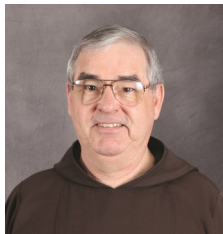


**Presenters:**  
The presenters will be:



Fred Cavaiani, Psychotherapist, Marriage and Family Therapist, Spiritual Director and Staff Member at Capuchin Retreat.



Fr. Tom Zelinski OFM Cap, Director Capuchin Retreat.



Fr. Jim Andres OFM Cap, retired priest and former Director of Capuchin Retreat.

Here are the comments of those who have attended a Wisdom Years program at Capuchin Retreat.

*"I loved the sharing. It was so inspiring. Fr. Jim, Fr. Tom and Fred shared their wisdom and deep spiritual growth with us. I would encourage people to experience this program. Experience the journey we are all traveling together."*

*"There is a lot to learn about getting older and getting closer to God. I liked everything about this program."*

*"Great fellowship, words of wisdom, insight and good sound spiritual principles"*

*"Listening to the thoughts and experiences of all the people and interacting with Fred and the Brothers was amazing. If the peace summits were held here, what a wonderful world it would be."*

*"It is never too late to have the best ahead of you. I need to come here more often."*

*"Take the time to attend this program-make the special effort. Enriching, thought provoking. Sharing relaxed atmosphere. Fred's expertise, Fr Jim and Fr Tom's participation was so inspiring."*

*"I felt uplifted, a sense of community. The experience strengthened my faith. The meditation and contemplation at the beginning set the perfect tone and mood for the program."*

**CAPUCHIN RETREAT**

A MINISTRY OF THE PROVINCE OF ST JOSEPH OF THE CAPUCHIN ORDER

62460 Mt Vernon Rd  
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E-mail: [info@capretreat.org](mailto:info@capretreat.org)



**CAPUCHIN RETREAT**  
...A BEAUTIFUL PLACE TO PRAY

**The 2nd Half of Life:  
The Wisdom Years**  
For those 60 and Older;  
Emotional and Spiritual  
Growth in our Senior Years

Thursday, Oct 5, 2017  
3-8:00 p.m.



Tel: 248 651-4826

## The Wisdom Years: For those 60 and Older; Emotional and Spiritual Growth in our Senior Years

We grow older. Our feelings surface more. Past memories surface. We are not used to experiencing so many feelings. Some are painful. Some are joyful. We seem to cry easier. Friends and family members die. We miss them. It seems like we go to a lot of funerals and have to say goodbye to a lot of family and friends who transition to the next life. When will it be our turn? This can be a fearful thought or a consoling thought.

At this age our desire for God and what life is all about seems to be stronger. We have this desire to connect with God more. We want to know how to do this. We sometimes challenge what we have learned over the years and want to find a more loving and compassionate God in our lives.

The wisdom years become, for so many people, a time for tremendous emotional and spiritual growth. We just want to learn how to do this better.

The desire for a deeper spiritual experience of God just keeps tugging away at our hearts. We get tired of negativity and want to become more positive. We recall past positive experiences with God and we want to recapture them or make them deeper.

These senior years of our life need a guide so we can understand what is happening to us. These really are **Wisdom Years** because we can see our mistakes of the past, and when we admit and accept them we find a sense of peace. But what do we do with all these feelings and all these deeper desires for God that seems to be happening to us? What do we do when we have to say goodbye to family and friends who die? Do we cry more or do we just become numb through it? How do we want to spend the remaining years of our life? We have had losses. We have had joys. We might have grandchildren. We have some friends that have known us for years. Just what are these years all about? Can these really be the golden years?



Yes they can be the Golden Years. Come to this program and be nurtured and inspired and given tools to make this 2<sup>nd</sup> half of life (or maybe third part of our life) truly meaningful and profound and experience a profound connection with God.

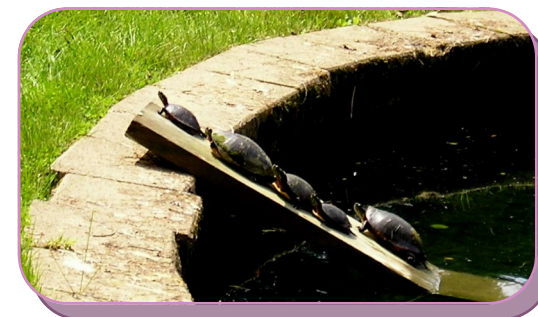
### Schedule:

3:00 p.m.—Registration

3:30—Program, Part 1

5—Dinner

6—Program, Part 2



Reserve this day and come to Capuchin Retreat for a most inspiring program on the Wisdom Years. Our last program on the Wisdom Year was filled to capacity. If you came to the last one you are certainly invited to attend this one also.

Suggested offering: \$45

To register call 248 651-4826, or you may register on-line at [www.capretreat.org](http://www.capretreat.org).

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