



Living The Questions

Zoom with us the 2nd Tuesday of each month

For older adults who wish to grow and explore through reflection, writing, and sharing ideas, through community support, will be led by Elizabeth River interfaith minister, spiritual director and wedding officiant.

1pm - 2:30pm

January - June

Themes and ideas will be presented in each session; with meditation, writing and sharing in breakout rooms. Each session will include a question and answer period for future subjects and discussions. Optional "homework" may include reading suggestions, links or actions for anyone wishing to go deeper the following month. Topics under consideration: joy, aging, grief, activism, and kindness. We encourage you to bring your own themes and ideas you would like to discuss.



Registration required for zoom link

amena@wmss.org

or 415-663-8148 x104

Free for all



*Hosted by West Marin Senior Services and
San Geronimo Valley Community Center*