

Elder Circles October 2018

Musings on the Wisdom Journey

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by *Deb Knox*
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Circle Begins Again
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Update
- * Elder Circles Schedule
for October

Green Valley EC Restarts October 23

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Have you ever asked yourself:
*"How do I turn aging into the most
meaningful time of my life?"*
*"Where can I go to talk deeply
about the meaning of life and of
my life?"*

Then make time to visit the Green
Valley Elder Circle, which is
returning from summer hiatus with
a new facilitator, Susan Hill.

Susan, who has long experience
with Circles facilitation, succeeds
Ellen March, the thoughtful and
creative leader of the Circle for
many years. Ellen decided this
summer to pass the torch to a
new facilitator.

Open to anyone, especially those
in Green Valley/Sahuarita, the
Circle meets on the 4th Tuesday



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



Gather the Elders 2019

***Courage, Curiosity,
Compassion***

**Jan. 25, 2019
Jewish Community Center**

As Tucson's community of elders
gathers again to celebrate our passage
along the Wisdom Journey, our focus
will be on our strengths as
elders. *Courage. Curiosity. Compassion.*

These attributes -- absolutely essential
for survival! -- will be explored through
engaging presentations, creativity and
movement, and rich Circle discussions.

The members of the Elder Circles
Advisory Council (ECAG) currently are

of each month from 10:30-11:30 am, beginning Oct. 23. It is in the same location, Posada Life Community Services, 780 S. Park Centre Ave (first left turn after entering the La Posada campus). See you there!

Elder Circle Blog

Inspiration: When You've Got It & When You Don't

Inspiration, inspire, or inspired may refer to artistic inspiration, biblical inspiration, creative inspiration and the act of inhalation.

What does it mean to you? And where does it come from? How do you capture it when you lose it?

At several recent Elder Circles this month, we explored the richness of inspiration as a topic of conversation. Elder Circle is a place where conversations about ideas such as this result in some fascinating insights. First we realize each person has their own unique definition and explanation of what it means to them. Our guidelines for conversation include "listen with attention" and "speak with intention." These acts tend to set the stage for a special kind of sharing. And as the conversation deepens we discover similarities and thereby get to know one another in a more intimate manner. As we explore the topic, we share our stories

working hard on the program, which will feature two presenters (to be announced next month).

ECAG welcomes help, especially in securing sponsors to help cover the costs of the event.

If you know of a sponsor who would like to support this vibrant, well-attended annual event that brings together elders from across Pima County, please let us know!

Contact Chris Medvescek at cmedvescek@ourfamilyservices.org

Thank you and meanwhile, mark your calendar as "busy" on the morning of Jan. 25, 2019.

Oro Valley

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
Oct. 10, 10:00 am

North Tucson

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
Oct 12, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
Oct. 17, 10:30 am

Amber Lights

6231 N. Montebella (near NW Medical Center)
Fourth Tuesdays
Oct. 23, 3:00 pm

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays
Oct. 7, Nov. 4, 1:00 pm

LGBTQI Elder Circle

Cornerstone Fellowship

with others and begin to develop rapport.

Many related to the dictionary definitions provided above. When you realize you receive as much inspiration as another by citing cloud gazing as an inspirational act, there is a connection. I connect with others who turn to poetry or mystical writings to find inspiration when they are feeling dry. Other inspirational acts include exercise, being in nature, meditation and often, just doing nothing.

Some of the antonyms include: dull, fixed, immobile, unaffecting and permanent. And that brought up comments about when we lack the motivation to follow through on what has inspired us. Regrets were felt by some, and acknowledged. That sense of being immobile, or dull did not set well. However, being able to share those feelings and realize that sometimes we do act on what has inspired us. We can be inspiring when we influence others or suggest opinions in a way that moves someone else to take action. We need to know ourselves well enough to know our strengths and values that allow us to further the action. And when to let go, as we realize being is as important as doing.

So what does inspiration mean to you and where does it come from? Such an abstract concept, but everyone knows what I'm talking about when I pose the question. What inspiration means to me is basically about the

2902 N. Geronimo Ave.
Third Saturdays
Oct. 20, 1:00 pm

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East Tucson

Udall Senior Center
7200 E. Tanque Verde
Second Mondays
Oct. 8, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
Oct. 10, 11 am

Green Valley

Casa Community Center
780 S. Park Centre Ave.
Fourth Tuesdays
Oct. 23, 10:30 am



Blog Author Deb Knox

Among her many projects, Deb facilitates the Elder Circle that meets at St. Francis in the Foothills on the 2nd Friday of the month. Deb also is a member of the Elder Circles Advisory Council.

connection and the connectivity that occurs and sets me on fire or draws me into silence and gratitude.

At Elder Circle, we discover a place where we can connect with ourselves and others over shared interests. That's what I love about Elder Circle - they simply inspire me.

~ Deb Knox