

Midlife Momentum

Wesley Uniting Church,
National Circuit Forrest ACT
Sunday October 14, 2 to 4 pm

Canberra Region Presbytery and Wesley Uniting Church are hosting Midlife Momentum, a workshop on the challenges of facing the second half our lives, designed for who are age 40 and beyond.

Midlife Momentum provides a process of life reflection exercises to increase awareness of how God's grace has been at work throughout our lives, preparing us for the next season of living into God's purposes and plans. By providing a safe community in which to

share stories, dreams and goals, participants have the opportunity to be intentional about choices they will make concerning the future.

The process fosters openness to the movement of the Spirit, listening for the new things God wants to do in and through us, and it allows us to more fully become who God created us to be.

Why is it important to experience what Midlife Momentum has to offer? In the last 90 years God has added 30 years to the average life span.

700,000 women are widowed each year, and are widows an average of 14 years. In 1998, if you reached age 65, statistically you could expect to live to 84+.

Suicide rates for men in retirement are second only to teenagers. Boomers are coming of age and dealing with midlife and retirement issues. There is an opportunity to



mobilize a generation of people for greater impact in the Kingdom of God.

Holly Schut graduated from Sioux Falls Seminary with a Dr. of Ministry degree in May 2005. Her focus is in using spiritual autobiographies to aid people in midlife transitions. The process of writing and sharing life stories has enabled those in midlife to look forward to their "second adulthood" with hope and confidence in God and themselves.

Holly conducts seminars, retreats and small groups where participants discover their passions, establish their mission statements, and gain momentum for living with God-given purpose.

Holly is also a certified Life Coach, with Coaches Institute International. She and her husband Al have pastored together for the past twenty-three years in Iowa, South Dakota, Michigan, Wisconsin, North Dakota and Haiti. She has worked in the area of spiritual formation across the generations, from three year olds through senior citizens.

Cost is a donation for afternoon tea. Register for the workshop at the Presbytery Office (02 6248 9311) or at the Wesley Uniting Church office (02 6295 3680).