The Path Ahead:
Spirituality & Purpose in Later Life℠

Facilitator Guide

Seabury Resources for Aging®

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Seabury Resources for Aging® provides personalized, affordable services and housing options to help older adults in the greater Washington, D.C. area live with independence and dignity.

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Hello!

Welcome to The Path Ahead: Spirituality & Purpose in Later Life℠! We are honored that you have chosen to adopt our curriculum on the spirituality of aging.

The series is designed to provide a space and a structure for exploring the challenges and rewards of aging within a spiritual context. It builds community, encourages discernment of purpose, and empowers older people to view the aging experience in a new way.

This *TPA Facilitator Guide*, 2e, coupled with our live training workshop, provides everything you will need to facilitate The Path Ahead: Spirituality & Purpose in Later Life℠ in your own faith or senior community.

Since our founding in 1924, Seabury has partnered with congregations to serve and honor older people. So it was natural for us to develop a curriculum with the spiritual needs of older adults at the center. The Path Ahead: Spirituality & Purpose in Later Life℠ is a journey of discovery, full of challenges and surprises. We hope your experience with the series is rich and meaningful, and that you will share your thoughts about it with us!

Sincerely,

Elizabeth B. Boyd, Ph.D.
Director of Community Outreach & Education
Seabury Resources for Aging®

Program Description

The Path Ahead: Spirituality & Purpose in Later Life℠ is a curriculum on the spirituality of aging developed by Seabury Resources for Aging in partnership with the Episcopal Diocese of Washington, DC. The series provides a space and a structure for exploring the challenges and rewards of aging within a spiritual context.

The series was designed around these goals:

1. Build community among older adults
2. Foster spiritual well being
3. Name the value of age and identify our significance
4. Highlight the spiritual value of "letting go," the shift from "doing" to "being"
5. Identify opportunities for meaning and purpose
6. Provide resources for deeper exploration of relevant topics

The Path Ahead meets six times:

Session #1: Coming to Terms with Our Terms: "Spirituality" and "Aging"

Session #2: Naming Our Spiritual Needs

Session #3: Gratitude & Resilience

Session #4: Shifting the Lens: From Doing to Being

Session #5: Passion & Purpose

Session #6: God's Continuing Call: Discerning the Path Ahead

Each TPA session employs a multi-modal approach, combining contemplative practices, directed discussion, video/audio presentations, poetry, and more. Enjoy!

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