

## Perspectives on the Second Half of Life..

“Don’t accept the modern myths of aging. You are not declining. You are not fading away into uselessness. You are a sage, a river at its deepest and most nourishing.” - William Martin, *The Sage’s Tao te Ching: Ancient Advice for the Second Half of Life*

“...maturity beckons..., asking us to be larger, more fluid, more elemental, less cornered, less unilateral...” – David Whyte, *Consolations: The Solace, Nourishment and Underlying Meaning*

“The second half of life is also the age of the amateur. Amateurs are lovers, drawn to their work and their commitments by love, not duty, sustained by the gift of joy and wonder.”  
- Margaret Guenther, *Toward Holy Ground: Spiritual Directions for the Second Half of Life*

“Yes, the second half of life is a certain kind of weight to carry, but no other way of being makes sense or gives you the deep satisfaction your soul now demands and even enjoys.”  
– Richard Rohr, *Falling Upward*

“Aging has propelled the development of the human being from the beginning....Things will decay, but they cannot age. Aging is an active process that requires the force of life.” – William H. Thomas, M.D., *What Are Old People For?: How Elders will Save the World*

## The School for the Second Half of Life

This stage of life invites us to a greater sense of wholeness and a new sense of freedom to make choices that are true to ourselves and to a meaning of life that unfolds through the wisdom of years. Our youth-driven culture tends to view aging only as something to be dreaded and denied. The reality is that these years, lived mindfully, offer an opportunity to enter more deeply into and to appreciate what matters most in life. *We are invited to a Second Coming of Age.*

Mercy by the Sea Retreat and Conference Center is located in Madison, CT, along the Long Island Sound. A sponsored work of the Sisters of Mercy of the Northeast, the Center’s programming is grounded in the community’s tradition of discerning and serving critical unmet needs of its particular time and place.

Applications due November 15, 2024  
Information Sessions 9/17, 10/9 and 10/21

For more information, to register for an Information Session and to download an application, visit our website, [www.mercybythesea.org](http://www.mercybythesea.org) or call Ann Caserta in Guest Services 203.245.0401 ext. 114



MERCY BY THE SEA  
RETREAT AND CONFERENCE CENTER



Artist: Ansgar Holmberg

## Mercy by the Sea Invites You to The School for the Second Half of Life

In-person classes begin January 2025  
Applications due November 15, 2024

Toward a new way of being

## Toward a new way of being

*“Wholly unprepared, [we] embark upon the second half of life. Or are there perhaps colleges for forty-year-olds which prepare them for their coming life and its demands as the ordinary colleges introduce our young people to a knowledge of the world and of life? No, there are none... But we cannot live the afternoon of life according to the programme of life’s morning – for what was great in the morning will be little at evening, and what in the morning was true will at evening have become a lie.” – C.G. Jung*

The second half of life is not defined by a specific age, but as that time in life when you might begin to wonder, “Is there more to life?”

You’ve enjoyed successes and survived failures, endured loss and had cause for celebration.

Yet, little by little, or through a sudden life event, we find we cannot or don’t want to live life in the way we always have. It’s time to look at life with fresh, soft eyes.

Paradoxically, this crossroad calls for a willingness to “not know,” to set aside perfectionism, to slow down and listen to the still small voice we’ve been ignoring. And, in time, to ripen and become like Mary Oliver’s rose “in its huge willingness to give something from its small self to the entirety of the world.”

## Explore the Spiritual Invitations Of the Second Half of Life

*Join with other seekers on a journey toward a new vision of the Second Half of Life.*

The second half of life is a distinct and creative developmental stage that can lead to a greater sense of wholeness and freedom.

Through mythology, story, scripture, poetry, literature, film, art and music, we will explore how aging has been viewed across time, cultures and traditions and the wisdom practices that support and sustain our growth into the fullness of life.

We will use current research in happiness, medicine, and the brain to inform our revisioning of the Second Half of Life.

And, we will engage our experience, imagination and creativity to explore the big questions.

Sessions will include suggested readings, input, small and large group discussion, individual time for reflection and a monthly reflection paper.



## The School for the Second Half of Life

- ◆ Applications due November 15, 2024. Please attend a Free Zoom Information Session before you apply. See our website.
- ◆ The School will meet one Saturday per month for three “semesters.” Participants commit to the 3 semesters when they register.
- ◆ Overnight lodging (for an additional cost) may sometimes be available for those who travel a distance, or for those who wish additional time for personal reflection & renewal
- ◆ The sixth cohort will enter January, 2025 and end May 2026. Summer break includes June, July and August 2025. Dates for the three semesters are: 1/25, 2/22, 3/22, 4/26, 5/31, 9/13, 10/11, 11/8, 12/6/2025, 1/24, 2/21, 3/21, 4/18/2026; Graduation 5/16/2026.
- ◆ Tuition is \$2,700 for the three semesters. You may make arrangements for a payment plan of \$900.00 in advance of each semester. Limited scholarship monies are also available through the Mercy for All Scholarship Fund, <https://www.mercybythesea.org/programs/mercy-for-all-fund/>

*For more information or to enroll in the School, visit our website, [www.mercybythesea.org](http://www.mercybythesea.org) or call Guest Services 203.245.0401*