

## **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*

*St. Mary of the Falls, Olmsted Falls  
October 14 - November 18, 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**



wellwise & whole

FAITH FORMATION PROGRAMS AFTER 50

## **Even Better *after 50***

**Hosted by:**

**St. Mary of the Falls  
25615 Bagley Road  
Olmsted Falls, OH 44138**

**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, October 14, 2010  
Thursday, October 21, 2010  
Thursday, October 28, 2010  
Thursday, November 4, 2010  
Thursday, November 11, 2010  
Thursday, November 18, 2010  
TIME: 6:30—9:00 PM**

## Parish Ministry for Maturing Adults

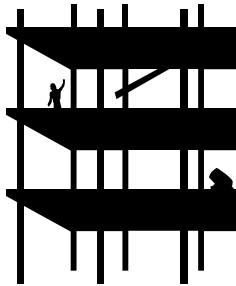
*“A true crisis exists in the field of religion and aging. Almost no thorough or extensive research is being done to better understand how spiritual resources and religious life contribute to successful adult development, nor how it interacts with other variables in later life.”*

(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 6:30PM**  
*Light refreshments will be served*

**Session 1—Thursday, October 14, 2010**  
Introduction  
Building Lifespan Wellness  
Mastering the Psychology of Leisure

**Session 2—Thursday, October 21, 2010**  
Taking Charge of Your Wellness  
Continuous Self-Health Improvement

**Session 3— Thursday, October 28, 2010**  
Promoting Personal Health Power  
Creating Fulfilling Relationships

**Session 4—Thursday, November 4, 2010**  
The Wise Art of Exceptional Living  
Actualizing Wise and Positive Mental Attitudes

**Session 5—Thursday, November 11, 2010**  
Finding Natural Peace and Harmony  
Harnessing the Power of Purpose

**Session 6—November 18, 2010**  
Living in the Whole “Now”  
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](mailto:jrlewis@clevelandcatholiccharities.org)**