Sage-ing® International 2016 Conference
Wisdom and Spirit in Action

October 20-23, 2016
Sunrise Ranch Conference and Retreat Center
Loveland, Colorado

Sage-ing® International
Wisdom and Spirit in Action
“Part of my work has been to take people from age-ing to sage-ing. To become wise, to do ‘wisdom work,’ to become elders and not just old folks.”

Reb Zalman, founder of the Sage-ing movement

VISION

Sage-ing® International is dedicated to helping elders reclaim their role as leaders, sharing wisdom and spirit essential to creating a better world for current and future generations.

MISSION

Sage-ing® International is a nonprofit organization committed to transforming the current paradigm of aging to sage-ing through learning, service and community.

- **Learning:** We train a network of Sage-ing® Leaders through certification programs. We share the Sage-ing philosophy worldwide by providing workshops, conferences, webinars, and publications.

- **Service:** We encourage and support elders in serving their families, communities, and others around the world.

- **Community:** We provide opportunities for individuals on their sage-ing journeys to share and connect with others through an array of interactive opportunities that include but are not limited to chapter programs and wisdom circles. We collaborate with the Conscious Aging Alliance member groups and others who share our vision.

VALUES

- **Respect:** We bring an attitude of respect by affirming the worth of self and others, caring for all living things, and practicing stewardship of planet earth.

- **Integrity:** We honor the truth of our journey by practicing deep listening while pursuing justice and peaceful engagement in our relationships.

- **Lifelong Learning:** We choose to grow spiritually, intellectually, creatively and emotionally based on our yearning for wholeness.

- **Engaged Leadership:** We contribute to a new vision of elderhood by building relationships that honor the rich diversity of ethnicities, ages and spiritual traditions in every community.

- **Compassion:** We engage with passion, care and forgiveness, aware of the presence of suffering and the interconnectedness of all life.

Sage-ing® International membership is available at no fee. You may sign up on the website [http://sage-ing.org](http://sage-ing.org), and receive benefits including our quarterly newsletter, information on events, discounts on SI-sponsored programs, and the opportunity to be in community with other SI members. We will strive to be a valuable resource, and earn your commitment and financial support for the goals and activities of Sage-ing® International.
Welcome to the Sage-ing® International 2016 Conference: Wisdom and Spirit in Action

We are grateful to have you join us for our fifth biennial Sage-ing Conference at Sunrise Ranch. We hope you will enjoy the lovely landscape, friendly staff, delicious meals, and the opportunity to gather in an intimate, welcoming environment. We will be spending the next few days listening to our esteemed keynote speakers, attending stimulating workshops, enjoying the evening entertainment, and benefiting from the daily rituals, which will weave spirituality throughout the conference. Although the schedule of events is abundant, we hope you will take contemplative time for yourself to walk the labyrinth, sit in the meditation garden, or take a walk on one of the many trails at Sunrise Ranch. This is your conference to experience as you choose. Enjoy!

The Sage-ing® International 2016 Conference: Wisdom and Spirit in Action has been planned by a dedicated group of Sage-ing Leaders who have come together to combine their wisdom, skills, knowledge and commitment to bringing this event to fruition. These accomplished leaders have experience in SI leadership, planning of our past conferences, serving as Honored Sages, and developing and sharing our Sage-ing programs through SI-sponsored workshops, and online courses. We have been a group of twelve, working together on the Conference Coordinating Team, and I consider each of them Conference Co-chairs. Their willingness to give their all has been remarkable, and I am profoundly grateful.

Thank you for being present for this gathering of kindred spirits. Our hope is that you will be inspired by the program content, enjoy new and old friendships, and choose to participate with us in our ongoing Sage-ing activities. Welcome!

—Anne Boynton, Sage-ing® International, Chair

The Conference Coordinating Team has been supported by the amazing work of the Hospitality, Program, Program Book, Registration, Rituals, Service, Silent Auction and Technology Committees, and their names are listed below in gratitude for their commitment to the success of the conference. Thank You!

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Fran Anderson - Ramah, NM
Bob Atchley - Lafayette, CO
Gary Carlson - Albuquerque, NM
Bernadette Durkin - Detroit, MI
Judith Helburn - Austin, TX
Nancy Gray-Hemstock - Victoria, BC
Pat Hoertdoerfer - New Hampton, NH
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Silent Auction Committee
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Technology Committee:
Alan Rider, Chair - Indianapolis, IN
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Cover Art: This beautiful work by Sage-ing International member, visual artist, and life, career and retirement coach, Lorrie Crystal Eigles, has been chosen as the identifying image of the conference for its energy, movement and color. The shapes and forms reflect the essence of the theme of our conference, Wisdom and Spirit in Action, as well as the landscape, which surrounds Sunrise Ranch. Lorrie titled this piece Shekinah, which is associated with the “feminine attributes” of God, including creation, loving kindness and compassion. lorrieeiglesart.com
PRE-CONFERENCE WORKSHOPS
THURSDAY, OCTOBER 20, 2016

7:30 – 8:30am  Breakfast, Dining Room

9:00am – noon and 1:30pm – 4:30pm  Track 1, Mountain View Room

Awakening the Sage Within – An Introduction to Sage-ing

A full-day Sage-ing Introductory Workshop, “Awakening the Sage Within,” will be presented by Certified Sage-ing Leaders, Rosemary Cox and Jerome Kerner. This is open to anyone who wants to learn more about the core concepts of Sage-ing. For those interested in becoming Certified Sage-ing Leaders, this workshop qualifies as a prerequisite for the Certification Program.

Rosemary Cox, Certified Sage-ing Leader, Sage-ing Circle Facilitator, Training Faculty Member and 2012 recipient of the Reb Zalman Leadership Award, was a founding board member of Sage-ing International and past Education Committee Chair. Rosemary has recently accepted the position of Education Coordinator for Sage-ing International. She holds degrees in Counseling and Education and has worked in the aging field for over 23 years with a specialization in the area of brain health and development, and in 2014 retired as a Social Worker from Memorial Brain Works. She co-authored The Heart of Aging with Wisdom and Vitality, a facilitator training manual.

