Moving Over Uncharted Ground: Aging as a Spiritual Practice

March 5 –12, 2017
at Saint John’s On The Lake, Milwaukee
Exploring Aging as a Spiritual Practice

Robert Frost’s famous quote, “The afternoon knows what the morning never suspected,” captures much of what lies at the core of this symposium, “Moving Over Uncharted Ground: Aging as a Spiritual Practice.”

A spiritual life focused on personal growth and deep human experience is a major focus and motivator for people over 40. Yet, there is a lack of rigorous examination and exploration of spirituality’s importance in the lives of aging people.

The symposium, initiated and supported by a gift from resident Nancy Klein Maguire and her late husband, David Maguire, takes a nuanced view of spirituality and the richness it brings to the lives of older people. It examines spirituality and aging from several perspectives: the nature of spirituality, spiritual development, and the spiritual selves of older adults as understood by research, traditional religion and psychology, as well as unconventional thinking.

This weeklong event gives participants the opportunity to explore the spiritual practices of guided Zen meditation and walking the labyrinth. In addition, participants will examine two dimensions of spirituality that focus on later-life experiences: becoming a sage—developing the capacity to bring spiritual light to everyday issues—and writing a spiritual journey capturing the interior life in words.

The symposium explores the arts as expressions of and sources for spiritual liveliness. Two concert events bookend the symposium, one from the Madison Bach Musicians; the other “Mile of Ledges,” original works assembled by Mark Helzer of UW-Madison School of Music. Midweek, Milwaukee’s Danceworks is featured in “Stories from a Life,” a multimedia piece that reflects on the story of choreographer Daniel Burkholder’s grandmother.

Another aspect of the symposium is the Faith Q-Sort (FQS), which is based on a research method that yields individual descriptions characterizing the participant's spiritual orientation. The FQS consists of 101 statements in nine categories that participants sort according to how well each statement describes themselves. The statements were selected to represent a range of religious or spiritual attitudes, experiences and practices. There are also statements expressing humanistic, anti-religious, and uncertain perspectives.

All who register for the symposium will be able to complete the Faith Q-Sort. The results will be reported and discussed during the symposium.

Another unique and exciting aspect of this event is that we are inviting professionals such as social workers, chaplains, nurses, etc., who work in the field of aging to register to attend. It is our hope that the information and experiences offered during the week will have a widespread impact on those who work directly with elders in our city, state and beyond.

So, through a combination of presentations, seminars, conversations, dialogue, and contemplative experiences, led by a nationally known faculty, the symposium will help us explore a vital, important period of our lives.

Thank You...

Along with our deepest gratitude to Nancy and the late David Maguire, Saint John’s wishes to recognize the contribution of time and effort by resident Kent Mayfield, who in concert with chaplain Jana Troutman-Miller, brought this exceptional Symposium together. They have our deepest gratitude for bringing this rich and inspirational learning opportunity to our community.

Also, thank you to Saint John’s staff members:

- Sybil Bell, Director of Philanthropy
- Luci Klebar, Director of Sales & Marketing
- Lori McGinnis, Multi-Media Designer
- Mary Przybylski, Annual Fund Coordinator
- Kate Steinbach, LifeStreams Coordinator
- The entire Food Service Department
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Sunday, March 5

3:00 p.m. **Concert—Chapel**

*Music of Regeneration and Catharsis—Bach and His Contemporaries*

*Trevor Stephenson, harpsichord; Kangwon Lee Kim, baroque violin; Anna Steinhoff, baroque cello; Chelsea Morris Shephard, soprano*

Madison Bach Musicians

Founded and directed by Trevor Stephenson, Madison Bach Musicians is dedicated to presenting the music of Bach—as well as works by other great composers of the Baroque, Renaissance, and Classical periods—to both the general public and to educational institutions through performances, lectures, and workshops. Bach’s music was chosen as a focal point because of its outstanding beauty, variety, and spiritual depth and because it speaks with urgency to modern audiences.

5:00 p.m. **Evensong—Chapel**

Join the Saint John’s community for their weekly Episcopal service of Evensong.

6:30 p.m. **Welcome Reception—Gallery**

Gather for a reception in the Saint John’s Museum of Wisconsin Art Gallery as we begin our journey of learning and growth together.
Monday, March 6

1:00 p.m.  Introduction to the Week’s Morning Reflections and Practices—Cultural Arts Center

Labyrinth: Walking the Sacred Path
Jana Troutman-Miller, Chaplain, Saint John’s On The Lake

Labyrinths are a form of a maze, but unlike a traditional maze as we know it, labyrinths offer one path which always leads to the center without running into false turns or dead ends. It is said that in mazes you lose your way, and in labyrinths you find it. Walking the labyrinth can clear the mind and give insight into our spiritual journeys. For many people it has proven to be a practice to guide spiritual and emotional healing, deepen self-knowledge, and empower creativity.

Zen Sesshin
Reirin Gumbel, Resident Priest, Milwaukee Zen Center

The practice of meditation is at the heart of the Zen Buddhist experience. Originally called Dhyana in India, Zen meditation is a very simple yet precise method of meditation.

The word sesshin is a compound Sino-Japanese term made up of two ideographs, setsu and shin. Shin means mind. Setsu has several meanings - touch, receive, convey. Usually sesshin is literally translated “to touch the mind,” but it also means “to receive the mind, to convey the mind.” All of these meanings are included in that one expression, sesshin. It is a time to put everything aside, to forget everything and to focus all one’s enquiring spirit through the medium of the practice, counting the breaths or koan work. Sesshin provides a place for meditation and reflection, leading to mindful, compassionate action and inner awakening.

