Guest Blog: *Have You Ever..?* by Felice Rhiannon

* Advance Care Planning Conversation, Aug. 3

* Elder Circles Schedule for July

Guest Blog: *This month, we are sharing a blog from Felice Rhiannon's elderspirit blog. Learn more about her at the bottom of this email. (Note: the lack of capital letters is part of her style!)*

**have you ever...?**

recently i woke up out of a sound sleep to the melodious song of a blackbird. she’s been singing outside my window daily for about a month now, providing me with the most wonderful of alarm clocks. on that day, she began her dawn chorus at about 4:15!!!

as i emerged from sleep to hear her song i also heard a voice emerging from a deep place inside my being. it said, "hold the space for good".

**Honoring a Life: Advance Care Planning Conversations**

Friday, August 3

9:30 - 11:30 a.m.

Our Family Services

3830 E. Bellevue

FREE

How do you hope to spend the final stage of your life?

Have you planned adequately for any medical situations that might arise for you?

Who else needs to know what your wishes are so that you can receive what you want?

"Honoring a Life" provides a wealth of information, including an explanation of the importance of advance care planning, an introduction to methods for making decisions and conversing with others on the topic, and a review of the two kinds of documents accepted as legal and binding by the State of Arizona.

Because seating is limited, registration is required for this free event.

[Register Here]
if i had been walking at the time, i
would have stopped dead in my
tracks. i was amazed, awe-struck
and a bit overwhelmed. what could
this mean? how do i hold a space for
good? whose voice spoke in these
very clear terms?

i had been on a self-retreat at home
for several days when this voice
made her instruction so decisively. i
had meditated more, eaten more
mindfully, minimised my social
contacts, remained silent as much as
possible, eschewing music,
computer, phone. lots of 'stuff' came
to the surface of my awareness in
this quiet time. a lot of it wasn't
pleasant...the state of the world,
global warming, the marginalisation
of many groups of people, the
amount of money spent on the royal
wedding, the rape of the earth,
school shootings, knife crime, past
experiences....and on and on.

suddenly, out of the sleep state,
arose this voice. "hold the space for
good." in that morning's meditation i
was compelled to contemplate the
good...kindness, love, tenderness,
deep listening, willingness, curiosity,
flowers in bloom, generosity,
honesty, compassion, wise teachers,
surrender, blessing, friendship,
breathing, joy, co-operation...and on
and on.

could this be the work of an elder?
have we aged in wisdom as well as
years? can these values and human
qualities be expressed in each

Oro Valley
Oro Valley Public Library
1305 W. Naranja Dr.
Second Wednesdays
July 11, 10:00 am

North Tucson
St. Francis in the Foothills
4625 E. River Rd. (at Swan)
Second Fridays
July 13, 10:00 am

Ellie Towne Flowing Wells
Community Center
1660 W. Ruthrauff Rd (Wetmore &
Romero)
Third Wednesdays
July 18, 10:30 am

Amber Lights
6231 N. Montebella (near NW
Medical Center)
Fourth Tuesdays
July 24, 3:00 pm

Central Tucson
Jewish Community Center
3800 E. River Rd. (at Dodge)
First Sundays
August 5, 1:00 pm

LGBTQI Elder Circle
Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
July 21, 1:00 pm

East Tucson
Udall Senior Center
7200 E. Tanque Verde
Second Mondays
July 9, 1:00 pm

Sierra Del Sol Senior
interaction, in each moment? is this our spiritual practice as each day unfolds?

have you ever heard a similar voice speak to you? did you follow its guidance? is this the soul speaking? our higher self? what came from that inner counsel? was your life changed?

james hollis, a noted jungian analyst, suggests that this is the voice of our inner authority and when we heed its call we are finally living our life. (hollis, james, living an examined life: wisdom for the second half of the journey, 2018)

~ Felice Rhiannon
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elderspiritblog.wordpress.com

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