

IN THIS ISSUE

- No Going Back
- Remembering Why You Came Here
- Benefits of Age
- You Are Not Aged
- Trump and Populism
- Humanities, Aging and Later Life
- Web Sites to See
- Coming Events
- Tell the Truth Slant

NO GOING BACK

No, no, there is no going back.
Less and less you are
that possibility you were.
More and more you have become
those lives and deaths
that have belonged to you.
You have become a sort of grave
containing much that was
and is no more in time, beloved
then, now, and always.
And so you have become a sort of tree
standing over a grave.
Now more than ever you can be
generous toward each day
that comes, young, to disappear
forever, and yet remain
unaging in the mind.
Every day you have less reason
not to give yourself away.



-By Wendell Berry (Thanks to Fran Hamilton for sharing this)

REMEMBERING WHY YOU CAME HERE

Someone said: Here is something I have forgotten.

The Master said: There is one thing in this world which must never be forgotten. If you were to forget everything else, but did not forget that, then there would be no cause to worry; whereas if you performed and remembered and did not forget every single thing, but forgot that one thing, then you would have done nothing whatsoever. It is just as if a king had sent you to the country to carry out a specified task. You go and perform a hundred other tasks; but if you have not performed that particular task on account of which you had gone to the country, it is as though you have performed nothing at all. So man has come into this world for a particular task, and that is his purpose; if he does not perform it, then he will have done nothing.



[God said] We offered the Trust to the heavens and the earth and the mountains,
But they refused to carry it and were afraid of it.
And man carried it. Surely, he is sinful, very foolish.
(Quran)

-Jalal ad-Din Rumi, Discourses

BENEFITS OF AGE

“Age brings diminishment, but more than a few come with benefits. I’ve lost the capacity for multitasking, but I’ve rediscovered the joy of doing one thing at a time. My thinking has slowed down a bit, but experience has made it deeper and richer. I’m done with big and complex projects, but more aware of the loveliness of simple things: a talk with a friend, a walk in the woods, sunsets and sunrises, a night of good sleep.”

(Parker Palmer, On the Brink of Everything: Grace, Gravity, and Getting Old)

YOU ARE NOT AGED

"You age. You are not aged. You are not on the receiving end of age, no matter your belligerence or refusal on the matter. The waning of the body: yes, that is what happens to your body. , the once-noble conveyance soon enough outworn and not behold to you or your hankering for more. But you could consider reserving the word aging to describe what you may or may not do while your body gathers its growth rings. You could reserve the word to describe something active, and so undertaken, and so determined and decided upon. Not summoned, not controlled. Served.

And by that measure many old people haven't aged. They've lost their tender years, sand through fingers, had their middle years' compromise stretch out into what their lives have come to mean, never really arriving at age, only being thwarted in the practice of their old habits of dexterity."

Stephen Jenkinson, COME OF AGE: The Case for Elderhood in a Time of Trouble)

TRUMP AND POPULISM

In the 2016 election Donald Trump won a majority of senior voters. The Trump phenomenon has received relatively little attention in the field of aging. For those interested in these issues, I distribute periodic Clippings on issues related to the impact of global populism reflected in Trump and his policies. For those interested in receiving a sample copy or a subscription to these Clippings, send a message to hmoody@yahoo.com

HUMANITIES, AGING AND LATER LIFE

A new series on "Humanities, Aging and Later Life" is being launched from Emerald Publishing. The series will feature perspectives of the humanities as well as other interpretive, non-empirical approaches, including monographs, edited collections and short form volumes, and will represent the most cutting edge research in the areas of humanistic gerontology and aging.

Sample topics might include (but are not limited to) immigration and aging, race and aging, claiming spaces beyond wisdom, the meaning of home and place in later life, and understanding personhood and self within changing subjectivities.

For more on the series, visit:

<https://books.emeraldinsight.com/page/series-detail/emerald-studies-in-the-humanities-aging-and-later-life/?K=e20190411925217835>

WEB SITES TO SEE

RETIREMENT AS SHADOW. Do you have ambivalent feelings about retirement? For a perspective from depth psychology, see “To Retire or Not To

Retire?” by Connie Zweig, at:

<https://www.nextavenue.org/whether-to-retire/>

LEGACY WORK. For paths on preserving past and present for the future see Rachael Freed’s work highlighted at:

<http://www.life-legacies.com/>

RUMI. Jalal ad-din Rumi lived 800 years ago, but he’s now the best-selling poet in America. To see why, visit:

<https://www.rumieducationalcenter.org/>

COMING EVENTS

DEEPING THE SAGE WITHIN Retreat (San Juan Bautista, California, June 3-5, 2019) “Deepening the Sage Within: Aging with Wisdom” led by Mary Anne Ingenthron and Pat Hoertdoefer in historic San Juan Bautista for a 3 day retreat exploring the principles and practices of Sage-ing. For event information and registration,