Faith Q-Sort: Examining Personal Perspectives on Faith and Belief
David M. Wulff, Professor of Psychology
Wheaton College, Norton, Massachusetts

The Faith Q-Sort (FQS) assesses a wide variety of positions on faith, ranging from indifference or even hostility toward religion or spirituality to strongly favorable attitudes, both conservative and liberal.

Developed by David M. Wulff, a world-renowned expert in the psychology of religion, the FQS consists of 101 statements that participants are asked to sort along a continuum of nine categories according to how well each statement describes the person carrying out the sort. There’s something for everyone, whatever his or her religious tradition, disposition or outlook, including secular humanists and the so-called “new atheists.” The statements were carefully selected to represent an exceptional range of religious or spiritual attitudes, experiences and practices; there are also statements expressing humanistic, anti-religious and uncertain perspectives. Both conservative and liberal outlooks are likewise accommodated. (+1 CEH for those who complete a FQS)

Weaving the Stories of Our Lives  SAIR Collaborative Art Experience

The art of weaving is a profoundly spiritual metaphor for understanding the workings of the universe and our place in it. Through the physical process of weaving, we gain a better understanding of this world and how we as human beings are woven into it. In our woven lives, the empty spaces are the very places where we can see with new eyes, where we can look behind the day-to-day weaving for a moment to see the “stories from our lives” within. Bring an object, picture, story, poem, material or any item that you would like to incorporate into the weaving. The item will not be returned, so please make sure you are willing to part with it. A table with supplies will be available for your use.
3:00 - 5:00 p.m.  SESSION #1 (2 CEH) — Cultural Arts Center

Learning to Live with the Losses and Blessings of Old Age: Reflections on Spirituality and the Search for Late-Life Meaning

Susan H. McFadden, Ph.D.

Professor Emerita, Department of Psychology, University of Wisconsin-Oshkosh

Research Consultant, Fox Valley Memory Project

Author: Aging, Spirituality and Religion; Aging Together; New Directions in the Study of Late-Life Religiousness and Spirituality; Aging and the Meaning of Time.

In this lecture, the author of major research studies on aging and spirituality, Susan McFadden, examines the ways religion and spirituality are experienced by aging persons within an aging society. She aims to encompass the wholeness of the elder's life, including spiritual yearnings that are often shaped by religious faith and practice.

Introduction:  Stephanie Sue Stein, Vice President Board of Directors, Saint John’s Communities, Inc.

7:30 p.m. – 9:00 p.m.  SESSION #2 (1.5 CEH) — Cultural Arts Center

The Timeless Wisdom of Aging

Ashok Bedi, M.D.

Jung Institute of Chicago
Medical College of Wisconsin

Author: Path to the Soul; Awaken the Slumbering Goddess: the Latent Code of the Hindu Goddess Archetypes; and Find Your Soul Path.

This presentation will explore healthy aging from Jungian analytical, spiritual and neuroscience perspectives. The unique contribution of the Eastern traditions to the spiritual dimension of aging and resilience will be discussed in depth. An extensive list of resources for further study and reflection will be provided. How do we age in a youth oriented, materialistic “Me” focused culture? Over the next 4 decades, the number of individuals age 60+ will nearly triple. There will be 2 elderly persons for every child.

Introduction: Rabbi Yonason Meadows, MSW, Clinical Pastoral Education Fellow at Aurora Health Care.
10:30 a.m.- 12:00 p.m. SESSION #3 (4.5 CEH) — Cultural Arts Center
Engaging the Wisdom of Aging
Ashok Bedi, M.D.

In this seminar, students will further explore Eastern contemplative practices that foster resilience in aging. Focusing on the Hindu perspective on healthy aging from a spiritual perspective, participants will practice contemplative techniques that enhance resilience and spirituality in later life.

Concluding attention will be given the Hindu and Buddhist teachings on embracing our mortality, especially the Buddhist perspective on Sunyata or “engaging the void.”

12:00 p.m. Lunch — Gallery

Please join us for lunch and table discussions about today’s topic.
Lunch is included in the cost of registration for non-residents.

2:00 p.m.-5:00 p.m. Seminar (continues) — Cultural Arts Center
Engaging the Wisdom of Aging
Ashok Bedi, M.D.

7:30 p.m. Visions of Aging in Film — Cultural Arts Center

On Golden Pond starring: Henry Fonda, Katharine Hepburn and Jane Fonda
Commentary and Discussion led by Resident Rita Rochte

Two veteran actors play a believable old, long-time married couple continuing their summer tradition at their lake cottage. As they negotiate this late stage of their life, they are joined by their estranged and only daughter and her new fiancé’s 13-year-old boy.

The playwright lets us witness something rare—human growth and change in and among three generations.

In the discussion period we can explore family similarities we might recognize. What role does connection play in the story? Is the couple in a rut or following tradition? How might the setting full of memories and nature impact their behavior? What resolution and growth awaits all four at this stage of life as they recognize and face mortality? What scene most strikes you?
9:00 a.m.  Morning Reflection & Practice

Zen Sesshin — Lower Level Community Room
Labyrinth Walk — Charles Allis Museum
Faith Q-Sort — Gallery
Weaving the Stories of Our Lives — Gallery

12:00 p.m. Lunch — Gallery

Please join us for lunch and table discussions about today’s topic. Lunch is included in the cost of registration for non-residents.

1:30 p.m.  SESSION #4 (1 CEH) — Cultural Arts Center

Blessed Assurance: Spirituality in the African American Tradition
Demetrius Williams, Th.D.
Associate Professor, Religious Studies, University of Wisconsin-Milwaukee; Pastor, Community Baptist Church of Greater Milwaukee

Embedded in the traditions of the Black Church are deep streams of confidence, faith, and trust that appear to be rooted in a personal knowledge of God. Dr. Williams will address issues of spirituality and aging in diverse African American communities. Economic disparities play a crucial role in this discussion. However, the gist of the lecture will focus on how spirituality and support from African American faith communities foster a unique sense of wellbeing in the latter stages of life.

