

ELDER CIRCLES December 2019

*The Gift of Giving
and Receiving on the
Wisdom Journey*

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GIVING AND RECEIVING

*"Even though we all suffer,
we don't all grow. Not all older
women become elders. ... We
develop the skills of building
joy, gratitude, and meaning
into every day. By learning
these lessons, we cultivate
emotional resilience."*

~Mary Pipher, Women Rowing
North

The holiday season is upon us and there is so much to be grateful for. This is a time for giving and receiving - giving thanks for the



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



DECEMBER 2019 ELDER CIRCLES SCHEDULE

NORTH TUCSON

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays at 10:00 am
December 13

Flowing Wells Public Library

New name and location!

1730 W. Wetmore Rd.,
Study Room C
Third Wednesdays at 10:30 am
December 18

CENTRAL TUCSON

Jewish Community Center

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

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays at 1:00 pm
December 21

EAST TUCSON

Udall Senior Center

7200 E. Tanque Verde Rd.,
Media Room
Discontinued

GREEN VALLEY

Casa Community Center

780 S. Park Centre Ave.
Fourth Mondays at 10:00 am

abundance and grace that is in our lives; and receiving the gifts that life brings to us. "Even though we all suffer, we don't all grow."... (Mary Pipher, Women Rowing North). We need to develop the skills of resilience which comes from expressing gratitude and finding meaning in the simple pleasures of every day life in order to make the most of all the gifts life brings to us.



When the gifts bring sorrow, it is helpful to go within and examine that which is causing the sadness. Is it seeing a dear friend begin to show alarming signs of dementia? Or is it losing a friendship to time? In the latter case, each of you has perhaps discovered new and different pathways for growth and healing. If that is the case, then let us celebrate. But if the sadness lingers, explore how you can grow with it. Write a letter to your friend and decide later whether to send it or not. If you feel hurt by a relation that has gone awry, ponder the meaning of that relationship and determine whether it is "worth saving." Sometimes they are. Sometimes they are not.



On another note, perhaps at this stage of your life you are able to find the "perfect" gift among possessions that are already yours, one that is ready to be released.

No Circle in December

MARANA

Wheeler Taft Abbet Sr. Public Library

7800 N. Schisler Dr.

Discontinued

ORO VALLEY

Oro Valley Public Library

1305 W. Naranja Dr.

Second Wednesdays at 10:00 am

December 11



MEDITATION ON GIVING AND RECEIVING

This mediation from the Kundalini Yoga tradition is called "Meditation for Gurprasad" and is a very simple meditation that cultivates gratitude. Known also as the "Gift of God" meditation, it helps one tap into the flow of giving *and* receiving. Thus, this meditation is excellent for those of us who have trouble receiving. It helps us to remember that everything is a gift from the divine.

Posture: Sit with your legs crossed (or on a chair, if that is more comfortable) and with a straight spine. Cup the hands together with the palms facing up, and hold them at the center of the heart. Your upper arms and elbows should be pressed comfortably against your ribcage (thus stimulating meridian points that will lead to relaxation).

Gaze: Begin with the eyes one-tenths open, but allow them to close during the meditation.

Breath: Breathe naturally, but with intention. Allow yourself to experience the abundant flow of the universe. Imagine yourself being

What better way to share your love and abundance than to gift someone something that has had deep meaning for you. I have a special necklace I love to wear that I am ready to gift to another in my life. I hope I follow through as it has deep meaning for me, and I hope she will enjoy it as much as I.

Mary Pipher goes on to note: "Freedom is the ability to make conscious choices in accord with our deepest values. It is the opposite of reactivity,... Freedom requires self-awareness and the skill of choosing where to place our attention and how to frame the circumstances we find ourselves in." Hopefully by this stage of our life, we possess the self-awareness to discern that which has meaning and that which can be discarded.



During this holiday season, where do you choose to place your attention? May you place it on the gifts you give and the ones you receive with love and awareness. May we have the same attitude of gracious acceptance and gratitude for all that is ours.

~Deborah Knox

Deborah Knox is the owner of Life Work Transitions, a coaching and consulting firm supporting career, mid-life and end-of life transitions. Deb is also the creator of Crafting Your Spiritual Storyline, a six-week course for writing your memoir and Write Your Way Home: A Writing workshop for Those considering Home Sharing. For more information please go to www.lifeworktransitions.com for dates starting in January 2020, or contact Deb directly at

showered with limitless blessings. Believe in the power of gratitude and begin to feel the palpable energy that is contained within your hands. There, in your hands—and in your breath and in your spirit—lies the divine universal power of giving and receiving.

Time: You can do this meditation for any amount of time that feels comfortable to you. It is suggested to start with 3 minutes.

Instructions taken from the [Spirit Voyage Blog](#).



11TH ANNUAL GATHER THE ELDERS

**“OUR STORIES, OUR
LIVES”**

**Friday, January 24, 2020
8:30 am - 12:30 pm
Jewish Community Center
\$20 at the door**

Join us for a half-day of **ideas, information, and insight**, generously seasoned with **fellowship, food, and fun**.

The day begins at 8:30 am 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

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personal coach and educator on personal growth topics, helps clients approach their lives “as the Art that you are continually creating.”

Facilitated Wisdom Circles will give you a chance to share, discuss and connect. 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.

[Register here for GTE 2020](#)



HAPPY HOLIDAYS!

Whether you celebrate Christmas, Hanukkah, Kwanzaa, or another December holiday, we wish you a joyous holiday season filled with peace and gratitude.

VIDEO: GRAND ILLUSIONS - HOLIDAY CARDS

For a fascinating and fun 5 minutes, click on the video link below to watch British YouTube star Tim Rowett demonstrate his favorite Christmas cards. If you enjoy this video, you will find lots more to explore on his YouTube channel.

