



# **Aging with Grace**

## **Focus Group Conversation with Nancy Ogilvie**

**Interfaith Center for Spiritual Growth**

**Sunday, October 27, 2024**  
**1 – 2:30 pm**

Our mainstream culture is so youth-focused that aging is often seen solely as a process of decline, loss and diminished capacity. Certainly, there are losses and challenges as we grow older, but is that the whole picture? What about the gifts we bring to our older years from a lifetime of experience? What new opportunities can we create for ourselves? What is possible for us as we age?

In this focus group conversation, we will share our experiences with the gifts and challenges of aging, and then explore how our spirituality can be a resource for harvesting the wisdom of our years, finding a renewed sense of meaning and purpose, and making a difference in the world.

These conversations will fulfill three purposes:

- Clarify your own concerns and desires as you age
- Reveal new possibilities for you as you grow older, based on sharing experiences with a group of peers
- Identify your wishes for ongoing learning or support as you age

The feedback from these groups will be used to develop programming which addresses hopes and concerns which arise in the conversation.

This conversation will be facilitated by Nancy Ogilvie, a past member of ICSG and a lifelong learner and spiritual seeker with a passion for transforming consciousness and being of service. I am a retired organizational change consultant and coach, so my gifts include leading, facilitating groups, and building community. This initiative is part of my vision for how I want to “live with grace” and give back in the world.