



Zoom courses designed to encourage and nurture the spirits of older adults to learn, grow and share together in order to live and age more abundantly.

A 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 thrive. Through five Zoom sessions, poetry, a variety of film clips, 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 time exploring art museums, gardening or chatting with friends over coffee.



Day/Time

Tuesdays from **2:00-3:30** (Eastern time), **March 5, 12, 19, 26 and April 2**

Central Time 1 - 2:30

Mountain Time 12 - 1:30

Pacific Time 11 - 12:30

Community building and participant interaction are important parts of this course. By registering, you agree that you will, barring an unforeseen emergency, participate in all five sessions. Your only commitment is to participate in each session or let the host know if you can't be present.

What You Will Need

No prior reading or homework will be required; however, class material may be emailed in advance. You will need also need a computer/tablet/SmartPhone on which you can watch via Zoom.

Offered to You at Minimal or No Cost

\$20 Class Registration per person (for all 5 sessions)

FREE Resident of one of UCH's 90+ Communities in 15 states and two Native American nations

\$10 Member/friends of UCC Heartland Conference churches (Thanks to a grant from the United Church of Christ Heartland Conference: UCC churches in Ohio, West Virginia and northern Kentucky)

Course size is limited.

So that Rev. Lois can better prepare for the first session, please register no later than Monday, March 4.

For More Info and to Register,
www.UnitedChurchHomes.org/enliven/



**Ruth Frost Parker
CENTER for
ABUNDANT AGING**
UNITED CHURCH HOMES®