

A Special Lunch 'n Learn/Senior-Sponsored Program  
Open to all, but space is limited.

## The Story of Your Name

*Presented by Edna C. Groves, M.S. Words That Endure®*

Have you ever wondered how you were given your first name, the first conscious legacy from our parents? Our first name connects us to our immediate family, often to our ancestors. Our name precedes us, follows us, and shapes how we enter relationships and take our place in the world. It remains as testimony of our existence and, as such, it is part of our story. For whom we may be named, the real and symbolic meanings of our Hebrew name, even our nicknames, all help construct our identity and even our purpose. They are central to our stories and make us known to each other and, literally, are how our memory is kept alive. Come to reflect, write, learn share and grow!

*L'shanah tovah tikatevu.*

May [your name] be inscribed in the Book of Life.

**Wednesday, September 13<sup>th</sup>**  
**12:00 PM—2:45 PM**  
**in the Social Hall**

In this guided program, enjoy shining the light of your pen (or electronic device) on a part of your story, growing into a greater appreciation for the significant legacy contained in your name.

**No previous writing experience necessary!**



**As usual, \$7.00 for optional lox and bagel lunch at noon. No cost for the program, which begins at 12:30 PM. **RSVP required by Friday, September 8<sup>th</sup> to [cec.seniors@congetzchaim.org](mailto:cec.seniors@congetzchaim.org). If you need to cancel, please let Mark know by Monday, September 11<sup>th</sup>.****