Rosemary of South Bend, IN, is married to Roger Cox, a CSL and SCF. They have five children and 10 grandchildren.

Jerome Kerner, R.A. is a Certified Sage-ing Leader. He has been an architect since graduation from Pratt Institute in 1965. For the past forty years he has been involved in personal growth and psychological and spiritual development such as; Core Energetics with Dr. John Pierakos, Family Systems with Hellinger Institute D.C. and certification in Gestalt Therapy from Southern CT State University. He has published Be It Ever So Humble, a dialogue at the threshold of family ancestry and culture that explores the hidden self as reflected in the home. He has been active in community as past President of the Town of Lewisboro N.Y. Library Assoc., Chairman of the Affordable Housing Comm. and presently Chairman of the Town Planning Board. Jerome has been married since 1979 to Alexis Johnson PhD. They have three children and seven grandchildren.

9:00am – noon   Track 2 (a), Rim Rock Room

Sage-ing Chapters and Wisdom Circles: Support and Useful Tips for Creating Sage-ing Communities.

This workshop hosted by the New Mexico Chapter of Sage-ing International: Fran Anderson (Ramah, NM), Robert and Susan Benjamin (Los Alamos, NM) and Gary and Charlotte Carlson (Albuquerque, NM) will share their experiences and tested method for creating and enhancing your local Wisdom Circles and Sage-ing Chapters. This professional development workshop is for Sage-ing Leaders and other interested participants who may want to create a Circle or Chapter in their community.

Noon – 1:15pm   Lunch, Dining Room

1:30pm – 4:30pm  Track 2 (b), Rim Rock Room

No Regrets - Living Well and Dying Well

The afternoon session, “No Regrets – Living Well and Dying Well”, will be a professional development workshop focusing on end of life issues presented by Certified Sage-ing Leaders Gary Carlson and Charlotte Carlson (Albuquerque, NM). Demonstrating a template for future SI programs to be developed on specific Sage-ing topics, this workshop will be suitable for Sage-ing Leaders and others interested in this topic.

Gary and Charlotte Carlson

Gary and Charlotte became Certified Sage-ing Leaders in 2002, and have since led many Sage-ing classes and workshops together. Gary and Charlotte are leaders in their community in Albuquerque, NM and have brought fellow sages together to form the New Mexico Chapter and Wisdom Circles in Albuquerque and Los Alamos. Their enthusiasm and active leadership are an inspiration for how Sage-ing can be shared in our local communicates, which is key to the mission of SI.

4:00pm   Silent Auction Opens
THURSDAY, OCTOBER 20, 2016

5:00 pm  Welcome and Orientation, Green Ridge Room
Anne Boynton – Sage-ing International, Chair, Coordinating Circle
Sunrise Ranch Events Logistics Coordinator, John Bowen

5:30 pm  Sukkot Celebration
Rituals Committee - Weather permitting, outside the Green Ridge Room, lower level Pavilion, adjacent to the Meditation Garden

6:00 – 6:15pm  Dinner, staged times, Dining Room

7:30pm – 8:15pm  Opening Ritual, Green Ridge Room
Presented by Rituals Committee

8:15pm – 9:15pm  Keynote Event – Eve Ilsen, Nitty Gritty Death Songs, Green Ridge Room
Honored Sage Eve Ilsen, accompanied by pianist Sheldon Sands, will open the conference with her performance, Nitty Gritty Death Songs. Ms. Ilsen's stories and songs are filled with love and laughter, and even when she sings about death, her enlivening style evokes acceptance and joy.

Eve Ilsen, Sage-ing International’s newest member of the Council of Honored Sages, is a storyteller and singer who has worked as a psychotherapist and rabbinic pastor in a variety of settings in the US, rural Alaska, and Israel. She and her late husband, Rabbi Zalman Schachter-Shalomi, founded the Wisdom School where she co-led workshops and retreats, and created many of the processes used in the work of Spiritual Eldering. Today she performs concerts, and is in the process of writing a book.

FRIDAY, OCTOBER 21, 2016

7:30 – 8:30am  Breakfast, Dining Room

8:45am  Morning Ritual – Rituals Committee, Green Ridge Room

9:00 – 10:15am  Keynote – Sara Davidson, Fridays with Reb Zalman, Green Ridge Room
For two years, Sara Davidson met with Reb Zalman for weekly conversations that culminated in the The December Project: An Extraordinary Rabbi and a Skeptical Seeker Confront Life’s Greatest Mystery. In this keynote presentation, Sara tells the story of their time together – their adventures, what Reb Zalman shared about his physical and intellectual changes and the lessons learned about forgiveness, mortality and the art of letting go.

Sara Davidson is a New York Times bestselling author whose books include: Loose Change: Three Women of the 60’s; Joan: Forty Years of Life, Loss and Friendship with Joan Didion and Leap! What Will We Do with the Rest of our Lives? Her work has appeared in Newsweek, Time, Esquire, Harper’s, the Atlantic, Rolling Stone, O and The New York Times Magazine and Book Review. Sara has appeared on Today, Good Morning America and 60 Minutes. She blogs at saradavidson.com

10:30 – 11:45am  Session 1 – Parallel Workshops – choose one.
1(a) Relationships, Sexuality and Health as We Age, Family Room
This Workshop will combine an initial presentation about the research and current thinking about changes in our bodies as well as issues about health, relationships and sexuality in the second half of life. Participants will feel safe to question some of the myths about relationships and sexuality as we age. An anonymous
question box will be available to encourage all participants to submit questions or comments to be answered in small group discussions. You will leave this workshop realizing that none of us is alone as we struggle with questions regarding relationships, sexuality and health.

