



A series of Zoom courses designed to encourage, celebrate and nourish the spiritual life of older adults to learn, grow and share together through on-line short-term interactive communities led by expert facilitators.

The Blessing Path: How to Be a Blessor to Others and to Yourself



As we age, we may find ourselves searching for our place in the world and musing about the purpose of our lives. This course explores one soul-nourishing path, the Blessing Path. When we consciously claim our role as a Blessor, we live more fully into the richness of this time of life. To be a Blessor may transform the aging process and contribute wholeness and joy to the world. Through art, poetry, music, journaling, guided meditation and sacred sharing, we will discover what it means to bless and will practice blessing our own lives and one another.

Day/Time

Thursdays at 2:00pm ET, 11:00am PT on Sept. 14, 21, and 28th (3 sessions)



Course Facilitator: Rev. Lois Mueller

Pastor Emerita of Plymouth Jazz & Justice UCC in Oakland, CA.

In retirement, Rev. Lois has returned to her passion of calling elders to their identity as Blessors. In addition to her seminary training, she has a master's degree in social work with an emphasis in aging. A few of her joys include exploring art museums, gardening, live theater and conversation over coffee.

What You'll Need

Computer/tablet/phone to watch via Zoom and the desire to learn how you can build a life of purpose by being a Blessor to others.

Offered to You at Minimal or No Cost

- \$20 Class Registration (3 sessions)
- \$10 Member/friends of UCC Heartland Conference churches*
- FREE Resident of one of United Church Home's Community

Your only commitment is to participate in each session or let the host know if you can't be present.

*Thanks to a grant from the UCC Heartland Conference with UCC churches in Ohio, West Virginia and northern Kentucky.

Click Here to Register

<https://tinyurl.com/46d5y2m3>



**Ruth Frost Parker
CENTER for
ABUNDANT AGING**

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