

ELDER WISDOM ACADEMY

ancient practice - new understanding

WHAT'S INSIDE THIS ISSUE:

Workshop

January 12 @ 6:00 PM
JCC Mercaz Room

Age-ing to Sage-ing

Chapter 1
Discussion questions

Diana Kunze

Recorded presentation at
<http://thenucleus3.org/ewa>

Conversation Circle

1/17/2023 @ 4:00PM
JCC Conference Room

EWA Goals

LaDonna BlueEye “Ancient Practices - New Understandings.” Workshop

January 12 @ 6:00 PM
JCC Mercaz Room
750 White Pond Dr.
Akron, OH 44320

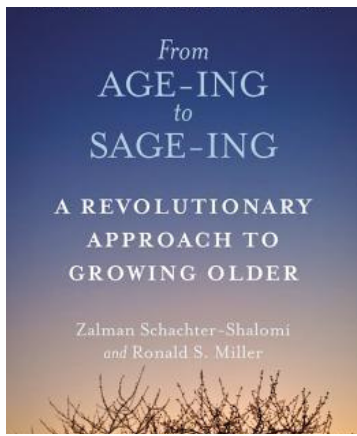


Dr. LaDonna BlueEye is an enrolled member of the Choctaw Nation of Oklahoma. She received her Bachelor of Arts from the University of Central Oklahoma. BlueEye received a Master of Public Health from the University of Oklahoma Health Sciences Center. Academic honors from the University of Oklahoma include the State of Oklahoma Excellence in Public Health Award, Outstanding Graduate Award, and Outstanding Student Leadership Award. BlueEye earned her Doctor of Philosophy from the School of Public Health at Indiana University in Bloomington and completed post-graduate research at Columbia University School of Social Work.

Dr. BlueEye's research interests include qualitative methodology in health behavior, health disparities, and culturally-appropriate health interventions. She has presented her work and findings on the local, state, national and international levels, and collaborates with both non-Native and Native American communities throughout the United States.



<https://thenucleus3.org/ewa/>



Ageing to Sage-ing Chapter 1 The Vision of Spiritual Eldering

Discussion questions

In the book Ageing to Saging, Rabbi Zalman Schachter-Shalomi introduces us to the idea that the last chapters of life can be the most fulfilling of all! Coining the term “spiritual eldering,” he teaches us that we can seize the opportunity to harvest wisdom gained during life’s journey and transmit a legacy to future generations.

Email answers to Angela Miller (achaffinmiller786@gmail.com) to enter the discussion.

1) Do you agree with Reb Zalman’s premise that dehumanizing images of old age, are being replaced by those of “honored elders,” in our society?

1) What are some examples of images or customs that reinforce negative stereotypes?

What are some examples of more positive representations?

2) Reb Zelman said that elders have an ongoing responsibility to maintain society’s wellbeing.

What are some examples elders in action that you know of, including your own?

In what ways are you engaged in pursuit of this?

3) Reb Zelman encourages us to pursue a “late life vocation?” Are you engaged in this or considering doing something different?

4) Reb Zelman encourages us to not only use these years for self-development and spiritual growth, but also to prepare for dying.

What how are you facilitating intellectual and spiritual development?
·Have you made the necessary logistical and legal arrangements for your death?

Are you preparing your spirit for the next phase of your journey?
Harvesting the lessons of one’s life to create a legacy can take many forms.

How are you preparing to pass them to the next generation?

5) What else in Chapter One did you find of interest?

“Every life matters immensely; every well-lived and completed life helps in healing the world.”

Rabbi Zalman Schachter-Shalomi, author of "From Ageing to Sage-ing



Watch Diana Kunze's presentation
“Passing the traditions of my Austrian heritage to the next generation.”

<https://thenucleus3.org/events-resources-22-23/>



"A mentor is someone who
who allows you to see the
hope inside yourself."
Oprah Winfrey

**January Conversation Circle
1/17/2023 @ 4:00PM
JCC Conference Room**

**Rev Elaine Strawn: Mentoring Discussion:
Sharing our Mentoring Experiences**

Rev. Elaine Strawn has been part of her "calling" all of her life--from growing up in a Methodist parsonage to her own experience serving as a Unitarian Universalist minister for 30 years. Now, as a mentor to seminarians, young ministers, and lay leaders, she finds herself learning as much as she teaches. It is always a rich opportunity to share mentoring time: new ideas intermingled with reflections on life-long learning.

EWA Goal

We would like to welcome you to the Elder Wisdom Academy. Our goal is to make connections, grow relationships, and learn from ancient ways while building new understandings of elderhood.

<https://thenucleus3.org/ewa/>