**Dorian Mintzer**, MSW, Ph.D., Board Certified Coach, has over 40 years of clinical experience. As a therapist, coach, consultant, speaker, writer and teacher, she provides her expertise in adult development, holistic life planning, and positive psychology to help individuals and couples navigate the second half of life. She is co-author of *The Couple’s Retirement Puzzle: 10 Must-Have Conversations for Creating an Amazing New Life Together*, and is one of the co-authors of *Live Smart after 50*.

**Lila Terry** is a Licensed Massage Therapist, Certified Sage-ing Leader and Wisdom Circle Facilitator. She has 30 years of experience in medical massage, health counseling and healing bodywork. Her private practice serves those challenged by critical life illness, as well as those who strive for optimal wellness. Her goal is to foster wisdom, open-hearted aliveness and dignity through all phases of life.

1(b) **Body, Mind and Spirit in Community, Mountain View**

Using photographs and Power Point, Robin Avery’s session will recognize Body, Mind and Spiritual Aspects of Optimal Aging. The presenter will identify and teach coping mechanisms to use in the aging journey, while using personal stories as one’s starting place.

**Robin Avery** earned his MA in Gerontology at Naropa University in 1995. He and his wife, Cindy, have cared for hundreds of elderly at the end of their lives. They are owners of The Retreat at Church Ranch, the number one ranked assisted living community in Denver.

1(c) **Becoming a Vibrant Elder Activist, Aspen**

Life Review affords elders the opportunity to ask challenging questions of themselves: What has my life been about? What is important to me? What do I love? How do I express outwardly those inner passions that have been a part of my life? This experiential workshop, based on the teachings of Reb Zalman and Joanna Macy, will offer tools to explore how we can use what we love to stand for and speak for future generations. This is a critical role that elders have always provided in their communities.

**Lynne Iser**, the founder of Elder-Activists.org, is an activist committed to empowering those in the second half of life to use their resources and wisdom to create a world that is sustainable, just and fulfilling. Lynne was the founding Executive Director of the Spiritual Eldering Institute, where she learned about the opportunities and blessings of becoming an elder in her work with Reb Zalman.

1(d) **The Grieving Heart, Rim Rock Room**

Grief is a life-long companion and a natural process that encompasses body, mind and spirit. Learning to live with loss requires developing an inner resilience to allow grief to flow through us in order to connect more deeply with our authentic selves and others. Participants will have the opportunity to identify their own internalized grief rules and practice the one path of gratitude to counter negative habituation of the mind and build resilience for grieving. Please bring a pen and a journal or notebook to this workshop.

**Joanne Turnbull**, MSW, MA (Psychology) Ph.D. (Social Work and Psychology) who lives in Maine, is a seasoned conference presenter/facilitator and writer who has worked as a clinician, teacher and administrator. She has published fiction and non-fiction works, academic articles and book chapters. She is the co-author of *To Do No Harm*. In 2012 Joanne founded *Your Write Mind* to help people find their voice and to tell their story. She is presently writing *The Grieving Heart* with Claire Willis.

1(e) **Developing Aging and Spirituality Programs in Congregational Settings, Green Ridge Room**

Congregations provide programs for all stages in the life journey. So how does one go about developing a program focused on Aging and Spirituality in a congregational setting? This workshop will help the participants identify strategies applicable to the needs of their groups and communities. There will be a presentation, suggested development ideas, as well as, implementation of programs in congregations. The session will conclude with sharing “take-aways” and “plan/share/commit” process to facilitate participants’ follow-up plan at home.

**Stan Paine**, Elder Council and Sage Advocate for Generational Equity (SAGE) is a former school administrator
who co-initiated and co-facilitated the Aging and Spirituality Network, a program of the Central Pacific Conference of the United Church of Christ.

David Rozell has been working towards a new vision of aging for 14 years. He is a Certified Sage-ing Leader and has served on the Sage-ing International Service Committee for four years and Coordinating Committee for three years. David is currently involved in bringing conscious aging principles to faith-based communities in Oregon.

1(f) The Promised Landing: Place Names for Navigating Our Dying Territory,
Tea Room Room off Mountain View

We all want to die in peace. Our chances of this are increased by consciously aiming for that experience, but how? In this workshop we will explore a new framework and engage in a process to enlarge our understanding of the dying landscape ahead of us. Windrum's Matrix of Dying Terms identifies and names all seventeen dying situations in today's world. Participants will try one "on for size", better positioning themselves to take dedicated action well before approaching their dying time.

Bart Windrum is a TEDx speaker and author of numerous books including To Die in Peace: New Terms of Engagement. Bart has turned to end of life reform and advocacy following his parents' disturbing hospitalized demises. He has examined, researched and clarified the nature of hospitalized dying from the patient-family experience. He describes himself as “a grain of sand in the end-of-life oyster.”

1(g) A Rite of Passage to Elderhood – A Ceremony, Dais off Dining Room

Definitely an experiential workshop valuing and acknowledging the transition from adulthood to Elderhood through hands on participation, thought provoking questions and ritual. The ceremony begins with the participants making masks representative of their Adult selves, which is honored and then discarded, making way for Elderhood. But this is not the end of the ceremony... There is so much more.

Karl Gustafson, a practitioner at The Spiritual Center in Atlanta, confesses that he has been drawn to the oldest person in the room all his life. Karl is chair of SAGE Atlanta, (Services and Advocacy for GLBT Elders). Shaped by childhood disease and his own spiritual quest, Karl is an empathic, caring soul.

12:00 – 12:15pm   Lunch, staged times, Dining Room

1:45 – 3:00pm   Keynote - Ron Pevny, One Shining Vision, Many Empowering Approaches: Wisdom from the Transforming Aging Summits, Green Ridge Room

Ron Pevny hosted the 2015 and 2016 Transforming Aging Summits sponsored by the Shift Network. In his presentation Ron will share impactful messages, practices and stories garnered from his interviews with 35 leaders who are working to change the face of aging from a wide variety of perspectives and approaches. Ron will also offer his thoughts on the emerging vision of empowered aging, a vision that calls for and reflects synergy between these different strands of wisdom.

