



Senior Academy

The Senior Summer Academy focuses on the promotion of spiritual health within the context of the values, beliefs and practices of a faith community. There are many opportunities to learn. Among them are physical health education, mental health counseling, church and community resources, and integration of the whole person—mind, body and spirit.

The classes that are provided are designed to promote wellness and healthful living in a compassionate and understanding environment. The Academy is offered as a mission in the Christian spirit. The purpose of the First Congregational Church of Ft. Pierce Senior Summer Academy is to lead people to an optimal level of well-being as we reach for a more fulfilling life.

Tuesdays June 3rd thru August 26th, 2008
2:00pm—4:00pm
First Congregational Church UCC, Fort Pierce
3601 Kirby Loop Road; Phone 772-465-2082

This will be an informal class setting held in the Fellowship Hall at First Congregational Church. The facilitator is Rev. Dr. Beverly Whiteley. Her many years as pastoral counselor, religious education, family education facilitator, and grief counselor uniquely qualify her to lead these offerings. The Pastor, Rev. Robert Whiteley, will join us as his time permits. Refreshments will be served.

The following classes will be offered:

Journal Writing as Spiritual Autobiography

Autobiography is a means of discovery. The spiritual path can be enhanced by writing, and exploring one's life journey. June 3, 10, 17, and 24.

Grief as Growth

As we age, the losses come fast and sometimes furious. The Chinese symbol for crisis is both change and opportunity. We will explore the opportunities that grief brings.

July 8, 15, 22, and 30.

Navigating the Waters of Aging and Retirement

While the waters seem rough and deep, but there are ways we can use mapping technologies to find our way. Developmental stages of life do not end with midlife, but continue. We will explore the creative potential of opening the locks (gates) of wisdom as we become sages. August 5, 12, 19, and 26.