

***Are you newly retired
or thinking about retiring?***

Have you become an “Empty Nester?”

***Are you looking for
new meaning and purpose in life?***

Can't find the time to figure it out?

You are invited to come to a series of workshops exploring ways to approach life's transitions in a positive and fulfilling way.

**Conversations will focus on the book and video material from
“*Re-Designing Your Life:
A Practical Spirituality for the Second Half of Life*”
By Sheila MacDonald MacGregor**



Sessions are free!

**If you wish to purchase the book, copies are \$25.00 and available through
The Hamilton Presbytery Resource Center
and Barton Stone-Mount Hope United Church**

**Sessions will be held
the last Tuesday of each month
January 29 – June 25 from 7-9 pm
Barton Stone-Mount Hope United Church
@ 21 Stone Church Rd. W.
(in the newer building)**

**For more information and to register please call
(905) 385-0800**

**These workshops are sponsored by
Barton Stone – Mount Hope United Church
and the Hamilton Presbytery Resource Centre**