Introduction by The Reverend Michael Robertson, AMP Minister, Community Outreach, Community Baptist Church of Greater Milwaukee

3:00 p.m.  SESSION #5 (2 CEH) — Cultural Arts Center

Write to Make Whole: Integrative Life Review
Nan Merrick Phifer
Resident Scholar, Oregon Writing Project, University of Oregon, Eugene, Oregon.
Author: Memoirs of the Soul: Writing Your Spiritual Autobiography

For seniors, life review and reminiscence are key components of aging and ending life well. This extended lecture and seminar will guide attendees in identifying and spontaneously writing about personally meaningful moments. Participants will proceed to apply a medieval, monastic practice, Lectio Divina, to their individual texts. This ancient way of listening can illuminate the sacred in our lives, cultivate a sense of wonder, and may bring awareness of holy presence.

The goal is expressive writing, life-affirming reflections, and glimpses of the spiritual depths that underlie significant experiences.

Introduction by Jana Troutman-Miller, Chaplain, Saint John’s On The Lake
7:30 p.m. Cultural Event—Cultural Arts Center & Bistro

Stories from a Life

Danceworks Performance Company, Milwaukee, Wisconsin.

Dani Kuepper, Artistic Director

Daniel Burkholder (guest choreographer) Assistant Professor, Dance University of Wisconsin-Milwaukee

What is memory? How do we define ourselves by our memories?

This multi-media work reflects on the story of Danceworks guest choreographer, Daniel Burkholder’s grandmother, Sophia Saren. Filmed interviews about her childhood, marriage and life journey are interwoven with athletic dancing, monologues, diverse music and audience interactions that invite guests to consider how their own stories will live on in history.

Danceworks Performance Company will also present Stories from a Life at Dance Place, Washington D.C., March 25-26

Thursday, March 9

9:00 a.m. Morning Reflection & Practice

Faith Q-Sort — Gallery
Zen Sesshin — Lower Level Community Room
Labyrinth Walk — Charles Allis Museum
Weaving the Stories of Our Lives — Gallery

10:30 a.m. SESSION #6 (3 CEH) — Cultural Arts Center

Write to Make Whole: Integrative Life Review (Continued)

Nan Merrick Phifer

12:00 p.m. Lunch — Gallery

Please join us for lunch and table discussions about today’s topic.
Lunch is included in the cost of registration for non-residents.
1:30 p.m. – 5:00 p.m.  SESSION #7  (3.5 CEH) – Cultural Arts Center

Wise Aging: Living with Joy, Resilience and Spirit

Aviva Katzman, M.S.M., D.D.

Institute for Jewish Spirituality, New York, New York; Cantor Emerita, Temple Shalom, Chicago, Illinois

Grounded in mindfulness and spiritual practices such as meditation, journaling, movement, and blessings from Judaism and other faith traditions, Aviva Katzman offers social, emotional and spiritual insights to help individuals meet the challenges of these years with a sustaining spirit. Published in 2015, Wise Aging provides the road-map for the journey we are all on, and is especially relevant for aging seniors seeking to achieve a fulfilling older age. No subject is off limits. In this session, Katzman will explore a wide range of issues including: relationships with adult children and spouses; body image; romance and sexuality; living with loss; and, cultivating wellbeing.

Introduction by Rabbi Steve Adams, MA, MBA, DD, Director of Pastoral Care, Ovation Communities (Jewish Home and Care Center, Chai Point, Sarah Chudnow)

7:30 p.m.  Visions of Aging in Film – Cultural Arts Center

Strangers in Good Company

Commentary and Discussion led by Resident Rita Rochte

The story line is deceptively simple for this charming and endearing Canadian semi-documentary.

Eight unacquainted women, seven elderly, on a vacation bus trip must grow resourceful when their bus breaks down miles into the Quebec countryside one magical summer.

We watch as these non-professional, mostly unscripted women, manage the challenges of three days without rescue and open up and blossom and forge friendships all with gentle humor. It packs an emotional charge by simply exploring their interactions. They share past accomplishments, family legacies, and discover unexpected commonalities.

The story is enriched by haunting music, beautiful mist-laden scenes, playful survival activities and the real, ageless spirit of these women.

There are no pat conclusions. We won’t all “see” the same movie. Our discussion may center on what we saw and felt and what it may mean.
Friday, March 10

9:00 a.m.  Morning Reflection & Practice

Weaving the Stories of Our Lives — Gallery

Faith Q-Sort — Gallery

Zen Sesshin — Lower Level Community Room

Labyrinth Walk — Charles Allis Museum

12:00 p.m.  Lunch — Gallery

Please join us for lunch and table discussions about today’s topic.
Lunch is included in the cost of registration for non-residents.

1:30 p.m.  SESSION #8 (1 CEH) — Cultural Arts Center

Prototypes of Faith: What Are Their Implications?
David M. Wulff, Ph.D.

Wheaton College, Norton, Massachusetts

Author: Psychology of Religion: Classic and Contemporary
(2nd edition; Wiley, 1997). Faith Q-Sort; Contemporary
Foundations for the Psychology of Religion: A Critical
Reappraisal (working title).

