

INSTITUTE FOR CATHOLIC FORMATION

THE 12 KEYS TO SPIRITUAL VITALITY

Powerful Lessons On Aging and Spiritual Vitality

This program is being offered to Priests, Deacons and Lay Ministers in a 2 part series of four sessions each.

The series will be held each Friday, beginning Oct 21st, 28th, Nov 18th, and 25th

The second series will begin on Friday, Feb. 17th, 24th, Mar 9th and 16th.

Each session will consist of prayer, viewing a DVD created by Dr. R. Johnson, reflection time, and group sharing.

Cost for the program of 12 sessions: \$125.00 (book included)

Time: 10:00—noon

Location : TBA

To Register contact:

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As we promote spiritual and emotional wellness in our ministry to others, we seldom take the time to focus or “to take a pulse” on our own physical, and emotional well-being as we mature.

How am I handling my own aging process?

Richard Johnson Ph.D, an expert in Spiritual Gerontology simultaneously discusses the way to live agelessly and the way to live with spiritual vitality. “As we ‘wake up’ to the process of our aging, we are provided with a magnificent opportunity for spiritual development. We may adopt a new view of aging, understanding it as our teacher, helping us to learn how to love better each day as part of God’s plan for us.”

edited from Dr. R. Johnson, *The 12 Keys to Spiritual Vitality*, Ligouri, 1998

Take this opportunity to slow down and enter into a gentle space for self discovery and peer support.