emailed in advance. You will need a computer/tablet/phone on which you can watch via Zoom and the desire to find a renewed sense of identity and purpose.

Offered to You at No Cost

Thanks to donations from generous supporters and a grant from the United Church of Christ Heartland Conference, the UCH Parker Center is able to offer Enliven programs at no charge. Your only commitment is to participate in each session or let the facilitator know if you can't be present.

Course size is limited. So that the Rev. Lois can better prepare for the first session, **please register no later than Monday, Oct. 10.**

To Register, email KMoeller@uchinc.org. Please include first and last name.



**RUTH FROST PARKER
CENTER FOR
ABUNDANT AGING**