

ELDER CIRCLES October 2019

Inner Tranquility for the Wisdom Journey

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*The following blog by Felice Rhiannon was originally published on **Sage-ing International**.*

WIND RAGING OUTSIDE... CALM INSIDE...

Today a storm has arrived in my world at the edge of the English Channel. Winds gusting strongly enough to blow a person over. The sea is wild with waves, churning up sand from the depths, changing its color to an eerie olive green. Autumn's leaves are ripped from wildly blown branches. Rain, sometimes showers, sometimes fierce and piercing, batters windows and bricks and pavement. It's wild and wonderful and energetic.



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



Flowing Wells Public Library

ELLIE TOWNE CIRCLE: NEW NAME AND LOCATION

We have some exciting updates for the Elder Circle community in Northwest Tucson!

The Ellie Towne Circle is now called the **Flowing Wells Elder Circle** and will be meeting on third Wednesdays at 10:30 am at the

**Flowing Wells Public Library
Study Room C
1730 W Wetmore Rd
Tucson, AZ 85705**

The library is across the street from the Community Center where the Circle was meeting before. The entrance is off the dead end part of Wetmore that you access from Romero.

We hope to see you at the Circle on October 16!



All the while, inside is calm.
 All the while, inside is tranquil.
 All the while, inside is in joy and
 enjoyment of the tumult.
 All the while, inside there is
 connection.
 All the while, inside there is space
 for retreat from the often
 overwhelming, relentless news of
 the day.

How is this interior space created
 and maintained? We are told that
 spiritual practice, of whatever sort,
 will allow this openness and
 serenity. The elders that have
 preceded us have offered us
 countless methods that lead to this
 peace. And many have shown us it
 is possible to live with this inner
 connection while keeping our
 contact with our outer reality. It is
 truly possible to find this profound
 inner space without living in a cave
 or an ashram.



There are many resources
 available to learn any one of many
 different practices. Some are
 connected to a particular faith path,
 others are secular. If you are
 connected to a faith, speak to one
 of the leaders for guidance. And,
 needless to say, the internet is an



Pumpkins at Apple Annie's in Wilcox, AZ

OCTOBER 2019 ELDER CIRCLES SCHEDULE

NORTH TUCSON

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
 Second Fridays at 10:00 am
 October 11

Flowing Wells Public Library

New name and location!

1730 W. Wetmore Rd.,
 Study Room C
 Third Wednesdays at 10:30 am
 October 16

CENTRAL TUCSON

Jewish Community Center

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

LGBTQI Elder Circle

Cornerstone Fellowship
 2902 N. Geronimo Ave.
 Third Saturdays at 1:00 pm
 October 19

EAST TUCSON

Udall Senior Center

7200 E. Tanque Verde Rd.,
 Media Room
*\$1.50 for those without Senior
 Activity Pass*
 First Tuesdays at 12:00 (noon)
 October 1

GREEN VALLEY

Casa Community Center

780 S. Park Centre Ave.
 Fourth Mondays at 3:00 pm
 October 28

MARANA New!

Wheeler Taft Abbet Sr. Public

abundant cornucopia of information. I recently discovered a site that explained 23 different types of meditation!

You may still wonder if it is essential to sit cross-legged for interminable hours repeating words in a language not your own, bowing to statues and listening to crashing cymbals in order to reap the benefits of meditation. Not really.

We do, however, need to cultivate spiritual qualities...kindness, forgiveness, love for oneself and others, willingness to grow and a recognition of our connection to all. These can be cultivated with or without formal meditation practice. The cultivation becomes the practice if you choose not to engage in a particular traditional meditation.



It is from the elders of the past that we can learn and then carry the lessons forward to those who follow us. By the example of our kindness and compassion, our willingness to forgive, our expressions of love, and the connections we create and develop, we foster calm and tranquility in the tumultuous world.

