



Where Do I Go From Here?

NAVIGATING LIFE IN A TIME OF CHAOS

Weekly Zoom Workshop For elders of the tribe led by Elizabeth River
Each session will include ideas to consider and discuss, a short meditation, writing practice, some sharing of writings and suggested readings. We will finish with suggested questions to think on or write about for the coming week. Together we can strengthen resilience, stimulate imagination and expand our ability to give and receive love by staying close to our communities.

Free Event for 55+
October 6th, 13th, 20th & 27th
1pm - 2:20pm

Register @ [eventbrite.com](https://www.eventbrite.com)
or email amena@wmss.org



Elizabeth River inspires people to live an authentic life. Having journeyed through a prior career in real estate she realized she was meant for a deeper purpose. When she found the interfaith seminary, she knew she was on the right road. Embracing the wisdom of all faith traditions and spiritual perspectives she was ordained in 2004 as an interfaith minister, excited to serve her community. A wedding officiant, Elizabeth brings living love stories to life, working closely with couples to create a unique and sacred wedding ceremony. As a spiritual director, she guides people of all ages on their own spiritual quest and has helped many through the final stages of life. She officiates moving and meaningful memorial services. In recent years Elizabeth led classes in Making Friends with Death, and led a circle of elders, Aging as a Spiritual Practice. Elizabeth is chaplain for Stockstill House and lives in West Marin where she enjoys the wonders of nature, the people in our vibrant community and her cat Poppy.

Presented by West Marin **Senior Services
& San Geronimo Valley **Community** Center**