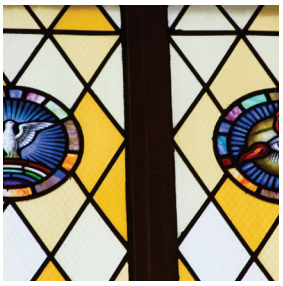
Rachel Cowan, Norman Fischer and Father Thomas Ryan

The Wisdom of Aging with Grace: A Multifaith Exploration



APRIL 8 – 10, 2016

Rachel Cowan, Norman Fischer and Father Thomas Ryan

Rachel Cowan is former Executive Director of the Institute for Jewish Spirituality. She is co-author of the recent book *Wise Aging: Living With Joy, Resilience and Spirit.*

Norman Fischer is a poet and Zen Buddhist priest. For more than 15 years, he has been part of the Bay Area Working Group on Law and Meditation, and taught several meditation retreats for lawyers.

Father Thomas Ryan, CSP, a Catholic priest and member of the Community of St Paul, directs the Paulist North American Office for Ecumenical and Interfaith Relations in Washington, D.C.

As we pass a major birthday – 50, 60, 70 or 80 – we wonder what lies ahead. Living in a society that marginalizes its older members, we may see aging through the paradigm of decline. We approach the next stage of our life with fear, doubt, anxiety, dreading Invisibility, irrelevance and insecurity.

But we live in an historically unprecedented era. Most of us will live for 20 or 30 more years with good health, and active mind and possibilities. We can see our lives ahead through the paradigm of opportunity.

The rich spiritual practices of Christianity, Judaism and Buddhism offer many resources to live wholeheartedly and gracefully through these years, maximizing our opportunities for growth and cultivating the inner resilience that will help us be with the loss and pain that will form an inevitable part of our lives.

Zen teacher Norman Fischer, Rabbi Rachel Cowan, and Father Tom Ryan offer wisdom and tools from each of their diverse spiritual traditions to help us understand ourselves more clearly and make choices that will promote wellbeing. The weekend will offer a healthy rhythm of teachings, meditation, contemplative conversations, and personal reflections.

Cost (including room and board): Single $630; Double $600; Triple/Quad $560; Commuter $480
To register, visit garrisoninstitute.org/aging or call 845-424-4800.

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