

# How does the Sage-ing® Circle work?

The Sage-ing® Circle uses a holistic approach, proven adult learning techniques and various tools and activities described below. You will learn from your own insights and those of others by:

- Assessing where you've been, what worked, what didn't work (**life review**)
- Working on forgiveness, healing past hurts and relationships, reframing the past (**life repair**)
- Finding wisdom, meaning and purpose from past experience (**life harvest**)
- Coming to terms with your own mortality (**valuing life**)
- Discovering your unique, personal legacy, learning mentoring skills and developing the role of wise elder (**serving others**)
- Cultivating a grateful heart (**finding contentment**)

## Learning Tools and Activities

The Sage-ing Circle Series includes short presentations alternated with a variety of dynamic direct experience activities consistent with effective adult learning practices.

- Journaling
- Meditation
- Guided visualization
- Mindfulness
- Sharing in pairs and with all
- Drawing, making charts and mind maps
- Exploring intuition
- Expanding love of self
- Connecting with your inner wisdom
- Recontextualizing the past
- Using imagination and understanding the elasticity of time
- Forgiveness work
- .....and much more

\*The Sage-ing Circle curriculum was created by the Memorial Hospital Leighton Center for Senior Services It won the 2004 National Mature Media Award.

**For more information  
go to [www.transformationscenter.org](http://www.transformationscenter.org).**

# Sage-ing® Circle Series FALL 2006

An award-winning\*, innovative curriculum for the rest of your life.

Sage-ing radically challenges stereotypes of aging and encourages people to make a conscious choice to transform old resentments into blessings, a lifetime of experience into forgiveness and wisdom, and to embark on a vital search for meaning and spiritual growth in order to build a legacy for future generations – in spite of the inevitable changes of aging.

## Dates and Cost

This series includes a free introductory session and four full-day sessions. The introductory session is recommended but not mandatory.

It is to your advantage to make a commitment to attend all four sessions as each builds upon the last.

### The dates and times are as follows:

<b>INTRODUCTION</b>	<b>Sat., September 16</b>
9:30-11:15 a.m.	Free (not mandatory)
<b>SESSION 1</b>	<b>Sat., September 23</b>
<b>SESSION 2</b>	<b>Sat., October 21</b>
<b>SESSION 3</b>	<b>Sat., November 11</b>
<b>SESSION 4</b>	<b>Sat., December 2</b>

Sessions 1-4: 9:00 a.m. - 3:00 p.m.

### Fee: \$160

A \$65 deposit is due before the first class. A balance of \$95 is due before the second class.

**Sage-ing Facilitators** have previous teaching and/or facilitator training and, in addition, have received extensive training from the Spiritual Eldering Institute of Boulder, Colorado to teach Sage-ing classes and have earned either a Sage-ing Circle Facilitator (SCF) or Certified Sage-ing Leader (CSL) designation.

### Carol Donnelly, SCF

Mimi Gabriel, B.A., M.A., SCF

Gertrude Maurer, SSJ, Ph.D., SCF

Marie Warner, B.A., M.B.A., SCF, CSL

Joseph Yankech, M.A., Ph.D., SCF, CSL

## Register Sage-ing Circle Series Fall 2006

Please register in advance

NAME _____		
TITLE _____		ORGANIZATION _____
ADDRESS _____		
CITY _____	STATE _____	ZIP _____
( ) _____	( ) _____	
PHONE (DAY)	PHONE (EVE)	

PROVIDE YOUR E-MAIL ADDRESS IF YOU WISH TO RECEIVE A CONFIRMATION

## Payment: \$160

A \$65 deposit will reserve your place in the class and must be received in advance of the first class. A balance of \$95 is due by October 21.

Total amt. enclosed \_\_\_\_\_

**Refund policy:** If the program is cancelled, your fee will be refunded. If you must cancel your registration, call us three business days before the first class and you will receive a refund less a \$15 processing charge. No refunds for late cancellations or no-shows. \$15 charge for NSF checks.

Mail or FAX (269.381.4616) your registration form. If you have questions, call 269.381.6290, ext. 310. Make checks payable to Transformations.

### Mail to:

**Transformations  
Spirituality Center**  
3427 Gull Road, PO Box 02  
Nazareth, MI 49074



# What is Sage-ing®

Transformation's Positive Aging Program acknowledges the full range of realities and potentialities of aging. But rather than seeing aging as a problem to be solved, the focus is on aging as a natural stage of adult development. Researchers such as Erik Erikson and Carl Jung have asserted that the unique gift of the expanding elder years reveals a natural yearning for meaning and capacity for inner growth.

*A "good old age" does not come automatically. While the yearning for meaning may exist in most of us, deliberate action is required to cultivate its potential.*

Transformations programs on aging are drawn in part from a trans-denominational curriculum based on the work of Rabbi Zalman Schachter-Shalomi, author of *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*© (Warner Books, New York, 1997) and founder of the Spiritual Eldering® Institute of Boulder, Colorado. Rabbi Zalman gathered information from history, psychology, gerontology and other disciplines, traditional and nontraditional sources of the world's wisdom literature and his own rich life experience to develop a unique vision of aging.

Reb Zalman coined the word "sage-ing" to describe a new paradigm of aging that radically challenges cultural stereotypes and reclaims the right of older adults to age without stigma. He is frequently quoted in books and literature on spirituality.

To register for the Sage-ing Circle call:

**269.381.6290 ext. 310**

Or visit our Web site at

**[www.transformationscenter.org](http://www.transformationscenter.org)**

for more information or to register on line.

Sisters of St. Joseph  
**Transformations**  
SPIRITUALITY CENTER  
3427 Gull Road, Nazareth, MI  
(just east of Kalamazoo)

Sage-ing®  
**CircleSeries**  
A CURRICULUM FOR THE REST OF YOUR LIFE

FALL 2006

POSITIVE AGING PROGRAM

## Sage-ing® CircleSeries

A CURRICULUM FOR THE REST OF YOUR LIFE



You will want to attend if:

- You are nearing retirement
- You're retired but feel you want more from life
- You want to start an "attitudinal retirement account" at any age
- You have aging parents
- You work with older adults

The programs are respectful of all religious traditions and open to all.

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