



Transformation in Life's Transitions

Monday 19 March 2018 4 pm to Saturday 24 March 2018 1 pm
with Ann Zubrick

Most of us have discovered that life is a series of transitions, beginning with growing up as a child and teenager, and leaving home. Our lives reflect a rich and complex mix of longings, realities, hopes, and aspirations. Whatever our age and stage of life, there are changes, some of our choosing and making, others thrust upon us often unexpectedly and not of our choosing. These involve more than physical and mental adjustments, for they are commonly times we are beckoned into new and often deeper spiritual journeys.

At such times we are invited to seek within ourselves - what is growing well, what needs more care, what needs some pruning perhaps to allow new growth?

Whether you are in the midst of one these challenging changes, or whether ready to review and balance what has happened, we invite you to join us at Silver Wattle. During our time together we will hope you are ready to be curious, to explore the deeper meanings and gifts of your experiences, through journaling, creative activities, music, conversation and reflection. The course is participatory and designed to suit adults at any age or stage of life. Silver Wattle welcomes seekers of any faith tradition or none.

BRING: a notebook and pens if you wish to journal or draw. Some creative materials and handouts will be provided.

Ann Zubrick has worked extensively in the connection between spiritual growth and the challenges of the many transitions we make in our life journey. One of her particular interests is the role of the spiritual life in ageing, for while other faculties diminish the spiritual life can grow richer.



Ann leads retreats for Catholic religious, for interfaith groups and Quakers, using a range of approaches. She has held senior academic positions in Australia, Asia and the USA, and is currently an Adjunct Professor in the Centre for Ageing and Pastoral Studies, Charles Sturt University. She holds a PhD in life course developmental psychology, an MA in Ageing and Pastoral Care, and is trained in hospital chaplaincy.

Her commitment to discerning clear ways forward has been fostered by her service as both Elder and Clerk of Western Australian Quaker Regional Meeting, a Friends School Board member for 8 years and Quaker in residence at The Friends School in Hobart.

Course Costs: Standard \$699 / Supporting \$759 / Concession \$659

Includes all meals, accommodation and course materials.

Transfers: Airport \$35, Bungendore train station \$10

For more information see www.silverwattle.org.au

Registration Online: <https://www.silverwattle.org.au/course-registration-payments/transformation-in-lifes-transitions>

Course Enquiries: Ann Zubrick email qzubrick@inet.net.au

SILVER WATTLE QUAKER CENTRE
PO Box 337 Bungendore NSW 2621 Phone +61 (0)2 6238 0588
ABN 146 723 202