

Spirituality & Aging Symposium

Creative Age



Imagination
Insight
Wisdom

Featuring experts in the field of creativity and aging, theater and music performances, and opportunities to participate in spiritual and creative practices.

March 10-14, 2019

SAINT JOHN'S

ON THE LAKE

1840 North Prospect Avenue, Milwaukee, WI 53202

Artwork: *Spring Awakening* by John Enright

Later-Life Creativity: The Best Is Yet to Be

Harry R. Moody, Ph.D.

**Distinguished Visiting Professor
Fielding Graduate University
Santa Barbara, CA**



Dr. Moody looks at later-life creativity through examples of great artists whose creativity unfolded in diverse ways in their later years; from Donatello and Michelangelo, to Louise Nevelson and Georgia O'Keefe. The later-life creativity of visual artists gives convincing evidence that creative productivity can unfold in new ways later in life, offering insights into ideas of individuation, ego-integrity, and self-transcendence.

At the close of this session, the participant will be able to:

- Value the potential of creativity later in life, including application of concepts such as habituation, crystallized and fluid intelligence, and individuation
- Describe how the unfolding of creativity is linked to key psychological principles such as ego-integrity and gero-transcendence
- Compare and contrast gerontological insights from writers including Lars Tornstam, Zalman Schachter-Shalomi, James Hillman, and Ram Dass.

Harry R. Moody, Ph.D.

Retired VP and Director of Academic Affairs for AARP, Washington, DC

Dr. Moody's recent book, *The Five Stages of the Soul*, interweaves psychology, religion, myth, and literature, and charts the passages of countless individuals across the country who have journeyed the path of spiritual awakening common to almost all of us. It has been translated into seven languages worldwide. His monthly newsletter, "Human Values in Aging," reaches 10,000 subscribers. In 2011, he received the Lifetime Achievement Award from the American Society on Aging.

**Connect to the Creative Heart for a Life of Passion,
Meaning and Community**

Stuart Kandell, Ph.D.

Founder, Staybridge, Oakland, CA

**Founding Board member National Center for Creative Aging
Washington, DC**



How do you want to live the rest of your life? What is the role of creative activity in leading a fulfilled life? How does the creative process (risk taking, transformation, and sharing something with an audience) provide a reason to get up in the morning?

Stuart Kandell draws on a lifetime of working with older adults in the arts. He will share stories of older artists from around the world and how art influences their lives: Late bloomers, who took a painting class at 60 and now at 75 have a new career; and lifelong artists, who have been dancing for 80 years.

At the close of this session, the participant will be able to:

- Assess creative passion and the role it plays in one's life
- Describe how the creative process impacts the lives of older adults
- Identify the range of creative activity among older adults
- Advance knowledge of creative aging around the world
- Motivate expanded creative activity in one's life and the lives of older adults.

Stuart Kandell, Ph.D.

Global Pioneer of Creative Aging, Berlin, Germany

Dr. Kandell is nationally known as a "global pioneer of creative aging" and led Stagebridge, the nation's premiere performing arts company of older adults which he founded in 1978. It remains a thriving example of how to make theatre and storytelling an opportunity to bridge generations through arts. In 2002, he pioneered the National Center for Creative Aging, a network of individuals and organizations who catalyze creative expression among older people. He is currently based in Berlin, Germany and is globally interviewing older artists.

Happiness is a Choice!

John Leland

Reporter, New York Times
New York, NY



Photo by Erica Begger

What's the secret to living a fuller, more content life? For John Leland, an award-winning New York Times reporter and author of the New York Times bestseller *Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old*, the answer came from an unexpected place: From the lives of six people age 85 and up. He expected them to educate him in the hardships of old age. Instead, they taught him lessons of resilience, gratitude, purpose and perspective that apply to people of any age. All had lost something – spouses, mobility, their keen eyesight or hearing. But none had lost everything. And they defined their lives by the things they could still do, not by what they had lost. Sociologists call this the “paradox of aging” – as much as our culture obsesses over youth, older people are more content with their lives than young adults. They’re less stressed, less afraid of death, better able to manage whatever difficulties come their way – even when their lives are very, very hard. The good news about old age is that there is good news. And the better news is that we can all learn from our elders’ wisdom and experience. Whatever your age, it’s not too late to learn to think like an old person.

At the close of this session, the participant will be able to:

- Explain the paradoxical aspects of aging
- List the losses and difficulties of longevity as well as its unique lessons
- Identify how to “think like an old person”
- Value the lessons of resilience, purpose and perspective – the wisdom of aging creatively.

