

Dear Art of Spiritual Eldering Participant –

I am writing on behalf of Rabbis Nadya and Victor and myself to welcome you to the "Art of Spiritual Eldering" track for Year Two of the International Anamcara Apprenticeship. We are thrilled to have you as a participant.

The syllabus for our track will be posted online by August 25. The password for Year Two on the Anamcara website is simply - Anamcara. You will be able to access it at that time along with a video by Ram Das to view prior to the Opening Retreat webinar on September 9 at 9:00 AM Pacific time. We also expect that you will read *From Age-ing to Sage-ing* by Reb. Zalman Shacter-Shalomi in its entirety prior to the Opening Retreat. The other required readings will be assigned according to the syllabus.

Prior to the Opening Retreat, you will be assigned a "Spirit Buddy", another track participant with whom you will be partnered for one-on-one activities throughout the program.

You will also be assigned to one of us to be your personal mentor for the year. Of course, you are always free to contact any one of us with questions or concerns, but your monthly reflection paper will be submitted to your assigned mentor. You will receive feedback on your paper in a timely manner. This mentor will also supervise your practicum project which will be discussed as the year progresses.

Attendance at all webinars is required unless you notify Maryhelen in advance of your absence to make arrangements for necessary make-up work with your Spirit Buddy. Missing more than two webinars puts you in jeopardy of not completing the program.

We look forward to meeting you at the Opening Retreat webinar, but feel free to reach out to any of us prior to that meeting. Our email addresses are:

Maryhelen - maryhelen@sacredartofliving.org

Victor - vngross@puaa.net

Nadya - oneneshama@puaa.net

Wishing you a wonderful remainder of the summer -

Maryhelen