



OARS in the Water
Nov 9th
7:00pm-8:30pm EST

Hosted by Joe Doolittle and Penny Post

Theme: Touched by Praise and Gratitude

How do we give, receive, and experience Praise and Gratitude? Approval is one thing; merit is another; silence can be a jolt of surprise. Join us to explore how we offer compliments and gratitude and how we have responded when they've occurred.

OARS in the Water is a facilitated Zoom gathering on the second and fourth Wednesday of the month offered by **Healing Story Alliance** to create a listening space to share the experiences and stories that have emerged through turbulent times. This is not a therapeutic circle but we do hope it will be healing, supportive and inspiring.

Admission is free, although donations are deeply appreciated and help support our programming. Your tax deductible donation can be made here:
<https://square.link/u/d9xbGN2l>

We'll gather via Zoom. Here is the link:
<https://us02web.zoom.us/j/82691173743?pwd=bmV6UWsxRXNEazlOazc5Q3Q2cHA4QT09>

About our Hosts for Nov 9th

Joe Doolittle is a retired healthcare executive, an accomplished storyteller, and co-producer of Story Circle at Proctors, a resident company at the theater in Schenectady, NY. He likes to tell personal stories and has a repertoire of historical tales about the Hudson and Mohawk Valleys. A graduate of Colgate University and the University of Pittsburgh, Joe is active in community affairs and is a volunteer chaplain at Albany Medical Center. The latter experience, coupled with his active role as a Deacon in his Congregation have stimulated his interest in spirituality and healing. He is also a member of the HSA Executive Committee.

Penny Post has been involved in storytelling since 1985. To address her initial fear of audiences, she soon joined Toastmasters. For more than 20 years she performed stories and presented workshops in the business world throughout southern California, coaching clients in speaking and writing. She also hosted more than a dozen house concerts for visiting storytellers in Los Angeles. She was on the board of the LA Storytelling Festival, and after moving east in 2007 joined the LANES (now NEST) board for three years. In 2014 she earned an MFA in creative writing, non-fiction, from Lesley University, and continues to tell stories in a variety of communities.

For the Schedule of upcoming OARS Meetings visit:

<https://storynet.org/groups/hsa/oars/>