John Leland

Reporter for The New York Times, New York, NY

When Leland set out to meet members of America’s fastest-growing age group on behalf of the Times, he expected to hear about loneliness, loss and declining health. Instead, what he learned upended most notions of aging, revealing that the late stages of life are unexpectedly rich, and the elderly are incomparably wise. His latest book, *Happiness is a Choice You Make: Lessons from a Year Among the Oldest Old* (2018) is his reflection on how to “live better” from those who have mastered the art.

Reading Our Lives: The Poetics of Growing Old

William L. Randall, Ph.D.

**Professor, Gerontology, St. Thomas University
New Brunswick, Canada**



Aging is not only a biological process, but a biographical one as well. Yet, this aspect of aging is largely overlooked by mainstream gerontology, which implicitly perceives aging as a problem (medical, societal) to be solved. Narrative Gerontology, however, invites a more positive portrayal of aging, taking as its starting point that telling, writing, and reflecting on our life stories is a key developmental task in later life, essential to exploring our unique legacy of wisdom, and key to truly growing old and not just getting old. This presentation will lay out core concepts in a narrative approach to aging e.g., narrative development, narrative challenges, and narrative resilience, and various reasons and strategies for practicing "narrative care" with older adults.

At the close of this session, the participant will be able to:

- Develop a critical interdisciplinary perspective on the psychology of aging
- Link concepts of consciousness, meaning and wisdom with spirituality and narrative identity
- Draw on the emerging field of narrative gerontology to bring reminiscence and life-review into the center of gerontological inquiry.

William L. Randall, Ph.D.,

Professor of Gerontology, St. Thomas University, New Brunswick, Canada

Dr. Randall is a leading authority on the subject of narrative gerontology in relation to aging, community building, and care. His work shows how narrative psychology is integral to everyday life. In *The Narrative Complexity of Ordinary Life: Tales from the Coffee Shop* and *The Stories We Are: An Essay on Self-Creation*, he writes that we function as narrative psychologists by continually storying our lives in memory and imagination. In doing so, he draws on a variety of fields: psychology, psychotherapy, theology, philosophy, feminist theory, and literary theory.

The Joy of Creative Aging: Imagination, Insight and Wisdom

Barbara Ann Holmes, Ph.D.

President Emerita, United Theological Seminary of the Twin Cities

St. Paul, MN



Based on her acclaimed book, *Joy Unspeakable: Contemplative Practices of the Black Church*, Dr. Holmes suggests that ensconced within the framework of vibrant religious practices are tangible reminders that our lives are communal liturgies and poetic excursions into the unknown. We respond to a deeply interdependent and responsive universe through shared experiences. This means that despite signs of social fragmentation, we still have communities of care that lend meaning to our lives. We still have stories to share that bless the young, comfort the aging and honor the ancestors.

"Joy Unspeakable is both Fire and Cloud
the unlikely merger of trance and high tech lives. . .
Joy Unspeakable is a symphony of incongruities
Of faces aglow and hearts on fire
and the wonder of surviving together."

At the close of this session, the participant will be able to:

- Demonstrate a working knowledge of current research regarding "aging" as a joyful and creative phase of life, enhanced by interdependence, art and contemplation
- Assess new dimensions of "community" as a metaphysical and generative source of inspiration, solace and reflection during aging
- Examine personal integrative spiritual practices and sustaining communal contributions, as conduits to a wider reality that includes the mystery of transition.

Barbara Ann Holmes, Ph.D.

President, United Theological School, St. Paul, MN

Dr. Holmes works at the intersection of ethics, spirituality, mysticism, cosmology and African American religious culture. Her research, from oral and written accounts and church records, details ways in which contemplative experience are built into African American collective worship as well as the legacy of African monasticism, spiritual exemplars, and worship. An accomplished attorney, she is author of *Joy Unspeakable: Contemplative Practices of the Black Church*, *Race and the Cosmos* and *A Private Woman in Public Spaces: Barbara Jordan's Speeches on Ethics, Public Religion, and Law*.

**What Aging Men Want: Men in the Presence of the Sacred
& What Aging Men Want: The Odyssey as a Parable of
Male Aging**

John C. Robinson, Ph.D.

