

## **FAITH IN OLDER PEOPLE**

- Do you have older folk in your congregation or community?
- Do you have elderly friends or parish members whom you visit at home or in care or in hospital?
- Are you involved in caring for an elderly friend or member of your family?
- Do you work with older folk?
- Do you sometimes feel worried about whether you are helping as much as you could be, particularly in the spiritual context?
- Are you sometimes worried about all the problems that come with age, in yourself as well as in people you love?

**Then you could be helped very much by a course being offered by Mary Moffett, of the Edinburgh ecumenical organisation 'Faith in Older People', an organisation whose aim is to help us to rediscover the importance of the elderly in our communities, and to honour their spiritual journey (which is in fact our journey as well!)**

**A Four Week Course for visitors and carers  
at Saint Anne's  
Tuesdays October 31, Nov 7, 14 21  
2-4pm (tea afterwards)  
Cost £15**



**Week 1: Faith accompaniment with frail elderly**  
Exploring the concept of spiritual needs

**Week 2: Life Journey and reminiscence**  
Encouraging, sharing and appreciating the older person's life story

**Week 3: Transition times**  
How we cope with pain, loss and the unavoidable transitions that come with old age

**Week 4: Worshipping with frail elderly**  
Worshipping with frail elderly, in church, at home, in care, or in hospital

***Interested? Want to know more or to book a place?***

Contact: Paddy Allen at St Anne's: Tel 01368 865711  
or fill in the tear-off portion below and send it with your cheque **before October 15<sup>th</sup>**  
to St Anne's Scottish Episcopal Church  
1 Westgate, Dunbar EH 42 1JL

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I would like to attend the course: Faith in Older People at St Anne's

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Tel: \_\_\_\_\_