



Presented by:



CG Jung
Association
Central Ohio

THE
BURKHART
CENTER **b**



Finding Wisdom in Aging and Loss

Friday **Saturday**
October 5 **October 6**
7-9 pm **9 am - 1 pm**

First Community Church
1320 Cambridge Blvd.
Columbus, OH 43212



Elaine Mansfield

Leaning into Love: A Spiritual Journey through Grief won the 2015 Gold Medal Independent Publisher Book Award for Aging, Death, and Dying. In 2017, her essay

"Wild Nights: Grief Dreams, Mythology, and the Inner Marriage" won first place in the C.G. Jung in the Heartland competition.

Register: www.jungcentralohio.org

Friday: *Turning Toward Soul*

As we age, we lose people we love, jobs, homes, our health, and our belief that we're in charge of life and can fix any problem that arises. We will explore how turning toward loss can lead to meaning and a new path toward Soul or Self. We'll discuss ancient mythological stories to find universal patterns in our unique losses.

Saturday: *Harvesting the Gifts of Aging and Loss*

The Hero's Journey is an integral part of our culture: an ascending path toward light where the all-powerful hero conquers the enemy and brings home the treasure. But what about those challenges we can't conquer with our will? In aging, grief, and illness, when circumstances are beyond our control, we may feel depressed, helpless, and betrayed. A sense of darkness surrounds our broken sense of self. These unavoidable experiences can become Initiations of Descent and bring gifts of compassion and deeper levels of understanding.

With their overlapping mission of providing programs that heal the soul and deepen spiritual life, The Burkhart Center (theburkhartcenter.org), The Older Adult Ministry of First Community Church (FCchurch.com/older-adult) and The C.G. Jung Association of Central Ohio (jungcentralohio.org) have partnered to create opportunities for exploration of meaning in the second half of life and the journey toward integration and wholeness.