The Faith Q-Sort (FQS) is based on Q methodology, a qualitative
research method that is assisted by statistic analysis, yielding individual factors or "prototypes," in terms of
which individuals can be precisely characterized. The FQS consists of 101 statements that participants are
asked to sort along a continuum of nine categories according to how well each statement describes themselves.
The statements were carefully selected to represent an exceptional range of religious or spiritual attitudes,
experiences, and practices; there are also statements expressing humanistic, anti-religious, and uncertain
perspectives. Both conservative and liberal outlooks are likewise accommodated.

Those who complete the Sort at Saint John’s On The Lake will receive individualized feedback, and
Dr. Wulff’s lecture will explain how FQS can serve both as a research tool for large-scale studies
and as a personal exercise for reflecting on one's own faith.

Introduction by M. Kent Mayfield, M. Div, Ph.D, Resident, Saint John’s On The Lake

3:00 p.m.  SESSION #9 (2 CEH) — Cultural Arts Center

The Heart of Aging with Wisdom:
An Introduction to the Legacy of Rabbi Zalman Schachter-Shalomi
Rosemary Cox, M.S.

Certified Sage-ing Leader – Education Coordinator
Sage-ing International, Beech Grove, Indiana

Rabbi Zalman Schachter-Shalomi — “Reb Zalman” as he preferred to be known—
was the most influential Jewish change-maker of his generation. This lecture introduces his ideas and work
which spawned the worldwide Jewish Renewal movement, the Havurah movement, numerous Jewish
retreat centers and innovative social-change programs, and the interfaith eldering wisdom movement.

Introduction by Jana Troutman-Miller, Chaplain, Saint John’s On The Lake
9:30 a.m.  SESSION #10 (7 CEH) — Cultural Arts Center

Awakening the Sage Within
Rosemary Cox, M.S.

Today, most people approaching elderhood can expect to live another 20 or 30 years. But how do you want to live those years? Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for engaging the elder years more deliberately, more joyfully, and more compassionately. Sage-ing can help in developing a balanced plan for eldering that is personally fulfilling and also beneficial to others.

During this highly interactive workshop, Rosemary Cox will introduce Sage-ing concepts including life review, forgiveness work and issues surrounding mortality. Participants will explore images of aging and the role of spiritual development in the capstone chapter of life. Finally, they will begin the development of a personalized plan for their own eldering, including service to others and leaving a legacy.

12:00 p.m. Lunch — Gallery

Please join us for lunch and table discussions about today’s topic.
Lunch is included in the cost of registration for non-residents.

7:30 p.m. Concert — Cultural Arts Center

Mile of Ledges

Mark Hetzler, trombone and electronics; Jason Kutz, piano and keyboards; Ben Ferris, acoustic and electric basses; Mike Koszewski, drums and percussion

Based in Madison, Wisconsin, Mile of Ledges is a versatile instrumental ensemble, committed to playing modern classical, jazz, rock, and other contemporary improv-based styles. Comfortable on acoustic and electronic instruments, the group creates sounds, textures and grooves that are beautiful, hip, and at times surreal, all the while exploring a dynamic range that spans a spirited gamut, from whispering lyricism to thunderous wails.

Playing nearly all original music, the ensemble performs in just about any musical setting, and prides itself in speaking with a musical voice that stretches the expectations of their listening audience.
Sunday, March 12

3:30 p.m.  SESSION #11  Closing Address  (1.5 CEH) — Cultural Arts Center

The Natural Spirituality of Goodness, Truth and Beauty
—an Evolutionary Perspective

Steven McIntosh
President, Institute for Cultural Evolution, Boulder, Colorado
Author: *The Presence of the Infinite — The Spiritual Experience of Beauty, Truth and Goodness*

The closing lecture of the symposium sheds new light on the subject of spiritual experience. Using the emerging insights of evolutionary spirituality, McIntosh provides a timely cultural analysis and critique of the various forms of spirituality vying for influence in American society and describes a public form of spirituality that can provide a greater sense of solidarity and cohesion among young and old, while retaining pluralism and making abundant room for a diversity of convictions about what is ultimately real. By working to harmonize and integrate alternative conceptions of ultimate reality, McIntosh shows how evolutionary spirituality can achieve a synthesis of nondual and theistic teachings of truth that can produce a spiritual renaissance in America and beyond.

5:00 p.m.  Evensong — Chapel

Join the Saint John’s community for their weekly Episcopal service of Evensong.

6:30 p.m.  Final Reception — Gallery

Gather for a reception in the Saint John’s Museum of Wisconsin Art Gallery as we conclude our journey of learning and growth together.
Ashok Bedi

Dr. Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association.

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train and consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual “In the Footsteps of Carl Jung in India” study group to several centers in India under the auspices of the New York Jung Foundation.

Dr. Bedi is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault Treatment Center at the Aurora Sinai Medical Center, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.


Rosemary Cox

Rosemary Cox, Certified Sage-ing Leader, Sage-ing Circle Facilitator, and 2012 recipient of the Reb Zalman Leadership Award, was a founding board member of Sage-ing International and Education Chair. She holds an MS in Counseling and Human Services and has worked in the aging field for over 23 years, specializing in brain health and development. Rosemary has designed and facilitated workshops and seminars across the country and is co-author of The Heart of Aging with Wisdom and Vitality, a facilitator manual. She lives near South Bend, Indiana.

Reirin Gumbel

Reirin Alheidis Gumbel comes to Milwaukee Zen Center from the Shunryu Suzuki lineage of Soto Zen. She received ordination from Furyu Nancy Schroeder in 2007 at Green Dragon Temple of San Francisco Zen Center, and was head student there for the spring practice period in 2012. Before becoming a resident at Green Gulch Farm Zen Center in 2003, she was lay-ordained in 1993 by Tenshin Reb Anderson and practiced as a lay student at the Santa Cruz Zen Center. Her positions at GGF included guest manager (shika), head of the kitchen (tenzo), and head of the zendo (ino).