Ron Pevny, M.A. has assisted people negotiating life transition for forty years, helping them to create lives of purpose and passion. He is Founding Director of the Center for Conscious Eldering, is a Certified Sage-ing Leader and was the creator and administrator of the Conscious Aging Alliance. Ron is the author of Conscious Living, Conscious Aging. He has led many Choosing Conscious Elderhood retreats and introductory workshops throughout North America over the past fifteen years.

3:15 – 4:45pm   Session 2 – Parallel Workshops. Choose One

2(a) The Dance of Darkness: Lessons from the East about Suffering and Grace, Green Ridge Room

Aging is not only about light and joy. In time, you may face pain or chronic illness, the loss of loved ones or loss of social position or environment. How do you dance gracefully with these challenges or find that suffering brings new forms of freedom? Using teachings from Buddha, a Hindu sage and a playful Taoist master, we will apply these teachings to our lives. Has aging provoked creative "soul-utions" for you? This session will be enjoyable and interactive.

Drew Leder, MD. Ph.D., professor of Western and Eastern philosophy, is the author of many books including The Distressed Body, Sparks of the Divine, Games for the Soul and The Soul Knows No Bars (written with maximum
security prisoners). Dr. Leder’s book, *Spiritual Passages, Embracing Life’s Sacred Journey*, has been called “marvelous,” “a classic”, a book that “could revolutionize the aging of society”.

2(b) **Change Through Wisdom: Elders and Community Engagement, Mountain View**

Using a professional instrument, *The Change Leader Inventory* (CLI), the presenters will help the participants focus on perseverance, intellectual creativity, psychological insight and heart centeredness, while also addressing the importance of celebration and affirmation to better one’s community environment.

**Dave Bauer**, a resident of New York, loves all things outdoors. He has taught Environmental Science classes, facilitated creative thinking workshops, as well as change leadership and sustainable living classes. Dave’s work can be viewed at Sustainable Earth Solutions.

**Michaelene Dawson-Globus**, holds a Masters in Creative Studies and Change Leadership. She is an adjunct faculty member at The International Center for Studies in Creativity. Michaelene, a social justice facilitator, has recently published her first book: *My Sandwich is a Spaceship – Creative Thinking for Parents and Young Children*.

2(c) **Before I Go, Family Room**

Participants will come away from this workshop with the beginnings of a workbook as a result of the walk down memory lane with the clear intention of discovering all the wisdom one carries within. This gift to oneself, will also be a framework for leaving the harvest behind for one’s loved ones to read, digest and cherish.

**Stephen Garrett** has experienced success in life as a teacher, an investment banker, social worker and author. What truly makes the mark of this man is his lifetime of service. Stephen exudes what is possible when you live your life in alignment with your own deepest person.

2(d) **The Legacy of Wisdom: Centering for Seniors, Rim Rock Room**

There are effective tools for navigating the challenges of aging. “Centering for Seniors” has been developed over the last nine years as a multi-modal method for a better quality of life. Our group is at the driving edge of medical science research for maintaining mobility and reducing falls in aging demographics. We integrate global perspectives into an easily understood and eminently usable protocol and bring to the conference the newest findings and directions. The participants will take away tools that can make a difference in how they experience aging.

**Jay Goldfarb**, born in New York and now residing in Switzerland, is trained in Psychology, and co-founded the Living Tao Foundation U.S. in 1976. Jay was the Dean of the Lan Ting Institute in China from 1982-1986. He has been doing research as well as teaching and presenting for over 40 years. Jay founded Legacy of Wisdom to address the challenges of aging – making Wisdom a central theme of aging.

2(e) **The Sage-ing Way: Wisdom through Creative Engagement, Aspen Room**

In this session, Elsie Wood, will explore the connection between creative spirituality and spirit-based creativity as a powerful paradigm for wisdom seekers. As we age the relationship between spirituality and spirit-based creativity becomes the conduit to the Inner Voice of wisdom to experience life in a meaningful, conscious and Sage-ful way. She will suggest practices to navigate the flow of the spiritual and the creative to gain new perspectives, elicit wisdom growth, and cultivate Sage-ing through witness and observation.

**Elsie Wood**, B.A. Visual Arts, M.Ed. Creative Arts serves as a Wisdom Circle Co-facilitator in Boulder, CO. She was the Executive Director of the Society for Creative Aging in Boulder and currently facilitates Creative Circles for Elders. Elsie participated on a Creative Aging panel at the Joint Conference of Aging and presented at a Positive Aging Conference in Los Angeles.

2(f) **A New View: The Spiritual Connection Between Those in Care and Their Caregiver, Tea Room off Mountain View**

By use of shared personal stories, Connie Goldman, will enable the participants to understand and grasp the meaningful connection in this often stressful, frustrating, confusing relationship between Caregiver and the Recipient of the Care. One never knows when, due to unforeseen situations, they may be the caregiver or receiver. Connie will share how stories can change a caregiving partnership in a positive way for both the person in care as well as the caregiver.
Connie Goldman's long career has focused on the changes and challenges of aging and caregiving. Her message on public radio, in books and in person is clear – make any time in life an opportunity for new learning, exploring creative pursuits, self-discovery, spiritual deepening and continued growth. Her presentations are designed to inform, empower and inspire.

2(g) Building Bridges with Intergenerational Interviewing and Narrative, Dais off Dining Room

Using the Meaning Making method, Jill will engage the participants through legacy letters, life maps and small group sharing to create a similar Intergenerational Project in your own community.

Jill Davis, received an M.ED. from Montana State University, uses Meaning Making in the core of her curriculum. She empowers her students to engage in conversation with populations that could be described as marginal: the homeless and survivors of sexual assault. She is applying this method to life review and intergenerational communication.

