



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

## WISDOM CIRCLES July 2020

### *Facing the Storm*

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*This month, we are sharing a blog by [Kathleen Roberts](#).*

#### FACING THE STORM

We are certainly living in troubled times. If you are sitting there with your head in your hands feeling.... despair, sorrow, rage, overwhelm.... you are not alone. I've been trying to write a blog post for weeks, but life keeps changing and getting more intense, so I keep changing my focus. I also feel all of the emotions above and would love to run away, but know that running away from the emotions and the source of the emotions is not helpful and changes nothing. We need to turn toward them, feel them, understand them – it's the only way we can start to make the changes that we are being called to make.

I believe – just my personal feelings – that we are being called to wake up to



#### LETTER FROM MARGARET DYKINGA

Dear Members and Guests of (the new) Wisdom Circles,

This letter is to welcome you to the new Wisdom Circles. We have a new name but we still have the same focus and goals as Elder Circles. We are thrilled to have branched out on our own. We are inviting you to become involved with Wisdom Circles on Zoom.

The Circles that are currently meeting through Zoom will continue to do so. There may be additional Zoom Circles in the future as we become more tech savvy! If you want to join a Circle, please let me know.

Each of us as participants and facilitators have enjoyed what Circles have allowed us to do – become conscious aging people and share the stories of our lives. It is a gift that keeps on giving!

Thank you for your support and participation. Stay tuned!

**Margaret Dykinga**  
[margaretdykinga@me.com](mailto:margaretdykinga@me.com)

the way things are, not the way we wish they were. We live in a deeply racist society. That just IS. It's been there since the beginning and continues in both obvious and subtle ways.



I asked myself: Have there been times in my life when my skin color gave me advantages? YES. Many, many times – as a matter of fact, always in all ways. I never doubted that:

- I'd be considered for a job I was qualified for;
- I'd be able to rent an apartment or buy a house I could afford;
- I would be safe if ever stopped by the police;
- I could live wherever I wanted to;
- I could walk, jog, birdwatch, go about my daily living unharmed.

So, number one, I see my privilege, recognize that I have taken that for granted and that many of my brothers and sisters never had that luxury and still don't.

"White privilege" does not mean that I/we have had an easy or trouble-free life. Not at all. It simply means that my skin color did not pose additional problems or barriers in my life. It's an important "plus" that I had.

"Black Lives Matter" does not mean that all lives don't matter. Of course, they do! But sadly, the here-and-now reality does not indicate that "all lives matter" – it is obvious that some lives seem more valuable than others if we simply look at history and our current



## ELDER CIRCLES ARE NOW "WISDOM CIRCLES"

**\*\*\*Action required\*\*\***

**Join the Wisdom Circles  
mailing list by clicking the  
orange button below to stay  
updated on Circles!**

For 16 years, Elder Circles have provided Tucsonans with opportunities for structured conversations that explore and affirm engaged and conscious living in the "third act" of life. Started in 2004 by Tucson activist Del Jones and others, the Elder Circles program became part of the Center for Community Dialogue & Training and Our Family Services in 2012. Throughout this time, the Circles provided a safe, respectful place to reflect and hear from others on the Elder Wisdom Journey, at no charge, assisted by the gentle facilitation of trained community volunteers.

Beginning in July 2020, the Elder Circles program again will operate independently, under the name **Wisdom Circles**. The Center will work with the Wisdom Circles Council throughout the summer and fall to ensure a smooth transition and is grateful for the committed volunteers who will ensure Circles continue to be available in Tucson.

**Join the Wisdom Circles mailing list:** Even though you may already be on the Center's Elder Circles mailing list, you will need to actively opt in to the Wisdom Circles mailing

reality. Black Lives Matter simply means – black lives matter too.



I truly believe that the only way changes can be made is when we face squarely the way things are. Own it. The time is long past to try and pretend that we (as Americans) are better than anyone else, that we behave better, have higher morals, are more righteous – whatever. No. We are human, we are subject to the same evils as any other human being, the same failings as any nation.

So – speaking to my white brothers and sisters -- what can we do?

1. Please join peaceful protests if you are so moved. It is important to speak out or join with others in whatever way we can to show and demonstrate our support for equal justice and equal treatment.

2. Educate yourself. Listen to people. Read African American history, read African American authors. They will tell you the truth of their lives and their ancestors' lives.

3. Contemplate, ponder, think. Assess all the ways your skin color has made your life easier, smoother, better, and then put yourself in the place of someone else whose skin color is different and think about how those circumstances might have been different.

4. Be honest with yourself and identify where your biases are – the most

list, so you may keep in touch with their activities. To do so, please click the yellow button below.

Join the list  
now!

## JULY 2020 WISDOM CIRCLES SCHEDULE

Most Wisdom Circles remain temporarily closed as a precaution in response to the COVID-19 pandemic. However, we have some good news for those of you craving some Circle time: **Three groups now offer virtual meetings** via the free online video conferencing program **Zoom**. The best part is: You can join these Circles from the comfort of your home!

**Flowing Wells Circle**  
**Wednesday, July 15 at 10:30 am |**  
**Held via Zoom**

To register, please email the facilitator **Judy Francis** at [judyfrancisaz@gmail.com](mailto:judyfrancisaz@gmail.com). Registered participants will be sent a link to the Meeting.

**St. Francis Circle**  
St. Francis Circle will be resuming via Zoom in August. Please send an email to the facilitator **Deb Knox** at [dlkcoach@gmail.com](mailto:dlkcoach@gmail.com) if you are interested in attending and you will be included in the next mailing.