During her years at Green Gulch, Reirin headed the Sunday children’s program, and was mentor for the coming-of-age program. She served as secretary on the board of the Marin Interfaith Council, and has for many years held correspondence with various prison inmates. Prior to her monk training, Reirin owned a fiber arts business in Santa Cruz, where she taught countless children and adults to enjoy their creativity. During that time she raised two daughters.
Aviva Katzman

A lyric mezzo-soprano, Aviva Katzman received her Bachelor’s and Master’s degrees in Voice Performance from the San Francisco Conservatory of Music. Her two years as Cantorial Soloist for Congregation B’naï Tikvah of Walnut Creek inspired her to complete a Master of Sacred Music degree and attain Cantorial ordination from the Hebrew Union College-Jewish Institute of Religion in 1987.

Following ordination, Aviva became the first female member of the Jewish clergy to serve in the city of Chicago, embarking on 28 years as the Cantor of Temple Sholom. She delighted in tutoring and teaching, officiating at life-cycle events, and providing pastoral counseling. Cantor Katzman created countless musical events, founded adult and children’s choirs, and fostered multi-generational participation in High Holy Day and Shabbat services. Her spearheading of the Niggunei Shalom grant award for furthering the musical life of the congregation resulted in an ongoing congregational klezmer band. The Mindful Jewish Aging group she founded with a devoted group of lay leaders is still flourishing in its fifth year, and Aviva is a trained facilitator of the Wise Aging curriculum. Hebrew Union College awarded her an honorary doctorate in 2012. In 2014-15, the Cantor guided the Tikkun Middot Project, bringing the study of Mussar to all segments of the Temple Sholom community. Retiring in July, 2015, she assumed the role of Temple Sholom’s first Cantor Emerita. She has served on the national board of the American Conference of Cantors and participated in the first Cantors’ Cohort of the Institute for Jewish Spirituality. Cantor Katzman continues to participate actively in the Institute’s Hevraya studies and is an Institute certified teacher of Jewish Mindfulness Meditation. As one of eighteen students selected by Hebrew Union College, she is engaged in Bekhol Levavkha, a two-year Jewish Spiritual Director training which ends in May of this year.

Aviva and her husband Dr. Morris Mauer are the very proud parents of three adult sons Ezra, Alec and Zach.

Susan H. McFadden

Susan H. McFadden, PhD is Professor of Psychology, University of Wisconsin-Oshkosh. She received her PhD in Psychology and Religion from Drew University in 1985. She is a Fellow of Division 36 (Psychology of Religion), American Psychological Association, and has been active in both the Gerontological Society of America and the American Society on Aging in bringing together researchers and practitioners interested in religion, spirituality, and aging. Dr. McFadden serves on the editorial boards of the Journal of Religion, Spirituality and Aging, International Journal for the Psychology of Religion, and International Journal of Aging and Human Development. She co-edited the two volumes of Aging, Spirituality and Religion: A Handbook. Other co-edited books include New Directions in the Study of Late Life Religiousness and Spirituality, Aging and the Meaning of Time, and Handbook of Emotion, Adult Development and Aging. She co-authored The Role of Emotions in Social and Personality Development: History, Theory, and Research and has published over 30 articles and chapters in the general area of religion, spirituality, and emotion in late life.

Dr. McFadden, taught at UW Oshkosh from 1985 to 2012. Since retiring, she has continued to work with faculty colleagues, undergraduates, and graduate students on research related to dementia. She has written about some of this work in “white papers” that are meant to be widely shared with the public.

In 2011, she helped to establish the Fox Valley Memory Project (FVMP; www.foxvalleymemoryproject.org), an organization that offers programs and services for people living with dementia. She continues to be very involved with its activities. For example, she and her husband facilitate one of the seven monthly FVMP Memory Cafes. Memory Cafes offer two hours of enjoyable stigma-free social connection for people with dementia and their care partners. Dr. McFadden participates in a worldwide network of people who work with people at all stages of dementia. She is particularly interested in how engagement with various art forms can bring meaning and joy to individuals with progressive cognitive challenges.

Since retiring, she’s been taking drum lessons and longs to connect with other women her age who play electric guitar and bass. She and her husband have a cabin in the Upper Peninsula near Munising where they go for hammock-sitting, eagle-watching, kayaking, snow-shoeing, reading, and listening to all kinds of music. A particular delight in her life is any time she can be with her two adult children, their spouses, and her two grandchildren.
Nan Phifer

Nan Phifer serves as an associate director of the Oregon Writing Project at the University of Oregon. The Oregon Writing Project represents a community of educators dedicated to using writing as a means of thinking, exploring, and increasing both academic achievement and critical social awareness with students.

In addition, she leads workshops for writers groups, religious organizations, academic conferences, libraries, and interfaith assemblies. Nan Phifer leads workshops in memoir writing that range from monthly sessions in Indianapolis to retreats in the Rocky Mountains to nationwide online teaching. She has helped everyone from high school dropouts to devoted pastors explore and share their spiritual labyrinths.

Her writing guide, *Memoirs of the Soul*, leads memoirists directly into their most meaningful experiences and shows how to recount them vividly. Phifer urges amateur writers to write of the “inner life,” or times of “joy or crisis or profound contentment.”

She is interested not so much in an autobiographical record, but in “the hours and minutes that are keen in our lives—the times when we are most alive, when experiences penetrate to the quick. In these moments we define ourselves; the ways we respond reveal our souls.”