4:45 – 6:00pm    Free time
6:00 – 6:15pm    Dinner, staged times
7:30 – 9:00pm    Evening Entertainment – Still in the Game, Green Ridge Room

Still in the Game is a collection of vignettes written by playwright Robert F. Benjamin and directed by Angela Astle. The play will be a staged reading by professional actors, Laura Adducci, Carol Bloom and Russell Costen. Scenes will feature seventy-something David and his clashes with daughter, Dawn in Too Soon, speed-dater, Ruby in Love Rules, and state trooper, Polette in Fresh Out, as he searches for meaning, vitality and romance following his wife's death. The performance will be followed by conversation between the audience and the playwright.

Robert F. Benjamin, Playwright, is an active member of the Conscious Aging Network (NM). A research physicist by training and former educator, Robert has produced several plays whose themes deal with aging with grace, courage and humor and intergenerational issues. His works include Time Enough, Parted Waters, Not Quite Right (co-author Elaine Jarvik), Plots (adapted for film and opera), Resting Places (adapted for opera) and Salt & Pepper (performed at the SI Conference 2014). Robert and Susan, married 48 years, have raised two children and harvest inspiration from two grandchildren. In addition to theatrical writing, Robert plays tennis and participates in two Wisdom Circles.

SUNDAY, OCTOBER 22, 2016

7:30 – 8:30am    Breakfast, Dining Room
8:45    Morning Ritual – Rituals Committee, Green Ridge Room
9:00 – 10:15am    Keynote – Carol Orsborn and Robert Weber, The Spirituality of Age: A Dialogue by and for Seekers, Green Ridge Room

Five years ago, two experts at personal and professional crossroads – a former Jesuit, now a Psychologist and a Jewish woman with a Doctorate in Religion – began an on-going conversation about successful aging. What if aging was not viewed a problem to be solved, but a life stage with value? During today's candid dialogue, these two experts and friends will explore their questions and their discoveries and share how it feels to be truly energized about the possibilities of our later years.
Carol Orsborn, Ph.D. has served on the faculties of Georgetown University, Loyola Marymount University and Pepperdine University and has authored more than 25 books for and about the Boomer generation. She is founder and editor-in-chief of Fierce with Age: The Digest of Boomer Wisdom, Inspiration and Spirituality.

Robert Weber, Ph. D serves on the faculties at Harvard and Massachusetts General Hospital and the advisory board for Psychotherapy and Spirituality at the Massachusetts School of Professional Psychology. He received the 2014 Religion, Spirituality and Aging Award from the American Society on Aging.

10:30 – 11:45am   Session 3   Parallel Workshops – Choose one.

3(a) Legacies of the Heart: Living a Life that Matters, Mountain View
In this highly interactive workshop participants will delve deeply into the topic of legacy, by exploring those received as well as the choices for leaving legacies for our grandchildren and their children. Using visualization, dyad and small group sharing, participants will take away from this workshop the importance of living a life that matters and the legacies we will leave, both tangible and intangible.

Meg Newhouse, Ph.D., is Principal of Passion and Purpose Life-Crafting, founder of The Life Planning Network, independent educator and author of several books, most recently Legacies of the Heart: Living a Life that Matters (2016). She is passionate about Conscious Aging as well as music, nature, yoga, learning, “sacred activism” and grandchildren.

3(b) Activating Our Inner Guidance System, Green Ridge Room
The labyrinth experience is a metaphor for life. There is a beginning and an end with the emphasis being in the journey. Utilizing a teaching presentation that includes the historical perspective of the labyrinth, and the significance of the design, participants will have an opportunity to walk the labyrinth and record and share the experience in a safe surrounding.

Dhyana Raynor trained as a Veriditas labyrinth facilitator with Lauren Artress in San Francisco in 1999. Passionate about all things labyrinth, she has lead focused labyrinth walks and workshops throughout the country. Dhyana has also constructed over two hundred portable and dozens of permanent outdoor labyrinths for churches, hospitals, retreat centers and individuals all over the world.

3(c) Waking up to the Sage of Your Dreams, Aspen
Dreamwork is an excellent way to satisfy that push toward consciousness that we experience when aging. In this workshop you will learn the process of deciphering a dream and discover the compassionate life affirming process of working with the “if this were my dream” style. Together we will explore the symbols and metaphors of volunteered dreams and offer possible meanings, always remembering that only the dreamer can say with any certainty what meanings his or her dream may have.

Billie Ortiz, certified dreamworker, has two decades of experience creating and facilitating dream groups, workshops and retreats. Her unique appreciation of metaphor and symbol expands her work to the realm of myth and fairy tale, which helps guide dreamers to a deeper understanding of the profound messages of their dreams.

3(d) Intergenerational Perspectives for 21st Century Sage-ing – Bridging Generational Wisdom, Rim Rock
Western culture has separated various groups of people including the young from the old. This separation creates many lost opportunities to learn from and to benefit from the real world experiences and the wisdom that we have to offer to one another. This workshop will explore a new vision for creating fresh approaches and forums for intentional conversations, inspiring relationships and common-ground communities. “Ageism” will be examined, while participants will be encouraged to brain-storm potential intergenerational partnerships for spiritual growth. Jack Williamson (see bio page 11)

3(e) Conscious Elders in Brazil, Tea Room off Mountain View
Using PowerPoint, discussion and small group activities, Gustavo Boog, will share with the participants what
is happening with Elders in Brazil and how he has been using the writings of Reb Zalman to influence elder consciousness involvement.

**Gustavo Boog**, an Industrial Engineer, holds an M.B.A., has attended workshops on Flower Essence, therapy of human development, and Ron Pevny's Choosing Conscious Elderhood Retreat in May 2015. Gustavo now coordinates several Wisdom Sharing groups in Sao Paulo, Brazil. He has authored over 20 books. His present focus is supporting elder projects and coaching.

**3(f) Improv Listening to Create Sacred Space, Dais off Dining Room**

Skills of Improv were designed to attentively listen with the goal of moving a conversation forward. When these techniques are combined with holding space for those who are dying or grieving, the result is a conscious presence for each person. The person who is grieving has the freedom to speak and to make the decisions that are right for them; the person assisting is able to be present without being drained of energy. The trepidation of entering into such an intimate experience, is ameliorated by the centering knowledge that their grief and pain is respected, not absorbed.

