

# Aging Grace-fully

In general, we share the blessings, gifts, challenges, difficulties that each is experiencing at this stage of her life. There is a focus each time and we work with dreams, poetry, have some form of creative expression and have both large and small group discussions.

***“In this group I am able to explore my hearts yearning to become a wise old woman and also my fears of the diminishment that comes with growing old.” – participant***

## **We Look With Uncertainty**

We look with uncertainty  
beyond the old choices for  
clear-cut answers  
to a softer, more permeable aliveness  
which is every moment  
at the brink of death;  
for something new is being born in us  
if we but let it.

We stand at a new doorway,  
awaiting that which comes...  
daring to be human creatures,  
vulnerable to the beauty of existence.  
Learning to love.

–Anne Hillman

**Usually held around the 1st  
Tuesday of the month.**

*focus will be determined based  
on flow and need  
of the group*



**Around the 1st Tuesday of the month**

10:00 am to 1:00 pm

\$100 per group

Contact Ann at [anndobbartin@gmail.com](mailto:anndobbartin@gmail.com) if  
interested in joining us.

Usually 10-12 women who are 65 years  
or older gather to support each other.

You are courageous women..... seeking your Soul..... honoring the journey of consciousness. I encourage you to keep making time to be in a Community of Soul Seekers.

**Ann Dobbartin, LCSW-C**

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