Demetrius Williams

Demetrius K. Williams was born and raised in Milwaukee, Wisconsin. He was the last of eight children born to Timothy and Bessie Williams Sr. He comes from a tradition of Baptist ministers beginning with his paternal great-grandfather, the late Rev. Joshua Williams and his two sons, the late Rev. Oliver Williams (his grandfather), the founding pastor of the Unity Missionary Baptist Church in Milwaukee, Wisconsin, and the late Rev. Robert Williams. It was also within the Black Baptist religious tradition that his theological and spiritual formation was developed. Dr. Williams has over 30 years of ministerial experience.

Dr. Williams received a Bachelor of Arts (B.A.) degree from the University of Wisconsin-Milwaukee in Comparative Religion in 1986, a Master of Theological Studies (M.T.S.) in 1988 and a Master of Divinity (M.Div.) in 1990, both from Harvard Divinity School. In 1997, he completed a Doctor of Theology degree (Th.D.) also from Harvard Divinity School.

Dr. Williams was formerly an Associate Professor in the Department of Classical Studies and Director of the Religious Studies Program at Tulane University, New Orleans, where he taught from 1996–2006. Since relocating to Milwaukee in 2006 after the Katrina hurricane, he has served as an Adjunct Professor in theology at Marquette University and continues to teach as an Adjunct Professor at the Central Baptist Theological School (Shawnee, KS) at its Milwaukee center. He also currently teaches at UW-Milwaukee in the Comparative Literature department and in the Religious Studies program. On January 2, 2009 Dr. Williams began his pastorate of the Community Baptist Church of Greater Milwaukee.

Besides service to the faith and academic communities, Dr. Williams has also contributed to the scholarly community publishing several articles in New Testament studies and in African American Biblical interpretation. His first book based on his dissertation, *Enemies of the Cross of Christ: The Terminology of the Cross and Conflict in Philippians*, was published by Sheffield Academic Press in 2002. His second book, dealing with and affirming women in the preaching and pastoral ministries, *An End to This Strife: The Politics of Gender in African American Churches*, was published in 2004 by Fortress Press. In addition to his past and recent literary works, Dr. Williams was invited by Duke Divinity School to offer the Martin Luther King Jr. Distinguished Lecture Series in 2008, honoring him for his dual work and calling as both a scholar and a minister.
**Presenters**

**Jana Troutman-Miller**

Jana Troutman-Miller is the Chaplain and Episcopal Priest at Saint John’s On The Lake. She has been in health care chaplaincy for 15 years where she has served in the areas of acute care, women’s health, mental health and addictions, and long term care. Jana has presented nationally on the topics of spiritual care’s impact on patient satisfaction and age-related spiritual care. She serves on the board of directors for the Association of Professional Chaplains and is currently the chair of the APC Commission on Certification. Jana is a certified labyrinth facilitator with Veriditas, the leader in the worldwide labyrinth movement. She has led workshops and retreats throughout southeast Wisconsin on the spiritual practice of walking the labyrinth.

**David M. Wulff**


**Performers**

**Daniel Burkholder**

Daniel Burkholder is the Director of The PlayGround, a dance performance group, and Co-Director of Improv Arts, inc. He has served as a curator for the DC International Improvisation Festival and on the Steering Committee for the West Coast Contact Improvisation Festival. His work has been seen at the John F. Kennedy Center for the Performing Arts (WDC), 92nd Street Y (NYC), Tribeca Performing Arts Center (NYC), 848 Community Space (SF), Mascher Space Co-Op (Philadelphia), Dance Place (WDC), The Clarice Smith Performing Arts Center (MD), along with numerous indoor and outdoor spaces. Daniel’s work has been commissioned by James Madison University, CrossCurrents Dance Company, Dance Place, Joy of Motion Dance Centers, and Choreographers Collaboration Project. He has been awarded the Local Dance Commissioning Project by the John F. Kennedy Center for the Performing Arts to develop “together/apart (we go each our way)”. Daniel has created over 40 works and has received the Metro DC Dance Award for “Outstanding Performance by a Group”, Maryland State Arts Council Individual Artist Awards in Solo Dance Performance and Choreography, and his work has been selected for numerous showcases. He has taught at the West Coast Contact Improvisation Festival, University of Maryland College Park, American University, George Washington University, James Madison University, Dance Place, CityDance Center at Strathmore, and as guest teacher for Cirque du Soleil. Daniel has performed with Scott Wells & Dancers, Jess Curtis & Stephanie Maher, Beth Davis in Good Company, and improvisationally with Nancy Stark Smith, Katie Duck, Sharon Mansur, among others. Daniel was the D.C./Local Dancers’ Rehearsal Director for the D.C. presentation of White Oak Dance Project’s “Past Forward” program, and from 2009-2014 was an Artist-in-Residence at Georgetown University Hospital working with patients, care givers, and staff. Daniel has degrees from University of Wisconsin-Milwaukee (M.F.A.), American University (M.A.), Sarah Lawrence College (B.A.) and is a Guild Certified Feldenkrais Practitioner.
Performers

Dani Kuepper

is the Artistic Director of Danceworks Performance Company (DPC), the resident contemporary dance company of Danceworks Inc. She joined DPC in 1998 and has since choreographed more than 30 dances for the company, as well as several evening length works. Dani received both her BFA and MFA from UW-Milwaukee, where she has been a faculty member of the UWM dance department since 1999. As an undergraduate at UWM, Dani performed the solo, Mrs. Schultz, at the national American College Dance Festival at the Kennedy Center in Washington, D.C.. Dani has choreographed extensively in the Milwaukee community and as the Artistic Director of DPC, has enjoyed the opportunity to collaborate with Milwaukee Opera Theatre, Milwaukee Chamber Orchestra, Florentine Opera Company, Present Music, First Stage Children’s Theater, Milwaukee Symphony Orchestra and Milwaukee Youth Symphony Orchestra. Dani was honored in 2009 as a “Forty Under 40” recipient by the Business Journal of Milwaukee and also received the UWM Alumni Association Teaching Excellence Award for non-tenure track in instructors in 2010.

