

Registration Form

Please cut and mail with
payment of \$20.00 to:

Department for Marriage and Family Ministry
c/o Jason Lewis
7911 Detroit Avenue
Cleveland, OH 44102

Our Lady of Mt. Carmel, Wickliffe
September 9 - October 7, 2010

Name: _____

Address: _____

City: _____

Zip Code: _____

Phone: _____

E-Mail: _____

Parish: _____

*For course enhancement, please check
off your age group if you are
comfortable in doing so:*

_____ Boomers (ages 50-75)

_____ Builders (ages 75-85)

_____ Elders (ages 85+)

**For more information about this and
other Faith Formation Programs
after 50, contact Jason Lewis in the
Department for Marriage and Family
Ministry at 216-334-2974 or e-mail
jrlewis@clevelandcatholiccharities.org**

**This program has been funded in part
by a generous grant from the
Office of Catechetical Services—
Knights of Columbus Catechetical
Media Grant**

**Other programs offered in the Faith
Formation Programs after 50 through
the Department for Marriage and
Family Ministry:**

**The Ten Fundamental Principles of
Successful Caregiving: Caregiving as a
Spiritual Growth Forum**

&

Loving for a Lifetime:

**The Six Mature Marriage Secrets for
Living a Happy, Healthy, and Holy
Marriage in the Second Half of Life**



Even Better *after 50*

Hosted by:

Our Lady of Mt. Carmel Church
29850 Euclid Avenue
Wickliffe, OH 44092

Sponsored by:

**Department for Marriage &
Family Ministry**
7911 Detroit Avenue
Cleveland, OH 44102
216-334-2974



Catholic Charities

**Catholic Charities Parish and Community
Ministries of the Diocese of Cleveland**

Thursday, September 9, 2010
Thursday, September 16, 2010
Thursday, September 23, 2010
Thursday, September 30, 2010
Thursday, October 7, 2010
Time: 6:30—9:00 PM

Parish Ministry for Maturing Adults

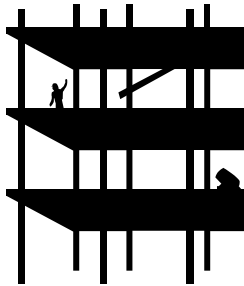
“A true crisis exists in the field of religion and aging. Almost no thorough or extensive research is being done to better understand how spiritual resources and religious life contribute to successful adult development, nor how it interacts with other variables in later life.”

(James J. Seeber, *Spiritual Maturity in the Later Years*)

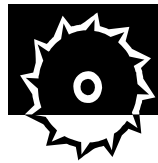
“What we need now more than ever is to become more intentional in our work to, with, and for maturing adults. We can and must become more active, more assertive, and more focused on the fundamentals of ministering to those in their maturing years.”

(Dr. Richard Johnson, *Parish Ministry for Maturing Adults: Principles, Plans, & Bold Proposals*)

This program can help you achieve lifelong wellness, learn the art of living wisely, and create a pathway to wholeness. Wholeness involves coming to the solid conviction that there is more to “me” yet to become.



Let us build our
spiritual wellness



Text Used:

Johnson, PhD., Richard *Even Better after 50: How to Become (and remain) Well of Body, Wise of Mind, and Whole of Spirit in the Second Half of Life*

Course Schedule

COURSE BEGINS EACH EVENING AT 6:30 PM
Light refreshments will be served

Session 1—Thursday, September 9, 2010
Introduction
Building Lifespan Wellness
Mastering the Psychology of Leisure

Session 2—Thursday, September 16, 2010
Taking Charge of Your Wellness
Continuous Self-Health Improvement
Promoting Personal Health Power

Session 3— Thursday, September 23, 2010
Creating Fulfilling Relationships
The Wise Art of Exceptional Living
Actualizing Wise and Positive Mental Attitudes

Session 4—September 30, 2010
Finding Natural Peace and Harmony
Harnessing the Power of Purpose
Living in Whole “Now”

Session 5—October 7, 2010
Living in Whole “Now” (continued)
Honoring Your Whole Self
Well, Wise, & Whole Profile

Cost

\$20.00 is required for the text. You will receive your text on the first night of the course. The cost of the text must be included with your registration. Checks can be made payable to:

Department for Marriage and Family Ministry.
Cash is also accepted.

A free-will offering will be taken up on the last night of the course to help support the Well, Wise and Whole Program that is sponsored by the Department for Marriage and Family Ministry.

Who is this program for?

Anyone who is maturing who wants to do it optimally; anyone working with maturing individuals; anyone who wants to connect physical, mental, and spiritual wellness; anyone who wants to live fully across the lifespan or family life cycle.

What are the benefits of this program?

You will develop a new, global vision of wellness. You will also discover the twelve ‘essentials’ of well-being and learn the connections between body, mind, and spirit. This program will also allow you to create a plan for your own lifelong well-being. Come and learn how to live fully and completely, vigorously, creatively, and spiritually aligned with God.

“Aging is, in fact, a progressive force ordained by God that teaches us how to be more authentic. We can be spiritually transformed by aging when we embrace it for all it has to offer and engage fully in the process. Aging is like a spiritual mentor.”

—Dr. Richard Johnson, PhD



Questions?

**Contact Jason Lewis in the
Department for Marriage and Family
Ministry**

Phone: 216-334-2974

E-Mail:

jrlewis@clevelandcatholiccharities.org