**Psychologist,
Seattle, WA**



Dr. Robinson describes the developmental tasks, gifts and meaning of homecoming in the male aging process. Two decades ago Robert Bly published *Iron John*, a fairy tale for midlife men in search of a more authentic life. This same army of 38 million men now marches into retirement years unprepared for what aging really entails across the upcoming twenty-five years of unprecedented longevity gifted by science and medicine. Boomers believe that they will conquer age with exercise, attitude, and nutrition. As their problems and defeats multiply, however, aging men now discover that they are lost once again in an unknown land, longing for another great story to guide them home. Robinson says: "I have found that story."

At the close of these sessions, the participant will be able to:

- Recall Homer's great and timeless myth of male aging
- Examine and critique the "Happily Ever After" fantasy of male aging
- Appreciate the nature and costs of the "War of Adult Life" men pursue across the decades
- Review the psychological and spiritual growth tasks men confront on their long journey home to love
- (for men) Share and integrate this material into personal and shared male life experience
- (for women) Understand the struggles men encounter in the aging experience.

John C. Robinson, Ph.D.

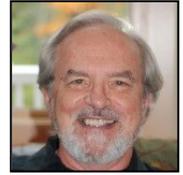
Psychologist, Seattle, WA

Dr. Robinson is a clinical psychologist and holds a second doctorate in ministry. He is intentional in the integration process of psychotherapy with the universal search for meaning, wholeness and transcendence. He asserts the importance of creativity and spirituality of aging, healing and growth. His major works include *But Where Is God: Psychotherapy and the Religious Search*; *Finding Heaven Here*; *The Divine Human: Final Transformation of Sacred Aging*. He leads talks and conducts workshops at conscious aging conferences nationwide.

Care of the Aging Soul

KEYNOTE SPEAKER: Thomas Moore, Ph.D.

Author, *Ageless Soul: The Lifelong Journey toward Meaning and Joy*
Jaffrey, NH



Spirituality is complete and good for humans only if it is joined to the deep soul. Soul is highly individual. Some older people want to follow their traditions, which is best done with some updating. Others might prefer a natural spirituality that includes contemplative walking, personal prayer, family rituals, and a practice of art. Older people benefit from a dreamier way of being: Less heroic, less rationalistic and highly intuitive. This too, enriches the spiritual life. Loneliness, sickness and anger may be part of growing older, but they can be converted into positive experiences. Sexuality, too, takes new forms. The main task is to age all life long in a positive way, becoming a unique, creative person.

At the close of this session, the participant will be able to:

- Describe how soul differs from spirit and how the two richly intersect
- Demonstrate how to use both tradition and imagination in creating a senior spirituality
- Remember that night dreams and a “dreamier” everyday life help adjust to older years
- Explain how a soulful life deepens and enhances aging.

Thomas Moore, Ph.D.

Author: *Care of the Soul* and *Ageless Soul: the Lifelong Journey toward Meaning and Joy*

Dr. Moore, world-renowned author of *Care of the Soul*, is a pioneer explorer of the sacred art of soulful living, sacredness of the ordinary and lifelong journey toward meaning and joy. He explores the dilemma of many today who are either bewildered by the array of spiritual choices, or dulled by materialism of Western culture. Author also of *Ageless Soul* and *The Care of the Soul in Medicine*, he offers a new vision of how seekers can fashion their own connection to the sacred out of materials of ancient faiths and everyday life.

Music, Meaning and Aging

Nina Kraus, Ph.D.

**Hugh Knowles Professor, Neurobiology & Physiology,
Feinberg School of Medicine
Northwestern University
Evanston, IL**



Aging compromises everyday communication skills, including working memory and the ability to decipher speech in real-world situations. These challenges are attributed to a combination of declines in cognitive skills, neural processing in the auditory system, and hearing loss. A number of strategies have been proposed to remediate these age-related communication challenges, including amplification and cognitive brain training. One of the best is music. With life-long music experience, we see enhancements in listening and memory skills and observe coincident changes in neural function. We have also discovered that experience early in life, e.g. music training in childhood, strengthens auditory processing in the older adult long after music lessons have ceased. These results point to specific neural signatures behind the aging process; reveal neural mechanisms associated with music training; and provide evidence that music provides one possible route to “healthy aging.”

At the close of this session, the participant will be able to:

- Explain the value of an objective measure for assessment and response to intervention
- Identify the biological signatures of the aging brain
- Describe how both ongoing and legacy music training benefit the aging brain.

Nina Kraus, Ph.D.