Madison Bach Bios:

Trevor Stephenson—harpsichordist, fortepianist, and pianist—is the artistic director and founder of the Madison Bach Musicians. He received a Doctor of Musical Arts degree in Historical Performance of 18th-Century Music from Cornell University, where he studied fortepiano with Malcolm Bilson. With his colleague, Norman Sheppard, he has made and refurbished a series of historical keyboard instruments ranging from Italian Renaissance harpsichords to Victorian pianos. He has released fifteen recordings on the Light & Shadow label and tours throughout the United States as performer and lecturer. Information and tour schedule at trevorstephenson.com.

Kangwon Lee Kim, Madison Bach Musicians concertmaster, is a versatile violinist with repertoire ranging from baroque to 21st-century using both baroque and modern violins. She has performed internationally giving solo and chamber recitals in Korea, Canada, Puerto Rico, Switzerland, Norway, and Czech Republic. As a baroque violinist, Ms. Kim has performed with the Smithsonian Chamber Players, the Wisconsin Baroque Ensemble, Brandywine Baroque, the Classical Symphony, Calisto in San Francisco, and the Baroque Band in Chicago. Ms. Kim was assistant professor in violin and chamber music at Biola University in CA and has also taught at Ripon College, the University of Pennsylvania, and Lawrence University Conservatory.

Based out of Chicago, Anna Steinhoff specializes in period instruments such as the baroque cello and viola da gamba. She is a member of Second City Musick and the Haymarket Opera Company, and was the principal cellist of Chicago’s baroque orchestra, Baroque Band, until the end of its run in 2016. Anna performs with early music ensembles across the Midwest such as the Indianapolis Baroque Orchestra, Newberry Consort, Callipygian Players, Music of the Baroque, and Madison Bach Musicians. During the summers, Anna has the pleasure of being a part of the Staunton Music Festival and the Princeton Festival Baroque Orchestra, as has taught at the Madison Early Music Festival. Anna is also a founding member of Wayward Sisters, which won first prize in the 2011 Early Music America competition. Wayward Sisters released their debut album of music by Matthew Locke on the Naxos label in 2014 and are releasing their second recording, a Restless Heart, in 2017.

Chelsea Morris Shephard, soprano, gave an “exquisite” NYC recital debut with New York Festival of Song, and was praised for her “beautiful, lyric instrument” and “flawless legato” (Opera News). This season, she joins the roster of Lyric Opera of Chicago and makes return appearances with New York Festival of Song and Madison Bach Musicians. Ms. Morris Shephard will debut at Carnegie Hall in May 2017 as the soprano soloist in Brahms’ Ein deutches Requiem. In previous seasons, the versatile soprano has performed with Madison Opera, Opera Grand Rapids, Haymarket Opera Company, and Caramoor International Music.
Performers

(continued)

Festival. Operatic roles include Beth/Little Women, title role/La Calisto, Pamina/Die Zaubertflöte, Susanna/Le nozze di Figaro, Lauretta/Gianni Schicchi, Lisa/The Land of Smiles, and Emily Webb/Our Town. Ms. Morris was featured as a Finalist for the Lyric Opera of Chicago’s Ryan Opera Center (2015), won First Place in the Madison Early Music Festival Handel Aria Competition (2014), The Schubert Club (2013), and National Opera Association (2011) competitions, and was a Finalist in the Jensen Foundation Competition in NYC (2014). She has also been awarded an Education Grant (2016) from the Metropolitan Opera National Council. The Michigan native holds degrees from DePaul University and Rice University, and she recently released her first CD in collaboration with fortepianist Trevor Stephenson: Songs by Mozart, Haydn & Schubert. chelseamorris.com

Mile of Ledges

Based in Madison, Wisconsin, Mile of Ledges is a versatile instrumental ensemble, committed to playing modern classical, jazz, rock, and other contemporary improv-based styles. Comfortable on acoustic and electronic instruments, the group creates sounds, textures and grooves that are beautiful, hip and at times surreal, all the while exploring a dynamic range that spans the gamut, from whispering lyricism to thunderous wails. Playing nearly all original music, the ensemble performs in just about any musical setting, and prides itself in speaking with a musical voice that stretches the expectations of their listening audience.

Mile of Ledges is:
- Mark Hetzler - trombone and electronics
- Jason Kutz - piano and keyboards
- Ben Ferris - acoustic and electric basses
- Mike Koszewski - drums and percussion

Born in Sarasota, Florida in 1968, Mark Hetzler began playing his father’s trombone at the age of twelve. He went on to receive a B.M. from Boston University and an M.M. from the New England Conservatory of Music. Mark was a fellow at the Tanglewood Music Center and completed a three-year fellowship with the New World Symphony under the direction of Michael Tilson Thomas. As a member of the Empire Brass Quintet from 1996-2012, Mark performed in recital and as a soloist with symphony orchestras in Australia, Taiwan, Korea, China, Venezuela, Brazil, Japan, Hong Kong, Germany, Italy, Austria, Malaysia, Singapore, Switzerland, Bermuda, St. Bartholomew and across the United States. He has appeared with the group on live television and radio broadcasts in Asia and the United States. Mark appears on several Empire Brass CDs on the Telarc label, including Firedance, The Glory of Gabrieli, and a recording of Baroque music for Brass and Organ. Mark has released ten solo recordings on the Summit record label, including his recent two CD’s Blues, Ballads and Beyond: Influences Outside the Concert Hall, featuring commercially influenced music by contemporary classical composers, and Dig., which showcases exciting contemporary chamber music that blurs the lines between classical, rock, jazz and beyond. Former Principal Trombone of the Hartford Symphony Orchestra, Mark has performed with the Minnesota Orchestra, the Boston Symphony Orchestra, the Boston Pops and the Florida Orchestra. He is the Professor of Trombone at the University of Wisconsin-Madison and a member of the Wisconsin Brass Quintet.

