Are you SAGING or just plain aging? Are you experiencing your Third Act as a generative time of peace and joy? Does your spirituality give you strength for the demands of your aging journey? If not, a spiritual life review process may be what you need. When we review some of our life’s events through a spiritual lens, we often discover much-needed Third Act wisdom. As an introduction to the life review process, this writing workshop will present six different contemplative activities and six different personal narrative-writing techniques each designed to help you tap into your own spiritual well. Inspired by the psycho-spiritual theories of Abraham Maslow, Erik Erikson and Lars Tornstam, you will leave this workshop with a nuanced understanding of the Third Act as an exciting time of great potential, opportunity, and insight.

Week 1
- What is spiritual gerontology?
- What is the relationship between aging and spirituality?
- What are the spiritual developmental tasks of The Third Act?

Week 2
- Why is the life review process a crucial Third Act task?
- How is personal narrative writing a spiritual process?
- Why are storytelling and storylistening important spiritual tools?

Week 3
- Abraham Maslow’s Theory of Self-Transcendence
- Moving beyond Self-Actualization
- Identification of the Needs of the Elder

Week 4
- Erik Erikson’s Eighth Psychosocial Stage: Ego Integrity vs. Despair
- Elements of the ego
- Rising out of despair: dealing with the tragedy narrative
Week 5

- Lars Tornstam’s Theory of Gerotranscendence
- The Path to Positive Aging
- Connection with Self, Other and Beyond

Week 6

- Peregrinatio – aging as a spiritual journey
- Embracing radical non-dualism in The Third Act
- Developing Third Act resilience

Following 30 rewarding years as a college professor and administrator, Lee McCoy now works in the area of spiritual gerontology. She helps individuals use personal narratives to move toward gerotranscendence. She holds Masters Degrees in Education and Pastoral Counselling and a Doctorate in Ministry.