ELDER CIRCLES
November 2019

Enriching Our Wisdom Journey with Stories and Gratitude

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OUR STORIES, OUR LIVES

The 11th Annual Gather the Elders
January 24, 2020

Stories and community. Sharing our stories and our lives with others. Elder Circles provide a safe place for conversations on issues relating to aging well in these challenging times. Whether living alone, or in relationship with a life partner, or even a new housemate, we all have stories to tell that can ease the loneliness and isolation that are often associated with aging.

Monthly Elder Circles scattered across Tucson (including Oro Valley and Green Valley) provide a regular place for us elders to share our wisdom and questions with each other. In addition to these monthly discussions, the annual Gather the Elders conference provides a way for all individuals – those who attend monthly Circles

NOVEMBER 2019
ELDER CIRCLES SCHEDULE

NORTH TUCSON
St. Francis in the Foothills
4625 E. River Rd. (at Swan)
Second Fridays at 10:00 am
November 8

Flowing Wells Public Library
New name and location!
1730 W. Wetmore Rd., Study Room C
Third Wednesdays at 10:30 am
November 20

CENTRAL TUCSON
Jewish Community Center
3800 E. River Rd. (at Dodge)
First Sundays at 1:00 pm
November 3

LGBTQi Elder Circle
Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays at 1:00 pm
November 16

EAST TUCSON
Udall Senior Center
7200 E. Tanque Verde Rd., Media Room
On hiatus

GREEN VALLEY
The 11th annual Gather the Elders, “Our Stories, Our Lives,” will be held on Friday, January 24, 2020, from 8:30 am - 12:30 pm at the Tucson Jewish Community Center. Tickets are $20, payable at the door. The day begins with a delicious catered breakfast and the program kicks off at 9.

We’re very excited about our two presenters! Penelope Starr founded Odyssey Storytelling, a monthly storytelling series in Tucson, and is the author of “The Radical Act of Community Storytelling: Empowering Voices in Uncensored Events.” Kathleen Roberts, a longtime certified personal coach and educator on personal growth topics, helps clients approach their lives “as the Art that you are continually creating.”

Together they will provide information and inspiration about the stories we tell about our lives – including how our stories can be among our greatest resources in the aging journey.

SHARING STORIES TO GROW OURSELVES AND OUR COMMUNITY

Both of our speakers at the 2020 Gather the Elders, Penelope Starr and Kathleen Roberts, place a big focus on the importance of sharing our stories - for our personal growth as well as to strengthen our community.

On her website The Art of Aging, Kathleen Roberts writes,

"Human beings are storytellers. We take what we see and experience and create stories about those experiences. We take the concrete facts of life and weave fictions about what they mean, who we are as a result, what our expectations are, etc. [...] Our stories are who we are, who we believe ourselves to
Following each presentation, participants will gather in facilitated Wisdom Circles to share, discuss and connect. Many people say the Wisdom Circle discussions are the best part of Gather the Elders.

But wait, there’s more! Besides the full breakfast, other highlights include gentle guided Qi Gong exercises and displays by service providers who cater to elders.

Whether you’re seeking to expand your circle of friends, spark new conversations or deepen your connection with others, the insights gained from this annual event are a true inspiration.

Our larger stories are easy to identify, but the smaller, internal ones may not be so easy to figure out. We internalize stories as children based on how we were raised and taught. [...] When we take a look at what our stories are and try to become conscious of those deep stories that no longer work in our favor, [...] we can choose: Is this what I want to believe? Is this helpful? What is another story that does work for me and will help forward my life?"

Read the full article here.

Our other wonderful speaker, Penelope Starr, author of "The Radical Act of Community Storytelling", is the founder of Odyssey Storytelling, a local organization that hosts monthly events where people are invited to tell ten minute personal stories on a theme to a live audience. The stories are not read or memorized, they are told from the life experiences and creativity of the teller.

Odyssey Storytelling has been around for more than 15 years, and their popularity in the community keeps growing: they recently moved into a new performance venue and introduced a wildly popular podcast.

You can listen to the podcasts any time from the comfort of your home - click below to check them out!

Go to Odyssey Storytelling Podcast
VIDEO: WANT TO BE HAPPY? BE GRATEFUL

Every year on Thanksgiving, we are reminded to be grateful for the blessings of the year. But have you ever thought of gratitude as an ongoing daily practice? Watch this 14-minute talk by Brother David Steindl-Rast, a monk and interfaith scholar, to learn how grateful living can make us happy and even revolutionize our world.

*Click on the screenshot below to watch the video.*

**HAPPY THANKSGIVING!**

The Center for Community Dialogue team wishes you a lovely November and a happy "Turkey Day"!