Schedule
Informational Meeting
Sunday, March 15
1:00 PM

Please RSVP to Lorel –
cantor@bethelsudbury.org

“Aging? Who, Me? Really?

Come to this Informational Meeting
for Prospective Participants

Aging with Awareness: The Quest for Fulfillment
Based on Rabbi Zalman Schachter-Shalomi’s,
From Age-ing to Sage-ing: A Profound New Vision of Growing Older.

Find out if this course is right for you.

Come on Sunday, March 15 at 1 PM. Meet with course leaders Liz David and Cantor Lorel Zar-Kessler who will explain the course content and approach. There will be plenty of time for discussion and your questions.

The course itself will begin Wednesday evening, April 22 and be led by Liz David and Lorel Zar-Kessler. In it, we will…

- Discover there is beauty in the character creases of our faces and grace in the way we face our challenges
- Reflect on and learn from the past
- Understand more about the challenges and opportunities of aging
- Apply learning in ways that work
- Learn how to give back to family, friends, and society beyond

About Elizabeth David ~
Elizabeth David, member of Beth El, received certification as a spiritual eldering teacher from Reb Zalman’s Spiritual Eldering Institute. Among other venues, she has taught this course at the Brandeis Osher Lifelong Learning Institute (BOLLI).

For more information call the Beth El office: 978-443-9622