

Welcome to the Faith Development Office Webinar



UNITARIAN
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Please mute your microphone
and turn off your camera.

Find the Meeting Chat box and
introduce yourself.



Housekeeping

Audio problem? Mute audio on your computer, and then call in by phone.

We'll have time for questions at the end.

Recorded webinar, slides and transcript
will be posted online:

www.uua.org/re/teachers/webinars



Welcome!

Spirituality and Aging

November 2016



Presenters

Rev. Karin Peterson

Spiritual Director

Author, *Hindsight, Humor, and Hope*

Rev. Bruce Marshall

Chaplain, Riderwood Village, Silver Springs, MD

Author, *Meaning and Spirit in Aging* (working title)

Host

Gail Forsyth-Vail

UUA Adult Programs Director

Tech Support

Pat Kahn

UUA Professional Development Programs Manager



It's vital that you stay in love, whatever that happens to be. Rather than letting the world pass by.

~ Richard, age 85



Who are the elders in our faith communities?





Baby Boomers

Late 50s to mid 70s

- May resent their move into what has been popularly identified as a less appealing time of life.
- Awareness of the gradual changes in bodies as a result of the aging process.
- If they enjoy leadership, it is a surprise to learn of ways of leading other than being a director or chairperson (i.e. role-modeling and mentorship).
- Have learned to see multiple points of view, work through disputes, make compromises.
- Seek experiences and opportunities to learn.



Silent Generation

Mid 70s and older

- Loss: How do I live with loss?
- Identity: Who am I now, at this stage in my life?
- Meaning: What matters to me? How has that changed, how is it the same?
- Spirit: How do I stay engaged? What gives me life?
- Community: Relationships with friends and family. Risking new friendships.



What are the gifts that older adults bring to your congregation or community?





Older Adult Faith Development Tasks:

Re-evaluate life. Take stock.
Examine long-held beliefs and values.





Older Adult Faith Development Tasks: Come to terms with one's own mortality.





Older Adult Faith Development Tasks:

Explore/come to terms with changes in schedule and day-to-day activities due to retirement or changes in responsibilities.





Older Adult Faith Development Tasks: Face concerns about health, finances, and an appropriate place to live.





Older Adult Faith Development Tasks:

Find ways to belong
and be part of communities.





Older Adult Faith Development Tasks:

Explore faith questions and spirituality,
creating a system of meaning.





Developmental Challenges of Older Adulthood

(adapted from Erik Erikson's work
on human development)

- Struggle with intimacy vs. isolation may be part of relationships with adult children, aging parents, intimate partner(s)
- Generativity vs. stagnation- finding a way to make a mark on the world, contributing
- Integrity vs. despair- reflect on life and have a sense of fulfillment and gratitude



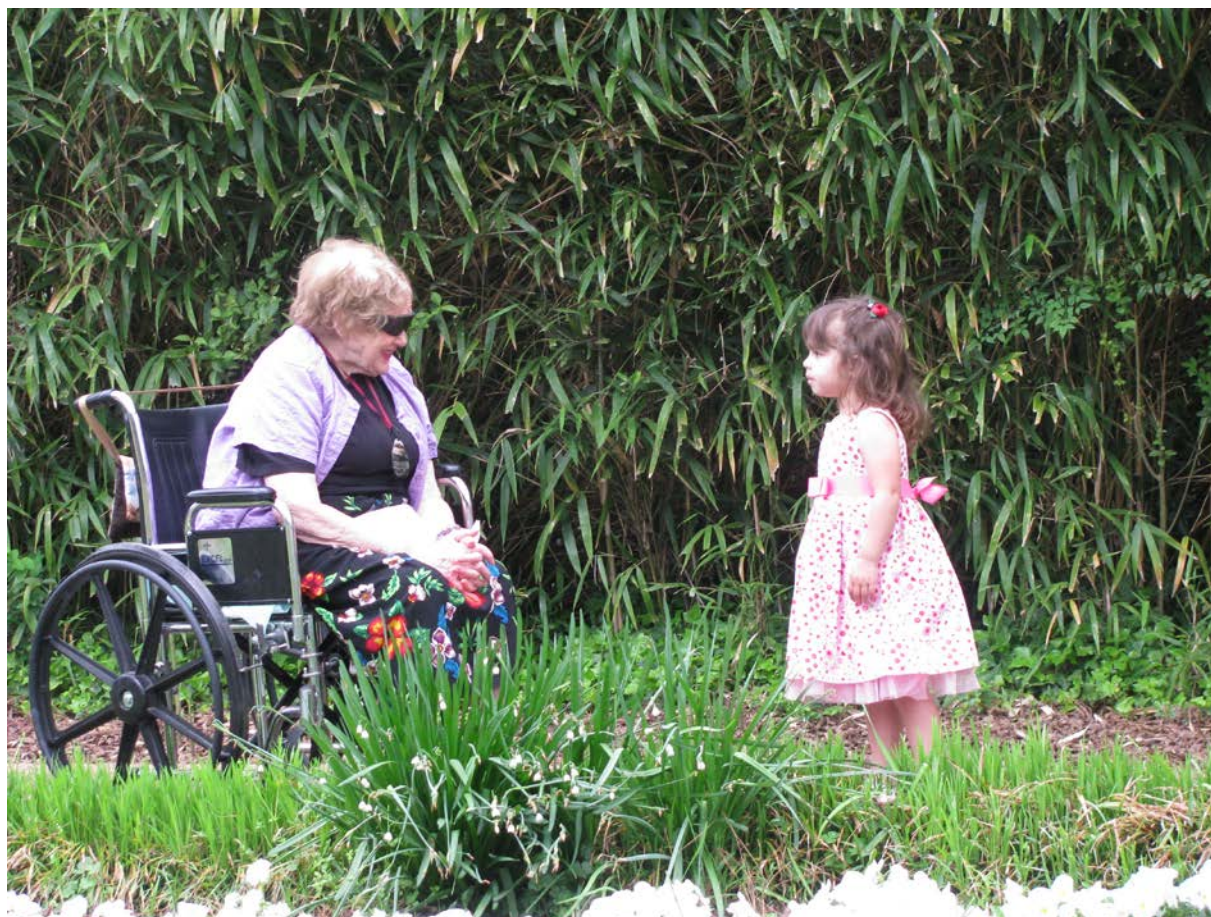


Supporting Older Adults





Questions and Answers





Emerging Wisdom
by Jennifer (Jinks) Hoffman
© Spiritual Directors International





Upcoming Webinar

December 2016

Faith-sensitive Our Whole Lives (OWL) for the Larger Community

Melanie Davis, UUA OWL Program Associate
with Amy Johnson, United Church of Christ

Tuesday, December 13, 1 p.m. Eastern

Wednesday, December 14, 9 p.m. Eastern



Thanks for attending the
Faith Development Office webinar.

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