

# Elder Circles July 2018

## ***Mindfulness for the the Wisdom Journey***

- \* 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".



Center for  
Community Dialogue  
& Training  
A program of Our Family Services

## **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

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### 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](http://elderspiritblog.wordpress.com)

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***For information about Elder Circles,  
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## **Living**

8151 E. Speedway  
Second Wednesdays, 11 am  
*On hiatus in July*

## **Green Valley**

### **Casa Community Center**

780 S. Park Centre Ave.  
Fourth Mondays  
*On hiatus until October*



Blog Author

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