**Kathleen Roberg**, R.N. has a B.S. in Nursing and M.S. in Community Health Education, as well as, Certified Procurement Transplant Coordinator. In her daily work, she engages with families at the time of death and decision making that must occur in a critical setting as a function of supporting families in making decisions about organ donation.

**3(g) Death as Homecoming: Life is the Answer, Family Room**

When we recognize that life is finite we are challenged to live each moment fully and to accept the gift of our soul’s breath as our most precious commodity. This workshop focuses on facing our mortality and learning from it how to re-prioritize and redefine values in our lives. You will use exercises that take you into the imaginal realm to visit the end of your life and explore medical and ethical choices and the psycho-spiritual obstacles to a “beautiful death”. You will come away with tools to prepare for the inevitable and a new perspective on the value of life itself.

**Rabbis Nadya and Victor Gross** are congregational rabbis and educators. They serve on faculty and academic council of the ALEPH Seminary and are co-Directors of the ALEPH Sage-ing Mentorship Program and teach Spiritual Eldering in Anamcara Project of the Sacred Art of Living Center for Spiritual Formation.

**12:00 – 12:15pm   Lunch, staged times, Dining Room and Free Time**

**1:45 – 3:00pm   Plenary Session - An Intergenerational Conversation: Visioning Sage-ing for the 21st Century, Green Ridge Room**

While we value our wise elders, we are also learning to value and listen to wisdom of those from younger aged spectrums. There is a growing belief that we must use our generationally diverse life experiences and expressions as bridge building opportunities, not as inevitable generation gaps. This panel will explore if and how a belief and practice of “mutual mentorship” may be a path to a more expansive vision and common experience for Sage-ing in 21st Century. You will be invited to engage with this panel of junior and senior mentors who are piloting projects and exploring the practice of creating sage-ing across generations. Jack Williamson will moderate this panel.

**Jack Williamson**, M.Div., D.Min., Post-Doc @ Georgetown University has served as Executive Director for the National Conference on Ministry to the Armed Forces. Jack is a seasoned presenter/facilitator and co-facilitates the Boulder CO Sage-ing Chapter. He served as the Executive Director for the Conference for Veterans Affairs Chaplaincy, representing over 220 religious denominations and faith groups.

Since retiring in 2015, living near Boulder, CO, Jack has been initiating and leading a variety of intergenerational programs including: Two intergenerational writing classes with the University of Colorado at Boulder; Cyber-Seniors, a weekly program with high school students “mentoring” seniors to more effectively use computers and social media; A high school video project, students interviewing seniors, creating mini-life-review documentaries; *My Life Story on Line*, a legacy video project for seniors throughout his community. Jack has also been active with and has co-facilitated the Boulder chapter of Sage-ing International.
3:15 – 4:45pm  Session 4 – Parallel Workshops – Choose one

4(a) Vital Signs: The Nurture of Passion as We Age, Green Ridge Room
In this hands-on presentation, participants will explore what inspires passion in one’s life and what defeats it, how you lose it and how you get it back, and how to keep it flourishing. You will explore how to cultivate not just a specific passion, but passion as a mindset – a stance that helps bring vitality to all your engagements. Through self-reflective writing, discussion and small-group work, you will come away with greater clarity about how to cultivate passion and engagement in your life.

Gregg Levoy, author of *Vital Signs: Discovering and Sustaining Your Passion for Life* (Penguin) and *Callings: Finding and Following An Authentic Life* (Random House), is the former “behavior specialist” at USA Today and blogger for Psychology Today. Gregg has been a keynote speaker at many conferences and a frequent guest on ABC, CNN, NPR and PBS and a regular contributor to The New York Times Magazine, Washington Post and Psychology Today.

4 (b) Video Conferencing: Learning, Interacting, Making a Difference, Mountain View
Through our ongoing pilot program of providing lifelong learning opportunities to adults, homebound, under served and handicapped, we have found great satisfaction. Interactive contact through video conferencing helps overcome social isolation, maintain mental acuity and is “just darn interesting.” You will see the possibilities available to all of us as we engage with each other incorporating easy to use interactive video conferencing technology. No need to feel isolated any longer.

Lynne Beachner received her Ph.D. from Kansas State and has worked in education throughout her career grades K-16 as a teacher/professor, a coordinator of instruction, a principal and an executive director.

Ellen Ervin has an M.S. in Education, with special emphasis on Educational Technology. She was the Director of the WeMET Distance Learning Consortium.

Lynne and Ellen are career educators with a passion for lifelong learning, who believe that it is just a matter of time until the world of museums, archives, healthcare, history, community and social interaction is at the end of our fingers or voice activated. They want to do their part to support the inevitable.

4(c) Earth As Beauty, Earth As Legacy, Aspen
Through slides, interaction in small and medium groups, journaling and oral presentation, Ron and Paul will focus on climate change and climate justice using Joanna Macy’s “Spiral” and Pope Francis encyclical on climate change. The intention of this presentation is to evoke a sense of gratitude, loss and conscious action in response to this issue as it effects the present and future generations.

Ron Kearns is an advocate for a healthy lifestyle as a Chiropractor, co-founder and facilitator of Menswork, a personal growth program addressing healthy masculinity for men in prison. Ron is a Master Gardener and owner of a gardening business. He now synthesizes his passions as an educator and activist for climate justice and a common good.

Paul Severance founded United Senior Action of Indiana, a statewide advocacy organization which he served as Executive Director for 27 years, retiring in 2004. Paul is a Certified Sage-ing Leader and is currently Administrative Director for Sage-ing International. He is Co-Chair of Elders Climate Action and Member of the policy board of the Conscious Elders Network.

