

A Taste of the Forest

The ***Forest Dwelling Program: Spirituality for Our Wisdom Years*** was brought to life in 2019 by Fr Ron Rolheiser, OMI and his dedicated team in response to the need for a container in which to cultivate maturing spirituality. This program grew out of their vision. Forest Dwelling is a 2-year transformational certificate program which provides the opportunity to journey into the heart of the aging process to become wise elders, not just old people. Our aim is to help you live into the diminishments of aging in such a way that you live your last precious years with more grace, an open heart, and a deeper awareness of the presence of God. This allows you to leave behind a spiritual legacy that is fruitful and life-giving.

Some may want to explore the idea of signing up for the full Forest Dwelling experience, while others may wish to simply savor and digest these short offerings. Please feel free to share these recordings with others, perhaps even gathering together a small group of interested friends or church family to listen and discuss the recordings.

Entering the Forest – Something to Get You Started

This series helps you to situate yourself in this later season of life, with its invitation to find new meanings and purpose.

- VIDEO 1: <https://vimeo.com/974388996/6041106959?share=copy>
- VIDEO 2: <https://vimeo.com/984387013/cef18b9f73?share=copy>
- VIDEO 3: <https://vimeo.com/986613091/120dcd7714?share=copy>

Wandering in the Forest – Grieving Losses and Letting Go

There are losses as we age and this series explores the art of surrendering to Nature and God's love in new ways. Grieving what is past, and letting go of regrets and resentments, we create space for new spiritual practices, deepening relationships, and a heart to live more fully.

- VIDEO 1: <https://vimeo.com/998381482/f22b6251f7?share=copy>
- ESSAY – Jeff and Me: https://drive.google.com/file/d/1T31GIGW2RsvTuCLevKsv-CD2_zVOVAde/view?usp=sharing
- VIDEO 2: <https://vimeo.com/998419669/c7f8275fa3?share=copy>

You can visit us online at: <https://ost.edu/certificate-programs/forestdwelling/>

Discovering in the Forest – *Facing Our Mortality and Finding Joy*

This series helps us face the reality that more life lies behind than in front of us. Courageously facing this allows us to savor the present moment, becoming grateful for the gift of life itself, and encouraging us to do what needs to be done to make it easier on those we leave behind.

- VIDEO 1: <https://vimeo.com/1009230168/7469232e9b?share=copy>
- VIDEO 2: <https://vimeo.com/1017259853/9be15597f7?share=copy>

Emerging from the Forest – *Becoming a Wise Elder*

This series addresses what it means to be a wise elder rather than just an aging person. It highlights necessary wisdom to bless those coming behind us, modeling a life of compassion and gratitude in a wounded world.

- **COMING SOON!** Please e-mail us if you would like to receive this content: ForestDwelling@ost.edu



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