

Happy 4th, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.

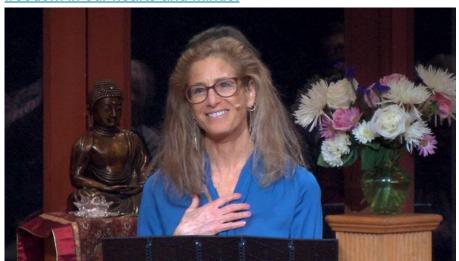
Things to Do This 4th of July

Attend the Virtual Marin County Fair, July 1-5: Watch music, dance and acrobatic performances; share your art and favorite fair memories; and watch a virtual firework show at 9 p.m. on July 4. (Schedule) (Watch Performances)



There's still time to register for our next Online Q&A Session—this Saturday, July 4

<u>Satsang</u> means exploring and realizing truth in the gathering of spiritual friends. During our time together, I will guide a short meditation and then open to your questions as we deepen the conversation about how we can <u>awaken true</u> <u>freedom in our hearts and minds.</u>



This event is by donation and space is limited - here's where you can reserve
your spot!

With loving blessings,



Tara



Celebrate the 4th with two virtual tours of the Statue of Liberty

A virtual tour of Lady Liberty

National Park Service tour



NO TIME TO WASTE THE URGENT MISSION OF BETTY REID SOSKIN
Premiere Broadcast on NBC Bay Area July 4th at 7pm PDT

As a fan of Betty Reid Soskin and what Betty has done to illuminate the

Waste - The Urgent Mission of Betty Reid Soskin, will be broadcast on NBC Bay Area on July 4th at 7pm PDT.

Trailer

No Time to Waste Film Website

YouTube Channel

Facebook

Instagram

Rosie the Riveter Trust website



In our interviews for our <u>episode</u> on end-of-life planning, <u>Dr. Jessica</u> <u>Zitter</u> taught me an old phrase: The best time to plant a tree is 20 years ago. The second best time to plant a tree is now. In other words: if you haven't already written a will and made your end-of-life plans, now is the time.

"COVID-19 is putting up a mirror to all of our faces and it's making us realize that there is a reality that we will die at some point," said Zitter. "There's something about this shared experience of living through a pandemic that just makes it impossible to sugarcoat or to live in this fantasy of perpetual life where it's always gonna be safe."

Facing our mortality, Zitter says, is a good thing! Talking about death can be hard, but it's so, so important — regardless of age or health.

And it doesn't have to be morbid or scary. In fact, you might find talking with loved ones about <u>your wishes surrounding death</u>, will help you better appreciate life. What's more, making these plans is a great gift you can give to your loved ones. At the risk of going way, way too far with this jumbled metaphor, planting these seeds now will help shade your loved ones from

conversation.

<u>Death Over Dinner</u> shared some prompts that can help get your family talking:

- What do you want to be remembered for?
- You were just in a big earthquake and death is imminent. What are you concerned about not having done?
- If you could have any musician play at your funeral, who would it be?

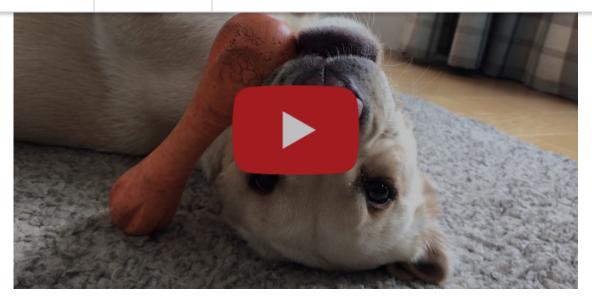
Or if even that feels like too much, you can start by <u>listening to our episode</u> for inspiration.

Prepare for the worst, and hope for the best, as they say. In this time of constant uncertainty, that's still something we can do



When: Jul 15, 2020 02:30 PM Eastern Time (US and Canada)

Register in advance for this webinar



More Olive an Mabel!

King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world.

Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, "I'll give you 100,000 dinars for it." "But I paid a million dinars for it," the King protested. "Don't you know who I am? I am the king!" Croesus replied, "When you wish to pawn a Star, it makes no difference who you are."

Volunteer Job Announcement

Are you proficient with Zoom? Are you available on Tuesdays from 3:30 to 5:30?

Please consider providing your tech skills for our Tuesday TED Talks.

Contact Tricia for more information: triciasmith58@yahoo.com

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For Information about food, supplies, and services visit the Sausalito Village website's <u>COVID Resources page</u>.

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