4(d) What Will I Give Back? Discerning My Gifts and Alternatives in Caring for the World, Family Room
Conscious Elders often yearn to “give back to community,” and for many, this call inspires a search for meaningful volunteer opportunities or sacred service. While experimentation is helpful to discover where we fit best, conscious elders need to explore critical Discernment Factors and Giving Back Alternatives to find the path best suited to their nature. Participants will learn the differences between Volunteering, Sacred Action, Sacred Activism, Subtle Activism and the Mystical Consciousness of the Sage as reflected in the work of Andrew Harvey, David Nicol, Conscious Elders Network Wisdom Council and John Robinson.

John Robinson is a Clinical Psychologist with a second doctorate in ministry, an ordained interfaith minister and the author of nine books on the interface of psychology, spirituality and mysticism in the New Aging. His most recent book, *The Divine Human*, will be published in 2016

4(e) Liberation! – The Path of a Sage, Rim Rock Room
This workshop begins with the question: “How can I live a life of liberation, while I will certainly face challenges in aging?” Some of these challenges are: health, loss, financial, social and spiritual uncertainty. The participants in this workshop will come away with a working definition of the word “liberation” and explore the magical relationship between positive thought and brain neuroplasticity, the ability of the brain to grow new neural pathways for new ways of being. The brain
rewires and reprograms when we consciously create a more positive mind through thoughts and emotions.

Marilyn Loy Every holds a D.Min in Wisdom Studies, Certification in Spiritual Direction, M.A. in Counseling Psychology and M.S. in Audiology. She specializes in aging issues, affirmative aging, life visioning and spiritual companionship. She is the author of *Women and the Liberating Journey of Aging and Fire in the Well – Poetry for Women Awakening the Inner Sage*. Marilyn is founder of Sagesence, LLC, whose mission is to develop and facilitate programs inspiring an affirmative aging paradigm.

**4(f) Humor and Play for Well Being and Health, Dais off Dining Room.** Participants will discuss and refute negative myths about aging and work together to replace the myths with positive language and actions based on current research about the power of humor and laughter. Some of the interventions that will be introduced are: go with the flow and refocus, word recall, re-framing, positive action affirmations, the 3:1 ratio, the backwards walk hum, active belly laughing, happy singing and dancing in the moment. Be prepared to leave with a repertoire of positive ideas accompanied by lighter spirit and a feeling of joy.

Renee Rosenberg, MA, LMHC lives in New York and is a certified clinical career counselor, transition/retirement coach and member of the National Speakers Association. She is a lively presenter and an author. Her presentation at the SI conference will focus on techniques for using play and laughter to help in stress reduction as we age. Renee has appeared on ABC Eyewitness News, MSNBC, NY1. Interviewed in: Forbes.com, Chicago Herald Tribune, Washington Post, LA Times, Atlantic.com, Fortune.com.

4:45 – 6:00pm Free Time

5:15pm Silent Auction closes

6:00 – 7:15pm Banquet

7:30 – 9:30pm Saturday Evening Events, Green Ridge Room

7:30pm The Connie and Rick Show – Aging in a Deeper Dimension

Connie Goldman and Rick Moody, with some special songs by Bob Atchley, will offer a “life review” of their 25-year collaboration, drawing upon their many presentations at conferences. They will reflect upon issues and themes related to aging, such as hoarding and cluttering, disappointment and disillusionment, gardening, cosmetic surgery, identity and the message for Sages in the film: *It’s a Wonderful Life*. Connie Goldman, Rick Moody and Bob Atchley are members of Sage-ing International’s Council of Honored Sages.

Connie Goldman has hosted *All Things Considered* and produced many documentaries and feature stories for National Public Radio. At fifty years of age, Connie felt called to go out on her own to explore positive aging in a culture that seems to be obsessed with staying young. The author of numerous books, including *The Gifts of Caregiving* and *Late Life Love*, Connie is a sought-after speaker, whose presentations inform, empower and inspire with the clear message that any time of life is an opportunity for new learning, creative pursuits, self-discovery, spiritual deepening and continued growth.

H. Rick Moody, Ph.D. served as Director of Academic Affairs for AARP, National Program Director for the Robert Wood Johnson Foundation’s Faith Action, Executive Director of the Brookdale Center, Co-Director of the National Aging Policy Center of the National Council on Aging and the Board Chair of Elderhostel. Dr. Moody taught philosophy at Columbia University, Hunter College, New York University and the University of California at Santa Cruz. He is an Adjunct Associate of the Hastings Center and has published more than 100 scholarly articles, book chapters and books. His most recent book is *The Five Stages of the Soul*.

Bob Atchley, Ph.D., is an award-winning teacher, scholar, author and mentor for those who manifest spirituality in their lives. He has been co-presenter of workshops with Rabbi Zalman Schachter-Shalomi on “From Age-ing to Sage-ing and with Ram Dass on “Conscious Aging”. He has received awards for his teaching, writing and service, including the Distinguished Career Achievement Award from the Gerontological Society of America and the American Society on Aging’s award for Distinguished Contribution to the Education of the Nation. Bob is a singer-songwriter who performs and records his songs, delighting his audiences with his humor and heartfelt lyrics.
Awards & Recognitions – Anne Boynton and Carol Scott-Kassner

The Aging Film Project and Conversation with Filmmaker David Carey

What began for David Carey as a “little project” became an obsession. During the last 6 years he realized that what he was creating was a vehicle to make public the realization that aging can be a time of tremendous growth, development and transformation. This initial film is intended to overcome the viewer’s fear of aging and inspire them to look beyond our restricted view of growing old. By sharing the stories of groups and individuals who are discovering a new paradigm of aging as the ultimate frontier of self-actualization, he hopes to help initiate a fundamental change in how society looks at longevity and what life beyond adulthood can mean to our country and the world.