**Head of *brainvolts*, Auditory Neuroscience Laboratory at Northwestern University,
Evanston, IL**

Dr. Kraus is a scientist, inventor, and musician who studies the biology of auditory learning. Her groundbreaking research brings together the worlds of neuroscience and health care to strengthen our knowledge of how structured engagement with music can heal, rejuvenate and improve well-being. She was one of the first to demonstrate, through a series of innovative studies involving thousands of research participants, that making music can actually change our brains from birth to age 90.

Art Interpretation and Health

Hope Torrents

Director, Fine Art of Health Care

Lowe Art Museum, University of Miami

Miami, FL



Hope Torrents uses art interpretation to hone important clinical skills in communication, visual literacy, and collaboration, with the goal of developing more effective health care providers. Her own experience as a patient advocate has taken her in new directions. Workshop participants will acquire tools for being their own agents and practice a form of mindfulness with art. In addition to engaging in rich conversations about works of art, participants will facilitate discussions and use their creative writing skills.

At the close of this session, the participant will be able to:

- Demonstrate improved situational awareness and empathy as a care provider
- Practice visual thinking strategies
- List practical tools for mindfulness in professional and personal setting
- Engage in thoughtful conversations regarding works of art.

Hope Torrents

Director, Fine Art of Health Care, Lowe Art Museum, University of Miami

Hope Torrents is passionate about the intersections between art and health care. She provides important skills that benefit and empower people to be their own health care advocates. Hope is the Director of the Fine Art of Health Care program, at the Lowe Art Museum at the University of Miami. She has created an inter-professional program for graduate students, residents and in-service professionals, using art interpretation, to hone important clinical skills like communication, visual literacy, and collaboration, to develop more effective health care providers.

Brave Beyond Words– We enter this world as the genesis of a story and continue to grow it as our gift to the world.

Joy Harjo, M.F.A.

**Professor, English and American Indian Studies
University of Illinois at Urbana-Champaign
Urbana-Champaign, IL**



For Joy Harjo, writing is a vulnerable, even dangerous, act. “Fear has been one of my greatest teachers,” she insists. As she speaks, she exposes the parts of her life some might strive to conceal—the hurt caused by her abusive stepfather and the challenge of being “other,” as well as her later struggles of heartbreak and single motherhood. Born in Oklahoma of uprooted tribes, oil money and hard times, the fire spirit of her mother and water spirit of her father, she had to navigate the dualities of her life. At once self-assured and faltering, she deeply loved those whom she also feared.

In telling her own story, both the beautiful and the broken parts, Harjo has become an icon of the feminist movement and a voice for Native peoples. “I was not brave.” she says. “I was entrusted with carrying voices, songs, and stories to grow and release into the world, to be of assistance and inspiration. These were my responsibility.”

Harjo honors this responsibility. In her own words, she melds memories, dream visions, myths, and stories from along her journey to find her creative voice and fulfill her destiny.

At the close of this session, the participant will be able to:

- Explore the duality of life: faltering and self-assured, distant but a part of the whole
- Acknowledge the nobility of women, native peoples and the old in the shared journey of living
- Probe the personal poetic imagination and its political impact.

Joy Harjo, M.F.A.

Poet, Storyteller, Musician, Memoirist, Playwright, and Activist

Throughout Harjo’s extraordinary career, she has expanded the American language, culture, and soul. A Creek Indian and student of First Nation history, she is rooted in both the natural world—especially the landscape of the American southwest—and the world of the spirit. Incorporating native traditions of prayer and myth into a powerfully contemporary idiom as illustrated in *Conflict Resolution for Holy Beings*, *Crazy Brave*, and *She Had Some Horses*. Harjo’s justice-seeking art transforms aging, bitterness and trauma to beauty, wholeness, and healing.

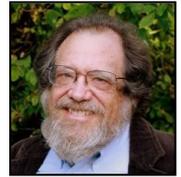
Thursday, March 14, 3:00–4:30 p.m.

**The Spiritual Distortions of Aging in Capitalist Society:
The Pain of Growing Older in a Society that Promotes
Selfishness and Materialism**

Rabbi Michael Lerner, Ph.D.

Beyt Tikkun

Berkeley, CA



Aging has always had its difficult challenges as our bodies decline. Yet spiritually-oriented societies have also taken great strides to honor Elders and provide support systems that have provided a sense of purpose and meaning to life. When those are harder to access in the contemporary world, many Elders are faced with a set of spiritual crises with which few professionals are trained to deal. Rabbi Michael Lerner will address some of the steps that professionals and a caring community can take.