Jason Kutz is an artist living in Madison. He works as a pianist, composer, arranger, graphic designer, and teacher. He received his Master's Degree in Piano Performance from the UW-Madison in December 2015. Prior schooling was at UW-Oshkosh with a B.M. in Recording Technology/Music Industry. As a concerto competition winner he performed as soloist with orchestras in Madison, WI; Oshkosh, WI; and Estes Park, CO. Musical interests lie wholly between and beyond the Classical and Jazz worlds. All music is constructed with the same building blocks, and it's only with small changes in formula that genre and affect differ. His greatest interest is discovering and blending these borders, and using them as fuel for each musical project. Recent endeavors including working as a sound engineer at Audio for the Arts; accompanying the Wisconsin Children's Choir; assisting the Wisconsin Youth Symphony Orchestra, Wisconsin Chamber Orchestra, Willy Street Chamber Players, and the Madison Area Youth Chamber Orchestra, among others. Jason's
Performers

(other loves include soccer, yoga, video games, composing for video/film, interactive/mixed media, woodcrafting, cleaning, graphic drawing/painting, discovery, watercolor, and trying new things.

**Ben Ferris** is an upright and electric bassist, composer, bandleader and educator in Madison, Wisconsin. A student of NEA Jazz Master Richard Davis, Ben received his Bachelor of Music, focus in Education, from the UW-Madison School of Music in 2013. The Ben Ferris Quintet, a creative music ensemble focused on compositions by Ben and musicians in the band recently released their debut album “Home.” Ben also leads the Ben Ferris Octet, a 5-horn ensemble with a monthly performance at Madison’s Cardinal Bar, playing jazz from across the decades. As a sideman, Ben performs with Nuggernaut, Gabe Burdulis Band, The Darren Sterud Orchestra, The Neophonic Jazz Orchestra, Edi Rey y Su Salsera, the Jon Hoel Trio, the Big Payback and many other ensembles in a variety of genres. As an educator, Ben teaches at Winnequah Elementary School, James Madison Memorial High School, Madison Music Makers, Madison Suzuki, Richard Davis Foundation for Young Bassists, Private Bass students and various clinics/workshops. More information and current bookings can be found at www.bferrisbass.com

**Mike Koszewski** is a seasoned musician from Madison, Wisconsin with a diverse background in percussive arts. As a chamber musician he was twice an artist in residence at Interlochen Arts Academy (MI) as well as the Heartland Marimba Festival (IA). He has performed and held masterclasses at Overture Center for the Arts, Wisconsin Union Theater, University of Wisconsin-Green Bay, University of Wisconsin-Platteville, University of Michigan, The Stone (NY), Queensborough College, (NY) Casper College (WY), Youngstown State (OH), Baldwin-Wallace University (OH), The University of North Carolina-Pembroke (NC), and The Ewell Concert Series (VA) among others. He is currently a guest percussionist with the Oakwood Chamber Players for their 2016/17 season. Mike is also an experienced drum kit player and pit orchestra musician, regularly performing with Four Seasons Theater, Capital City Theater, and Children's Theater of Madison. He is the drummer for Madison-based experimental jazz/rock combo Lovely Socialite and the Ben Ferris Jazz Octet. In addition to his freelance work, Mike is a Digital Media Coordinator at Overture Center for the Arts in Madison. He achieved a bachelor's degree in music performance as well as business certificate from University of Wisconsin-Madison.
Thoughts, Ideas, Inspirations
Thoughts, Ideas, Inspirations
A self-taught artist, Della Wells is nationally known for her boldly colorful collages, drawings, dolls and quilts. She blends her own personal consideration of race and gender with an exploration of universal truth.

In a recent interview with Erika Petterson, Associate Curator—Collections at the Museum of Wisconsin Art, Wells recalled how “When I took a class in African history, I learned about religions such as Vodun in which women are very important. I also think of my aunt and godmother who were very involved in the church. These influences led me to think of a woman’s spiritual journey and strength.”

In addition to Della Wells, Wisconsin has produced a number of self-taught, folk artists: Prophet Blackmon, Norbert Cox, and Simon Sparrow. Della Wells is currently working on a documentary that looks back to this African American art community in Milwaukee (1967-1979). Too, she has a couple of exhibitions upcoming. One is at the Pitch Project, located in Milwaukee’s Historic Walker’s Point neighborhood and dedicated to working with artists of diverse cultural perspectives. Another is at the Hickory Museum of Art in North Carolina on 21st Century self-taught, outsider and folk art.

_A Spiritual Journey remains at Saint John’s On The Lake through May 14, 2017._
Irish Study #15 by Terrence Coffman

Artist Statement:
The roads I have traveled throughout my life have been filled with joy and disappointment, therefore the crucial question to me has always been, “and does the road have a heart?” If it does not, then I have abandoned it. It is not an easy thing to do, often times it has been with fear, regret or reluctance, but always with the faith that there is an opportunity for discovery… the question I have always had to ask myself, "Which way shall I take?"

My paintings are often called abstractions, they are not. They are the non-objective landscapes of my inner being, my attempt to move into a greater reality.

- Terrence James Coffman

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