

Register now to reserve your spot;  
this will be a small group.

Donation: Sliding scale ~ for the  
seven-part series, \$35 - \$70. The  
experience is cumulative: please  
plan to attend the entire series.



#### BECOMING AN ELDERWOMAN:

#### A SERIES FOR WOMEN 55 & OLDER

PLEASE REGISTER - DEADLINE 9/7/10

Name \_\_\_\_\_

Address \_\_\_\_\_

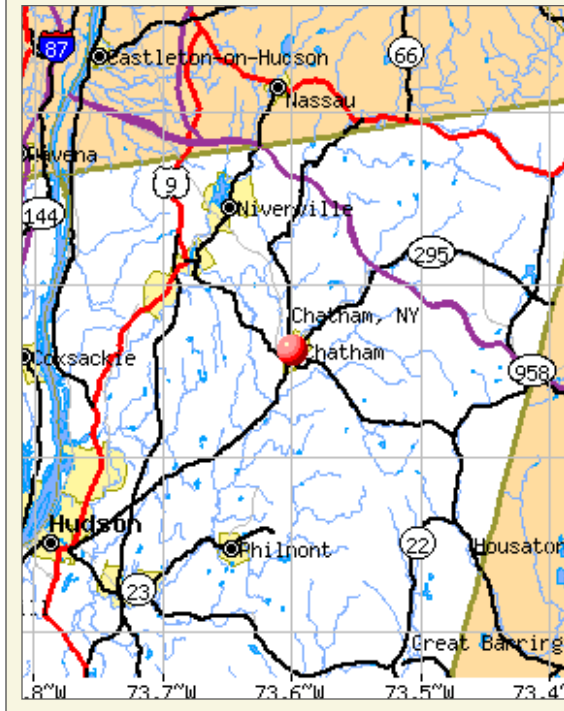
Phone \_\_\_\_\_

Email \_\_\_\_\_

What attracted you to this series? \_\_\_\_\_

Donation: Sliding scale ~ \$35 - \$70 for the  
entire seven-part series \_\_\_\_\_

Return to: Sanctuary Without Walls,  
c/o Katharine Houk, 29 Kinderhook St.,  
Chatham, NY 12037



This series is sponsored by  
*Sanctuary Without Walls*  
www.sanctuarywithoutwalls.org  
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*Katharine Houk:* 518.392.4277

*Phoebe Williams:* 413.232.7011



# GROWING OLDER, GROWING WISER ~ BECOMING AN ELDERWOMAN

Second Tuesday of each month, 7-9 pm  
September 14, 2010 – March 8, 2011



We are living in a time of whole system  
transition ... It is the momentum behind the  
drama of the world, the breakdown and  
breakthrough of every way of being, knowing,  
relating, governing, and believing . . . Though  
old forces and traditions and fears seek to  
restrain us, we know there is no going back.  
Our complex time requires a wiser use of our  
capacities, a richer music from the instrument  
we have been given. The world will thrive only  
if we can grow. . . It is time now to focus on  
the role that women, who are the  
majority of the people on the  
earth and have been largely  
excluded in the past, should play  
in the development process.

~ Jean Houston





## Growing Older, Growing Wiser ~ Becoming an Elderwoman

For women 55 and older

Second Tuesday of each month, September 14, 2010 – March 8, 2011 ~ 7-9 PM

### WOMEN'S WISDOM

We stand at a time when the world is in need of wisdom, especially the wisdom of Elderwomen. *Growing Older, Growing Wiser: Becoming an Elderwoman* is a seven-part series designed to lead us thoughtfully, consciously, and joyfully into our Third Age. During this series, we take a retrospective look at the significant points in our lives to discover (and re-discover) those things that are life- and energy-giving for us. We will work collaboratively, mutually evoking and embracing each other's voices and creativity. We will explore what it means to be generous as well as fierce, to celebrate diverse ways of knowing, and to be comfortable with ambiguity and life's open-endedness. We will weave the many strands of our life experience into a rich tapestry of beauty and meaning from which we will begin to claim our unique role as Elderwomen.

Join us for this important and life-affirming journey.

### CELEBRATE IT!

Despite what the media and our cultural heritage tell us, our Third Age can be liberating, empowering, and full of wit and wisdom. It is a time of life when we can truly be ourselves, and celebrate it! This seven-month series offers a safe space and time for sharing our stories, feelings, and dreams; for music, writing, and artwork; and for developing spiritually and discovering a wider sense of self. The series will end with a ritual and tools for planning your initiation as Elderwomen.

Please register, using the form on the other side of this brochure.

Registration deadline: September 7th. This will be a small group, so register now.



---I

*Raise my fist beside the  
Door of My Dreams and I  
Take Time,  
My Time,  
All of it  
In my hands.*

– Lucille Iverson



This seven-part series is sponsored by  
Sanctuary Without Walls

Facilitators:

Katharine Houk and Phoebe Williams

*Katharine:* Founder and Spiritual Director of Sanctuary Without Walls 518.392.4277

*Phoebe:* Life Coach and Co-facilitator of Religious Harm and Healing and Elderwoman workshops 413.232.7011