At the close of this session, the participant will be able to:

- Recognize when a patient or client is facing a spiritual crisis that s/he cannot yet identify as such
- Determine whether a crisis can best be dealt with by the helping professions, by spiritual or religious personnel or requires larger social change
- Assess what changes are needed in American society in order to support healthy aging
- Explain the role of helping professionals and the larger community in transforming a materialistic and self-oriented society to “The Caring Society—Caring For Each Other and Caring for the Earth”
- Describe how to respond to those who believe that social transformation is not an appropriate goal for professional practice.

Rabbi Michael Lerner, Ph.D.

Editor: Tikkun and Author: Spirit Matters, Berkeley, CA

Rabbi Lerner is the country’s preeminent liberal Jewish intellectual and editor of “Tikkun,” perhaps the most respected intellectual/cultural magazine in the Jewish world. Rabbi Lerner’s *Jewish Renewal: A Path to Healing and Transformation* is potentially one of the most important Jewish books of our times, in the great tradition of the works of Martin Buber and Abraham Joshua Heschel. *Spirit Matters: Global Healing and the Wisdom of the Soul* is a blueprint for the return of spiritual meaning to contemporary life.

Sunday, March 10

7:30 p.m. Organ Concert & Welcome Reception	Le Son Glorieux – Music for the Organ Simone Ghellen, Ph.D. – St. Jerome, Oconomowoc Sheri Masiakowski , Dean – American Guild of Organists Larry Wheelock , Organist – Plymouth Church, Milwaukee
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Monday, March 11

9:00 a.m.	Registration and Coffee
9:15 a.m.	Hard-Hat Tour of Saint John’s On The Lake
10:15 a.m.	Welcome
10:30 a.m. Opening Lecture	Later-Life Creativity: The Best Is Yet to Be Harry R. Moody, Ph.D. , Distinguished Visiting Professor, Fielding Graduate University, Santa Barbara, CA
12:00 p.m. Lunch	<i>Please join us for lunch and table discussions about today’s topic.</i>
12:45p.m. Lecture	Connect to the Creative Heart for a Life of Passion, Meaning and Community Stuart Kandell, Ph.D. , Founder, Staybridge, Oakland, CA, Founding Board member, National Center for Creative Aging, Washington, DC
2:30 p.m.	Break
3:00 p.m. Lecture	Happiness is a Choice! John Leland , Reporter, New York Times, New York, NY
4:30 p.m.	Speakeasy – Creativity and Conversations An opportunity for casual, creative and engaging conversation with presenters and attendees with light snacks and beverages.
7:00 p.m. Gallery Event	MOWA On The Lake, Peter Dahlke , Assemblage Sculptor Milwaukee Jazz Legends , Wisconsin Conservatory of Music

Tuesday, March 12

8:30 a.m. Morning Spiritual Practices	Choose one for the day. Reflect – Lectio Divina: Nourishing the Divine with Cathy Melesky Dante & Steve Molverec, SJ – Sacred Sounds: Awakening the Eternal Within Create – Imagination Made Visible with Jessie Hewitt Observe –Visual Strategies: Seeing with the Eye of the Heart with Hope Torrents
10:00 a.m. Lecture	Reading Our Lives: The Poetics of Growing Old, William L. Randall, Ph.D. , Professor, Gerontology, St. Thomas University, New Brunswick, Canada