**LGBTQI Elder Support Group**  
**Every other Saturday at 1:00 pm**  
**July 11 & July 25 | Held via Zoom**

Open and welcoming forum to discuss the experience of aging in the LGBTQI+ community, hosted by **Southern Arizona Senior Pride**. For more info, please email Claire Ellington at [cb62xx@gmail.com](mailto:cb62xx@gmail.com).

**VIDEO:**

important step in changing unconscious behavior is to make it conscious.

5. Donate to organizations you believe in.



Although it feels overwhelming, humans have done this before. As bad as things may be today, they were worse. They were worse for people of color when I was growing up, they were much worse 100 years ago. We have tried to create a more just society and have made some strides. We still have a long way to go.

I'm sorry to be "preachy" in this post, but I feel we are at a tipping point in our country, we are at a very important choice point and it's vital that we are awake and paying attention. Let's join together to take the next step in creating a truly just and equitable country.

Thank you so much for reading. I'd like to close with the poetry of Lucille Clifton and Maya Angelou [*Printed further below*].

~Kathleen Roberts

## QUICK INTRO TO ZOOM

New to virtual meetings and events? Check out the video below for a great 1-minute introduction to the online video conferencing program Zoom.



Want to use your phone instead? Check out this Zoom tutorial: [How to Join a Zoom Call by Phone](#).



## VIRTUAL EVENT PICKS FOR JULY

Check out this selection of upcoming educational events and entertainment by AARP and local organizations.

**AARP One Day University Lecture Series - Hamilton vs. Jefferson: The Rivalry That Shaped America**

**Wednesday, July 8, 2020**

**2:30 pm AZ time (5:30 pm ET)**

Learn more and register [here](#).



*Katheen Roberts, a Tucsonan and Certified Professional Co-Active Coach, hosts the website [The Art of Aging](#), which focuses on living your best life at any age.*

*Beckwith found guilty of shooting Medgar Evers in the back, killing him in 1963. – newspaper 2/94*

the son of medgar  
will soon be  
older than medgar

he came he says  
to show in this courtroom  
medgar's face

the old man sits  
turned toward his old wife  
then turns away

he is sick  
his old wife sighs  
he is only a sick old man

medgar isn't  
wasn't  
won't be.

~Lucille Clifton

## STILL I RISE

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?

## AARP: AZ Rhythm Connection Virtual Drum, Music & Voice Jam

Saturday, July 11 -or-  
Wednesday, July 22 | 10:00 am

To learn more and register, please click [here for the July 11 session](#) or [here for the July 22 session](#).

## New Streaming Releases at The Loft Cinema

### Ongoing

During their COVID-19 closure, The Loft Cinema is offering movies for at-home streaming. Most streams cost between \$7 and \$12. The July streaming selection includes several new releases on the topic of racism and civil rights, such as "**John Lewis: Good Trouble**" and "**The Killing Floor**". Check out the full selection of movies [here](#).

## Arizona State Museum Virtual Exhibits

### Ongoing

Arizona State Museum's galleries, museum store, and library remain temporarily closed to the public. Until they open back up for in-person visits, we highly recommend you explore their broad range of fascinating online exhibits [here](#).



## WEEKLY VIRTUAL EVENT: DEATH CAFE

Join Tucson's Friendly and Fearless Death Café!

**Every Wednesday**  
**10:00 - 11:30 am | Via Zoom**

Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like  
teardrops,  
Weakened by my soulful cries.

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold  
mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your  
hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide  
Welling and swelling I bear in the  
tide.

Leaving behind nights of terror and  
fear  
I rise  
Into a daybreak that's wondrously  
clear  
I rise  
Bringing the gifts that my ancestors  
gave,  
I am the dream and the hope of the  
slave.  
I rise  
I rise  
I rise.

~Maya Angelou

Tucson Death Café is in its 8th year. Since 2011, over 11,000 Death Cafes have been held in 72 countries. They are focused on safe, respectful, group-directed conversation on all things related to death, dying, grief and loss. No agenda or experts. Death Cafés are not grief or counseling groups. All are welcome! There has never been such a need to talk about death.

For questions or to receive the Zoom link, please contact **Isabel Amorous** at [isabeldeathcafe@gmail.com](mailto:isabeldeathcafe@gmail.com).

Web: [deathcafe.com/](http://deathcafe.com/)

Facebook: [facebook.com/TucsonDeathCafe/](https://facebook.com/TucsonDeathCafe/)



## REFRESHING STRAWBERRY LIMEADE RECIPE

Stay cool during these hottest days of the year with a refreshing non-alcoholic drink.

### Ingredients

- 1/2 cup lime juice
- 1/3 cup sugar
- 1/3 cup water
- 1/2 lb sliced strawberries
- 20-30 mint leaves
- 2 cups cold water

### Instructions

- To make a simple syrup, combine the sugar and water in a saucepan, and cook over



## TUCSON BOTANICAL GARDENS TO REOPEN

The Botanical Gardens are opening back up on **Thursday, July 9** with some new safety protocols and guidelines. Learn more [here](#).

The number of guests will be limited to follow social distancing guidelines, and guests and staff are **required to wear a mask**, as mandated by the City of Tucson. A new entry process will route all guests through the northeast entrance of the parking lot. Dining and indoor gallery spaces will not be open.

The park will be open to the public from **7:30 a.m. to 2:30 p.m every day**. Please note that **cash payments will not be accepted** for admission or in the gift shop.

medium high heat for 5-10 minutes until the sugar is dissolved and the liquid is clear.

- In a large mason jar or a pitcher, combine the lime juice, syrup, strawberries, mint, and water. Let sit in the refrigerator for 2-3 hours. Serve and enjoy!

More refreshing summer drink recipes can be found at [fifteenspatulas.com](https://fifteenspatulas.com).