<https://myemail.constantcontact.com/Deepening-the-Sage-Within.html?soid=1105697167603&aid=nESbiPbWexw>

THIRD ACTION Festival: (June 7-9, 2019, Calgary, Alberta, Canada). Second annual film festival, showing 22 films over 9 screenings with 8 speakers. For details visit:

http://thirdactionfilmfest.ca/3_ACTION_program2019_noprintermarks.pdf

LEGACY: Living the Way You Want To Be Remembered (June 13, 2019, Greenwich, CT). Details at:

https://www.aging2.com/events/details/startup-grind-greenwich-presents-living-the-way-you-want-to-be-remembered/?mc_cid=b65c848831&mc_eid=ff12d1ecbf#/

CONSCIOUS AGING: Making Room for the Spirit as We Age (June 14-16, 2019, Racine, WI). Sienna Retreat Center sponsors this retreat, focused on Spirit-given Gifts, moving from “doing” to “being.” For details, visit:

<https://www.sienaretreatcenter.org/events/conscious-aging-%E2%80%93-making-room-spirit-we-age>

NATIONAL COUNCIL ON AGING: (June 17, 2019)

https://www.ncoa.org/event/ageaction/?utm_source=newsletter&utm_medium=email&utm_campaign=09062018_AA2019

CHOOSING CONSCIOUS ELDERHOOD: Retreat (June 23-29, 2019, Breitenbush Hot Springs, Oregon). Weeklong retreat that uses the power of nature, strong community, and the wisdom of rites of passage to help participants deepen their vision of the conscious elderhood that is possible for them. Highly experiential program allowing participants the opportunity to engage in inner work vital to the growth as an engaged elder. For information about this retreat, see:

www.centerforconsciouseldering.com/events or call 970-247-7943.

WEALTH: "Never Too Old to Get Rich" (June 25, 2019, 12:00 noon EDT). This 4th Tuesday Revolutionize your Retirement Interview features Kerry Hannon focusing on her new book: Never Too Old to get Rich: The Entrepreneur's Guide to Starting a Business in Mid- Life. Sign-up begins June 18 at <http://www.revolutionizeretirement.com> Accessible via phone and Internet, though questions can only be asked via the Internet. Once signed up, you'll receive a recording link. Direct questions to Dori Mintzer at dorian@dorianmintzer.com

THE SAGE WITHIN (June 28-30, 2019, Bellevue, Washington). "Deepening the Sage Within: Aging with Wisdom," weekend retreat with Pat Hoertdoefer and Mary Anne Ingenthron. At the Peace and Spirituality Center on the shores of Lake Washington.

For event information and registration,

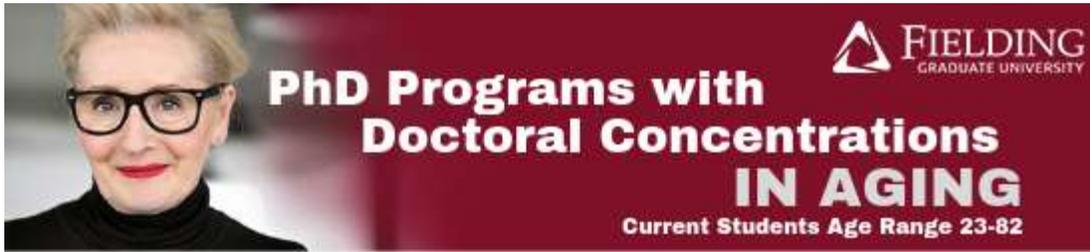
<https://myemail.constantcontact.com/Deepening-the-Sage-Within.html?soid=1105697167603&aid=JNUA2FVdNJY>

EMBRACING CONSCIOUS ELDERHOOD (Aug. 11-16, 2019, Rhinebeck, NY). Ron Pevny leads this retreat at the Omega Center, where Reb Zalman and Ram Dass introduced ideas of conscious aging. This retreat weaves together practices of Conscious Eldering with Ron Pevny's work in three Transforming Aging Summits. For information and registration on the retreat, visit:

www.eomega.org

"Tell the truth but tell it slant."

-Emily Dickinson



This electronic newsletter, edited by Harry (Rick) Moody, is published by the Creative Longevity and Wisdom Program of Fielding Graduate University. The Newsletter contains items of interest about humanistic gerontology; it does not publish original writing but is limited to brief and timely announcements. **To submit items of interest or request subscription changes, contact: hrmoody@yahoo.com**

Copyright 2019, all rights reserved.