12:00 p.m. Lunch	<i>Please join us for lunch and table discussions about today's topic.</i>
1:00 p.m. Lecture (Cont.)	Reading Our Lives: The Poetics of Growing Old, William L. Randall, Ph.D.
2:30 p.m.	Break
3:00 p.m. Lecture	The Joy of Creative Aging: Imagination, Insight and Wisdom, Barbara Ann Holmes, Ph.D., President Emerita, United Theological Seminary of the Twin Cities, St. Paul, MN
4:30 p.m.	Speakeasy – Creativity and Conversations An opportunity for casual, creative and engaging conversation with presenters and attendees with light snacks and beverages.
7:00 p.m. Theater Event and Reception	Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson -a play by Mitch Albom with Matt Daniels and Robert Spencer, In Tandem Theatre, Milwaukee, WI
Wednesday, March 13	
8:30 a.m. Morning Spiritual Practices	Choose one for the day. Reflect – Lectio Divina: Nourishing the Divine with Cathy Melesky Dante & Steve Molverec, SJ – Sacred Sounds: Awakenning the Eternal Within Create – Imagination Made Visible with Jessie Hewitt Observe –Visual Strategies: Seeing with the Eye of the Heart with Hope Torrents
9:45 a.m. Lecture	What Aging Men Want: Men in the Presence of the Sacred, John C. Robinson, Ph.D., Psychologist, Seattle, WA
12:00 p.m. Lunch	<i>Please join us for lunch and table discussions about today's topic.</i>
1:00 p.m. Lecture (Cont.)	What Aging Men Want: The Odyssey as a Parable of Male Aging, John C. Robinson, Ph.D.
2:30 p.m.	Break
3:00 p.m. Lecture	Care of the Aging Soul, Thomas Moore, Ph.D., Author, <i>Ageless Soul: The Lifelong Journey toward Meaning and Joy</i> ; Jaffrey, NH
4:30 p.m.	Speakeasy – Creativity and Conversations An opportunity for casual, creative and engaging conversation with presenters and attendees with light snacks and beverages.

7:00 p.m. Dance Concert and Reception	Ko-Thi Dance Company Ferne Yangyeitie Caulker-Bronson , Founder and Artistic/Executive Director Professor, African Dance Performance and Choreography, UW-Milwaukee
Thursday, March 14	
9:30 a.m. Lecture	Music, Meaning and Aging Nina Kraus, Ph.D. , Hugh Knowles Professor, Neurobiology & Physiology, Feinberg School of Medicine, Northwestern University, Evanston, IL
11:00	Art for Life: Table-top Exhibits, Discussion and Art Display
11:00 Lecture	Art Interpretation and Health Hope Torrents , Director, Fine Art of Health Care, Lowe Art Museum, University of Miami, Miami, FL
12:00 p.m. Lunch	<i>Please join us for lunch and table discussions about today's topic.</i>
1:00 p.m. Lecture	Brave Beyond Words – We enter this world as the genesis of a story and continue to grow it as our gift to the world. Joy Harjo, M.F.A. , Professor, English and American Indian Studies, University of Illinois at Urbana-Champaign, Urbana-Champaign, IL
2:30 p.m.	Break
3:00 p.m. Lecture	The Spiritual Distortions of Aging in Capitalist Society: The Pain of Growing Older in a Society that Promotes Selfishness and Materialism, Rabbi Michael Lerner, Ph.D. , Beyt Tikkun, Berkeley, CA
4:30 p.m. Speakeasy	Speakeasy – Creativity and Conversations An opportunity for casual, creative and engaging conversation with presenters and attendees with light snacks and beverages.
7:00 p.m. Concert and Reception	Misa Tango A mass by Martin Palmeri , Master Singers of Milwaukee, Eduardo Garcia Novelli , Artistic Director

SAINT JOHN'S

ON THE LAKE

Spirituality & Aging Symposium

Our Goal

Our annual Symposium on Spirituality & Aging brings together participants from the wider community, as well as theologians and faith community representatives, academics, and aging services providers. Our goal is to share wisdom and insights from the social sciences, the humanities and a spectrum of spiritual traditions to create a holistic framework for understanding and sharing the journey of aging.

Strategic Approach

To foster growth, connection, and learning, each symposium features an interplay of activities that includes listening to one's inner wisdom and guidance, exploring and integrating compelling ideas with insightful reflection, art and music, and sharing in robust conversations that harvest the collective wisdom of the group.

Inner Awareness: The Symposium provides opportunities for participants to tap into their own inner notions and wisdom, and bring beliefs and assumptions into conscious awareness.

Compelling Ideas: The Symposium explores ideas from trusted sources to seed learning and spark new understanding. Lectures and seminars are followed by questions designed to encourage reflection and self-discovery, prompting a shift in focus from outer to inner authority. Opportunity for reflection and spiritual practice, as well as engagement with art and music, is incorporated into the overall program design.

Collective Wisdom: The Symposium is designed to provide a receptive space of deep listening and speaking from the heart. Informal and structured activities help the group listen to one another's insights, perceive patterns, connect diverse perspectives, and experience a sense of wholeness and community.

**Registration is open. CEHs available.
(Limited number of scholarships available)**

**Visit our website for the schedule and more information:
www.SaintJohnsMilw.org**

**Our Facebook page: Saint John's Spirituality & Aging Symposium
E-Mail us at: Symposium@SaintJohnsMilw.org**