SUNDAY OCTOBER 23, 2016

7:00 – 8:30am  Breakfast, Dining Room

8:45 – 11:45am  Green Ridge Room

8:45am  Morning Ritual – Rituals Committee

9:00 – 10:30 am  Service Sunday – Wisdom and Spirit of Service

Bob Atchley, Moderator, will speak and sing with wisdom and spirit of service inviting expression of action from Service Committee leaders, engaging participants in the theme of the conference: Wisdom and Spirit in Action. Service Committee members will respond to the call of being Sages in Service and Elder Activists and engage participants in small group conversation, then harvesting the gems of wisdom.


10:45am  Closing Ceremony – Ritual Committee A Celebration of Elders

12:00 – 1:00pm  Lunch and Departure for some.

1:45 – 3:45p  Roots of Injustice, Seeds of Change: Toward Right Relationship with America’s Native Peoples - Service Workshop, Green Ridge Room

This was designed in response to calls from Indigenous leaders at the United Nations and the World Council of Churches. The two-hour workshop traces the history and ongoing impact of the Doctrine of Discovery. The goal of the workshop is to raise our level of knowledge and concern about these impacts, recognize them in ourselves and our institutions, and explore how we can begin to take action toward “right relationships”.

Jerilyn DeCoteau, a member of the Turtle Mountain Band of Chippewa Indians in North Dakota and currently an Associate Justice for the Pueblo of San Ildefonso Supreme Court and Judge on the Turtle Mountain Tribal Appeals Court, received her law degree from the University of Oregon. She practiced law at the Native American Rights Fund, U.S. Department of Justice and for her Tribe. She was Director of the Indian Law Clinic at the University of Colorado and has taught law courses at Yale, University of Denver and Turtle Mountain Community College. In 2002, Ms. DeCoteau received the Multicultural Award for Government, awarded by Boulder County Community Action Programs.

MONDAY, OCTOBER 24, 2016

7:30 – 8:30am  Breakfast, Dining Room

9:00am – 3:00pm  Sage-ing International Leadership Meeting –open to all

Anne Boynton, Facilitator, Green Ridge Room

3:00pm  Adjourn
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Sponsorship for the Sage-ing International 2016 Conference: Wisdom and Spirit in Action

Conscious Aging Network of New Mexico (a Chapter of SI) donated $250 to underwrite the cost of Robert Benjamin’s play, “Still in the Game”, being performed on Friday night at the Conference. CAN-NM members are also presenting the Thursday pre-conference workshop on Sage-ing Chapters and Wisdom Circles.

Lorrie Crystal Eigles has created the identifying image for the 2016 Conference marketing and cover of the Conference Program Book. Lorrie has generously donated a print of “Shekinah” for the Silent Auction. lorrieeiglesart.com

Thank you to Willy Norup for his generous donation of 50 copies of his book, I Ching for Wise Living and Aging.

Judith Helburn, CSL, member of the 2016 Conference Coordinating Team, Silent Auction Chair, and editor of our quarterly newsletter, “The Sage-ing International Communicator”, has provided the pens, which you will find in your welcome bags.

We also wish to thank our Volunteers for their generous support, both in the year of planning for the conference and their willing participation in volunteer efforts during the conference. It is through their commitment and hard work that we are able to bring you this special event. We are extremely grateful.

Sage-ing® International Awards Presentation

At each biennial conference we take the opportunity to acknowledge exceptional leaders for their contribution to Sage-ing International. On Saturday evening, we will present the Reb Zalman Leadership Award and the Sage-ing Pioneer Award to our 2016 Award recipients.

Sage-ing Pioneer Award
2010: Rabbi Zalman Schachter-Shalomi
2012: Rick Moody; Bob Atchley
2014: Rev. Bahira Sugarman; Rabbi Shaya Isenberg; Lynne Iser

Reb Zalman Leadership Award
2010: Gary Carlson; Judith Helburn; Rosalie Muschal-Reinhardt
2012: Rosemary Cox; Maureen Dobson
2014: Carol Scott-Kassner; Pat Lewis; Paul Severance
Qualities of Sages in Service

With a confidence born from harvesting life experience and a humility that sees service as the natural result of continued inner growth, we find ways to serve everyday. This generosity of spirit elicits joy in human relations while positively benefitting the communities and cultures we serve.

1. **Respect**: Affirming the worth of self and others, we strive to treat others as they want to be treated. Respect is a non-judgmental attitude and a feeling of value and care for people, places, and things. This attitude is linked to behavior in how we “treat” ourselves and others, in how we speak and what we do.

2. **Integrity**: We practice integrity by being genuine and true to ourselves, being honest and trustworthy in relations with others, and being truthful in word and action in all circumstances.

3. **Deep Listening**: Deep listening is our ability to be present to another’s story without fixing the problem or judging. Deep listening is at the core of our service, building relationships and forming community.

4. **Peacefulness**: Practicing inner calm that can come from a sense of gratitude, we speak and act in non-violent ways. Pursuing peaceful solutions to conflict, we respect and promote justice in relationships.

5. **Open Communication**: We practice effective communication by honoring mutuality in speech with language that reflects accurate, clear information and nurtures trust in relationships.

6. **Inclusiveness**: By acceptance and celebration of the rich diversity of ethnicities, lifestyles, backgrounds, ages and spiritual/wisdom traditions in every community, we cooperate in helping others and making a difference for good in the world.

7. **Lifelong Learning**: With enduring curiosity and innovative creativity, we have a personal mission to continue to grow spiritually, cognitively, and emotionally.

8. **Joyfulness**: Through deep acceptance of our lives we remember to laugh, play and see humor in life. Our spirit is regularly filled with feelings of joy as we celebrate how extraordinary it is to be alive.

9. **Compassion**: With a deep awareness of the suffering of another coupled with the wish to relieve it, we serve from a deep passion that includes caring and understanding, reciprocity and forgiveness.

10. **Reverence for Life**: We bring an attitude of respect and care for all living things and become stewards/trustees of our precious planet Earth. We engage in programs and projects with partnerships to nurture and sustain the wellbeing of the human family and planet Earth.

*Sage-ing® International Service Committee 2.18.2013*

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*Wisdom and Spirit in Action*