

# ***The Tapestry of Aging: Living the Journey***

**The Poor Servants of the Mother of God** would like to make available a workshop on *Spirituality and Growing Older*, which includes input on embracing loss, loneliness and intimacy, making sense of transition and change, exploring what really matters as we grow older, and 'Living 'till you die' – finishing our stories well.

If you are interested in pursuing this topic, please contact Sister Annie Lunney SMG at:

Tel: 0151 260 9126

Email: [annie.lunney@gmail.com](mailto:annie.lunney@gmail.com)

ANNIE LUNNEY, an occupational therapist with an MA in Spiritual Studies and in Clinical Counseling/Psychology, became interested in retirement and ageing while working in the United States in the 1990s. She trained with Richard P. Johnson in his just beginning project of Retirement Success Profiles. Annie has used this training with her own Congregation in the US, UK and Ireland; she has presented workshops on *The Tapestry of Ageing* to other Congregations in addition to workshops at Kairos Centre, Roehampton to a wider mixed audience. Participants of the workshop have said (that) they found it a most helpful process.

After a period on the General Council in 2007, Annie moved to Liverpool, her home town. She has just finished three years as Director of the SMG Prayer Centre at St. Joseph's, Freshfield, Formby. She is also available for retreat giving.

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**A human being would certainly not grow to be seventy or eighty years old if this longevity had no meaning for the species. C. Jung**

We are living longer. After retirement there are many fruitful years ahead of us, and the challenge is to find meaning and fulfillment as we live into this period of our lives.

## **Services offered:**

Exploring themes around

- Spirituality and Growing Older
- Loss and letting Go
- Loneliness and Intimacy
- Making sense of Transition and Change
- What really matters?
- Expectations: negative and positive.
- 'Living 'til you die': finishing our stories well.

These and other topics will be addressed through input, reflection, and simple exercises drawing on one's own experiences.

**Presenter: Annie Lunney SMG**

For further information contact:

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