



**Aging** with *Spirit*

The young know the rules.  
The old know the exceptions.

Oliver Wendell Holmes

Is there anyone we wouldn't love  
if we only knew their story?

Mary Lou Kownacki

# *Gifts of the Inner Self*

- **Experience the Divine**
- **Rise Above Patterns**
- **Contribute to Bigger Picture**

# Contemplative Tools

- **Journal Writing**
- **Open to Feelings**
- **Enter the Silence**



**As long as I  
draw breath,  
I still have a  
purpose on Earth.**