Being conscious of our selves as kind, forgiving and loving sages-in-the-making changes our outlook on our world and our place in it. Suddenly, there is stability and meaning in our identity as older people. We are no longer relegated to the background. Instead we can claim our place in the foreground. And these qualities lend us a glow, an energy that is palpable to those around us.

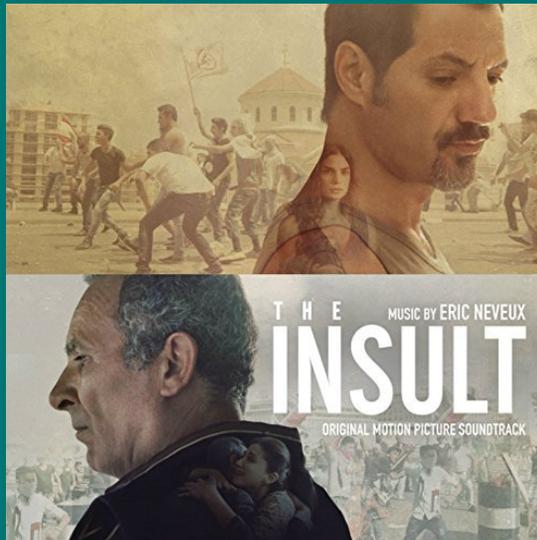
Library

7800 N. Schisler Dr.
Second Tuesdays at 10:30 am
October 8

ORO VALLEY

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays at 10:00 am
October 9



Where does violence begin?

THE INSULT: FILM SCREENING AND DIALOGUE CIRCLES

*In recognition of National
Conflict Resolution Day*

Sunday, October 20, 2-5 pm
The Loft Cinema
3233 E. Speedway Blvd
Tucson, AZ 85716

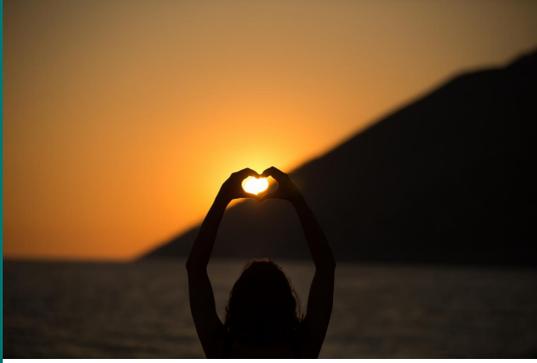
General Admission: \$10

Join us in to view the gripping, Oscar-nominated film "The Insult" and then participate in community dialogue circles about the roots of violence in our own desert city.

"Powerful and instructive, with a few flickerings of black comedy."

– Joe Morgenstern, Wall Street Journal

[Click here for more info and](#)



Sitting quietly and comfortably for even five minutes helps us connect with these qualities in ourselves. My belief is they are hardwired into our human nature and we can cultivate them, just as we might cultivate a garden. They need sunlight and water, fertilizer and mulch, weeding and pruning. We give these qualities their requirements with practice, nurturing them, ourselves and the world.

Let's take a deep breath...and begin....or continue!
We love because it is the only true adventure.

~~nikki giovanni

~Felice Rhiannon

Felice Rhiannon is a Onespirit Minister and spiritual counselor in Great Britain. She can be reached at elderspiritblog.wordpress.com.



1923 Halloween costumes - found on [Stuff Mom Never Told You](#)

HAPPY HALLOWEEN!

Did you know that Halloween is widely believed to have its roots in the Celtic festival of Samhain? During Samhain, people would light



HONORING A LIFE: ADVANCE CARE PLANNING CONVERSATIONS

October 24, 9:30 - 11:30 am
Our Family Services
3830 E. Bellevue St.
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](#)

bonfires and dress up in costumes to ward off spirits before All Saint's Day on November 1. By the early 20th century, these traditions had made their way to America, where the spooky holiday became synonymous with parties, parade, treats, and costumes.

Read more on [Country Living](#)

