

PASSING FIFTY

"That youthful self is still vibrant within me. And I'm working to bring the essence of him forward in some form, spiritual or otherwise, into tomorrow, a gift to the old man I'll become in fifteen years or so. But who are our younger selves? And how do these energetic, vibrant hungry beings inform us as we age? Can our older selves find connection and continuity with the remnants of youth in us? ...

Just as my youth goes, the old man I will be is coming. As much as I'd like to bar the door, he's out there, just raising his hand to knock. I know that knock is coming. I can feel it in my right shoulder. In my knees when I push myself too hard. I feel it when a drowsiness creeps over me during a long day. Old age wakes me in the dead of night, worrisome thing that it is... Regrets wheedle in. Money gone wrong. Some empty aimless relationship I wasted precious years on, or the woman I should stayed with. People who have already died. People who got famous while I didn't. What you are in the world can seem vague and uncertain as you age. The long night of soul they call it."

Mark Greene, "Passing 50: Blending the Gifts of Our Aging with the Passion of Our Youth" in *The Good Men Project* (2013).

-----<<< >>>-----

AGING IN A ZEN GARDEN

"In Japan there is an entire authentic tradition founded on the appreciation of aging, as in the Zen gardens whose moss and trees spend time softening, enclosing, expanding, like life itself, or in the magic of an old vessel, greenish and burnt with time, as if layers of meaning are contained therein. Wrinkles and growths, whether on people or trees, demonstrate their endurance and solidity despite existential vagaries."

-Maria Jaoudi, *Christian Mysticism East and West*

(thanks to SpiritualityandPractice.com for bringing this to my attention)

-----<<< >>>-----

DISAPPOINTMENTS DISAPPEAR

Certain attitudes age us more than others.
Sadness and grief are natural
and heal quite readily.

But always wishing things
had worked out differently
withers our spirit
and makes us older than we are.

(From *The Sage's Tao Te Ching: Ancient Advice for the Second Half of Life*)

-----<<< >>>-----

GRANDMOTHER MIND

"You can understand all of Buddhism, but you cannot go beyond your abilities and your intelligence unless you have *robai-shin*, grandmother mind, the mind of great compassion."

[Ehei Dogen (1200-1253), founder of the Soto School of Zen Buddhism]

-----<<< >>>-----

ADLAI STEVENSON: PERILS OF POLITICS

Adlai Stevenson, running for President in 1952 and 1956, was at a rally when a man came up to him and said "Oh, Mr. Stevenson, you're the candidate of every thinking person!" Stevenson replied, "Yes, but we have to have a majority to in."

At another rally, a woman came up after he spoke and said, "Oh, Mr. Stevenson, I found your talk simply superfluous." Taken aback, Stevenson answered, "I'm thinking of having it published posthumously." She replied, "Oh it couldn't happen a moment too soon."

-----<<< >>>-----

BOOKS OF INTEREST

THE PROMISED LANDING: A Gateway to Peaceful Dying, by Bart Windrum
(Axiom Action, 2018)

ON THE BRINK OF EVERYTHING: Grace, Gravity, and Getting Old,
by Parker J. Palmer (Berrett-Koehler, 2018).

70 CANDLES! Women Thriving in Their 8th Decade, by Jane Giddan
and Ellen Cole (Taos Institute Publications, 2015).

COMING EVENTS

ELDER ADVOCACY. Webinar: "Our Elder Role in Standing for Social and Environmental Justice" (July 10, 2018, 6:00 PM Eastern / 3:00 PM Pacific). Sponsored by Elders Climate Action (ECA). Special Guest Speaker, Heather Booth with Elder Activists, John Sorensen and Lynne Iser. This webinar will focus on how to organize as elders to provide a sustainable future for all children. For more details and free registration, visit:

<http://www.eldersclimateaction.org/webinar/>

LEGACY: "Legacy Writing Workshop" (July 11, 18, and 25, Wednesdays, 6 to 8:30 PM, CDT) . An on-line, three part workshop. For more information or to register contact lifelegacies1@gmail.com

CLIMATE CHANGE. Webinar: "Communicating for Climate Action" (July 23, 2018, 6:00 PM Eastern / 3:00 PM Pacific). Sponsored by Elders Climate Action (ECA). Special Guest Speaker, Bob Inglis, Former South Carolina Republican Congressman and ECA Chapter Leaders. The focus is on free-enterprise solutions to climate change. Learn some of the best strategies for reaching across the aisle to communicate about climate change especially when addressing skeptics. Webinar also features discussion by elders who have started Elders Climate Action chapters in different parts of the country. For more details and free registration, visit:

<http://www.eldersclimateaction.org/webinar/>

GLOBAL AGING: United Nations Working Group on Ageing. (July 23-26, 2018, New York, NY). Details about the Ninth Session of the Open-Ended Working Group on Ageing (OEWG) is available at:

<https://social.un.org/ageing-working-group/ninthsession.shtml>

AGING WITH WISDOM: (Tuesday, July 24, 2018 at 12:00 noon, EDT). The 4th Tuesday "Revolutionize Your Retirement" interview with expert's series will feature Dr. Olivia Ames Hoblitzelle, psychologist, author, and speaker. Her focus be on her book *Aging with Wisdom: Reflections, Stories and Teachings*, which follows her award-winning book, *Ten Thousand Joys & Ten Thousand Sorrows: A Couples Journey Through Alzheimer's*. Sign up will begin July 17 at www.revolutionizeretirement.com. The series is open to professionals and the public. Direct questions to Dori Mintzer at: dorian@dorianmintzer.com

