

# Elder Circles December 2018

## *Sharing the Journey*

- \* Gather the Elders:  
Program and Speakers
- \* Guest Blog: "Immortality  
Complex" by Felice Rhiannon
- \* Elder Circle Facilitator Training
- \* Elder Circles Schedule for  
December

### *Elder Circle Guest Blog*

***This month, we are sharing a  
blog post from Felice  
Rhiannon's elderspirit blog.***

## **Immortality Complex**

by Felice Rhiannon

In conversation with a friend a few days ago she dropped a phrase..."immortality complex". She claims to have it, this dread dis-ease. While she and I do devote some time to the usual banter about aches, pains, and increasing attention to various diminishment, the bulk of our conversation is always about our inner life. So when she mentioned this complex, I asked if she, as a psychotherapist of many years, created the term.

She said that she had!

Imagine, that which is so much a part of the human psyche has remained without a name!



Center for  
Community Dialogue  
& Training

A program of Our Family Services



### **10th Annual**

# **GATHER THE ELDERS**

**January 25, 2019, 9 am-12:30 pm  
Jewish Community Center  
3800 E River Rd, Tucson, AZ**

Join us for the 10th annual celebration of conscious aging and the wisdom we each bring to our elder stage of life. Our theme this year is:

**SHARING THE JOURNEY:  
*Creating Connection,  
Enhancing Life,  
Accepting Death***

In addition to breakfast, exhibits, and good fellowship, Gather the Elders 2019 features inspiring presentations by two renowned speakers.

Everything else has a name...table, chair, grass, building, car, anxiety disorder.

So what is this newly-named 'thing'? By another name it could be called denial. It is the part of each of us that cannot comprehend what it is to be without awareness, to be without consciousness, to be without being. We know we will die, sooner or later, but we cannot imagine not being here. The knowledge is not the same as the knowing.

Reincarnation and near-death experiences aside, life goes on in this body, in this mind, in this sense of being. We may forget, and remember again things, past. We certainly create new memories each day, and new forgettings. We can add to our store of knowledge and skills. But we cannot comprehend the incomprehensible...the not being.

Many spiritual traditions encourage us to meditate on parts of the body, to become deeply aware of each arm, the belly, each leg, even each toe, to experience it in the present moment, alive now to prepare for death. In the Buddhist tradition there are profound meditations on death. Hindu and Buddhist monks meditate in cremation grounds. Jews are encouraged to be with death for periods of time after the passing of a close relative.

**Tani Bahti** is an RN, educator, author, founder of Pathways EOL, and passionate advocate for improving end-of-life quality . She compassionately speaks to the questions, fears, and needs surrounding end-of-life discussions, and the value gained by accepting death.

**Enrique Feldman** is an educator, author, two-time Grammy-nominated composer and artist, and founder of the Global Learning Foundation. He dynamically addresses the ways adults can keep learning, growing, and enhancing their lives in later years.

Elder Circle conversations involving all participants spark insights and create connections that last long after the event is over.

To sign up for the conference, please

[click here](#)

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

Contact Chris Medvescek at [cmedvescek@ourfamilyservices.org](mailto:cmedvescek@ourfamilyservices.org)

Thank you and we look forward to seeing you at Gather the Elders on January 25, 2019!

Christians meditate on the death of Christ. Among Muslims, the Sufis tend to pay special attention to the issue of death. They are extremely and passionately attached to the contemplation on death. At the end of many yoga classes, what is called "final relaxation" is actually called shavasana, the corpse pose. It is as close as we come to experiencing our death while we breathe.

And yet, we can't truly know our own death.

Felice Rhiannon is a Onespirit Minister and spiritual counselor in Great Britain. She can be reached at [elderspiritblog.wordpress.com](http://elderspiritblog.wordpress.com).



### Oro Valley

#### **Oro Valley Public Library**

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

### North Tucson

#### **St. Francis in the Foothills**

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

#### **Ellie Towne Flowing Wells Community Center**

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

#### **Amber Lights**

6231 N. Montebella (near NW Medical Center)  
Fourth Tuesdays  
**No December Circle**

### Central Tucson

#### **Jewish Community Center**

3800 E. River Rd. (at Dodge)  
First Sundays  
Jan. 6, 2019 1:00 pm

#### **LGBTQI Elder Circle**

Cornerstone Fellowship  
2902 N. Geronimo Ave.  
Third Saturdays

## **ELDER CIRCLES FACILITATOR TRAINING**

**Thursday, February 7, 2019**

**12:30 pm to 5:00 pm**

**Our Family Services**

**3830 E Bellevue St**

This is a highly experiential half-day training that prepares you to facilitate an Elder Circle. Cost is \$65. To register or for questions, contact Melanie Rudolph at [mrudolph@ourfamilyservices.org](mailto:mrudolph@ourfamilyservices.org)

## **PFLAG & SENIOR**

## **PRIDE HOLIDAY POTLUCK**

**Saturday, Dec. 15, 12 - 2 pm**  
**Cornerstone Fellowship**  
**Social Hall**  
**2902 N. Geronimo Ave**

PFLAG Tucson and Southern Arizona Senior Pride invite everyone to their annual holiday inter-generational potluck. Soft drinks & meat entrees provided; please bring vegetables, salads, vegan or vegetarian dishes. For more info, please contact Lee Roden at 520-398-6826 or [soazseniorpride@gmail.com](mailto:soazseniorpride@gmail.com).

**No Circle on Dec. 15 - instead, you are invited to the PFLAG and Senior Pride Holiday Potluck from 12 - 2 pm**

**East Tucson**  
**Udall Senior Center**  
7200 E. Tanque Verde  
***On hiatus***

**Sierra Del Sol Senior Living**  
8151 E. Speedway  
Second Wednesdays  
Dec. 12, 11 am

**Green Valley**  
**Casa Community Center**  
780 S. Park Centre Ave.  
Fourth Tuesdays  
**No December Circle due to holiday**

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***Happy Holidays  
and a  
joyful and healthy  
New Year!***

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