

Elder Circles September 2018

Wake Up and Enjoy the Wisdom Journey

- * Guest Blog: "Letting Go"
by *Marni Farrell*
- * Advance Care Planning
Conversation, Sept. 13
- * Gather the Elders: Save
the Date!
- * Elder Circles Schedule
for September

Gather the Elders *Save the date!*

January 25, 9 am to Noon
Jewish Community Center

*...Watch this space... There's more
to come!*

*For information about how you can
become involved in Gather the
Elders as a volunteer, contact
Christina Medvescek,
cmedvescek@ourfamilyservices.org
520-323-1708 ext. 122*

Elder Circle Blog

LETTING GO

by Marni Farrell

Our lives are so filled with junk from



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

Honoring a Life: Advance Care Planning Conversations

Thursday, Sept. 13
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 your
wishes, so that you can receive
what you want?

"Honoring a Life" provides a wealth
of truly useful information on this
critical topic.

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

Register Here

 The David and Lura
Lovell Foundation

 COMMUNITY
FOUNDATION
for SOUTHERN ARIZONA

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the past - from dried up tubes of glue to old grudges - that's it's a wonder we can get up in the morning!" exclaims motivator, best-selling author, and life coach Gail Blanke.

"If you want to grow, you gotta let go" is Blanke's mantra. As she asserts in her book, [Throw Out Fifty Things](#), "Letting go means eliminating all the clutter - physical and emotional - that holds you back, weighs you down, or just makes you feel bad about yourself."

All of us have an accumulation of prized possessions - precious jewelry, family heirlooms, stashes of vintage comic books and priceless souvenirs - that we imbue with arbitrary meaning. Until we are aware what that meaning is, we resist facing the daunting task that confronts us - letting go.

Identifying the cause of your clutter is the first step in getting it under control.

As we gradually let go of what is no longer meaningful or useful - whether that's material excess, too many commitments, or even relationships - we create an opening to explore every aspect of our lives, and choose what really matters to us now - in this very moment.

"Clutter is a state of consciousness, one that we can transform into a profound awareness of what lies beneath the fortress built of stuff, be it

[Oro Valley](#)

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
Sept. 12, 10:00 am

[North Tucson](#)

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
Sept. 14, 10:00 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
Sept. 19, 10:30 am

Amber Lights

6231 N. Montebella (near NW Medical Center)
Fourth Tuesdays
Sept. 25, 3:00 pm

[Central Tucson](#)

Jewish Community Center

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

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
Sept. 15, 1:00 pm

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[East Tucson](#)

Udall Senior Center

7200 E. Tanque Verde
Second Mondays
Sept. 10, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
Sept. 12, 11 am

[Green Valley](#)

Casa Community Center

780 S. Park Centre Ave.
Fourth Mondays

***physical, psychological or even
spiritual."***

- Michael Bernard Beckwith,
Founder, Agape International
Spiritual Center, Culver City,
California

If you need inspiration to get started,
try journaling the exercises below:

- * Imagine you can have only five items that you currently own. You have to let go of everything else. What will you keep and why?
- * Perhaps you feel something you own is irreplaceable. How would you feel if it was suddenly gone?
- * What is something you've discovered you can live without?

On hiatus until October



Blog Author
Marni Farrell, M.F.A., is a
graphic designer, art
educator and Elder Circle
facilitator in Tucson.