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Giftng the World As We Age

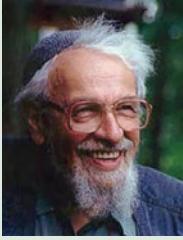
A conference sponsored by SAGE-ING® INTERNATIONAL
Seattle University

August 21-24, 2014



Sage-ing® International

Wisdom and Spirit in Action



Rabbi Zalman Schachter-Shalomi

*"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.

You can join Sage-ing® International now by signing up at our membership table or at www.sage-ing.org for a free six-month membership. Benefits include a quarterly newsletter and discounts for conferences, on-line courses, and leadership training.

Welcome to the Sage-ing Conference

It is an honor to welcome you to Sage-ing® International's fifth gathering of people who share Rabbi Zalman Schachter-Shalomi's "new vision of growing older." Carol Scott-Kassner and her team have put together an amazing program, which I am sure you will find stimulating.



As Sage-ing® International completes its first decade of work, we are expanding services to members and to the world at large. We will offer a new virtual education opportunity this September, with more to come in 2015. Our new "Signature Program" is a one-day introduction to Sage-ing® which will be presented across North America by our Certified Sage-ing® Leaders. Thank you for joining us as we continue to create opportunities for "older people to become spiritually radiant, physically vital and socially responsible 'elders of the tribe,'" as Reb Zalman has invited us to do.

Eston Williams, President of Sage-ing® International

Three years ago at a board retreat, Christina Baldwin said to us, "Sage-ing is wonderful work. You need to start giving it away." Part of our vision for giving Sage-ing away was to have a conference that was open to everyone who wished to come and to hold it in a major city. As a long-time resident of Seattle, I couldn't imagine a better place to hold a Sage-ing Conference, especially in August.



Thanks to the generosity of the School of Theology and Ministry at Seattle University, we were able to dream large and hold our conference on this lovely campus. I am grateful to STM and to the Northwest Center for Creative Aging for all of their help. I welcome each of you and hope that you will be stimulated and enriched by the sessions and arts events and that you will feel embraced by the spirit of people involved in Sage-ing and by the beautiful rituals that are a part of this conference.

Finally, I could not have accomplished any of this without the amazing work of the committees who've committed to making this conference truly wonderful. Their names are all listed below. In great gratitude to all who have helped and all who have come.

Carol Scott-Kassner, Conference Chair

Steering Committee

Carol Scott-Kassner - Seattle, WA Chair
David Rozell - Portland, OR
Barbara Rozell - Portland, OR
Mary Anne Ingenthron - Davis, CA
Anne Boynton - Savannah, GA
Eston Williams - Mabank, TX

Hospitality Committee

Barbara Rozell - Portland, OR Chair
Ruth Cohen - Portland, OR
Ellie Kincade - Monterey, CA
Margaret Sarkissian - Vancouver, B. C.
Johnnie Brown - Kansas City, KS
Jack Jubenville - Calgary, Alberta
Cindy Seimers - Leawood, KS
Mary Porter - Birmingham, AL
Erv DeSmet - Woodinville, WA

Rituals Committee

Mary Anne Ingenthron - Davis, CA Co-Chair
Stephen Garrett - Vancouver, BC Co-Chair
Lynn Bledsoe - Asheville, NC
Cleo Corsi - Pueblo, CO
Anne Murray - Kennebunk, ME
Florence Shelso - Omaha, NB

Program Committee

David Rozell - Portland, OR Chair
Ellen Fox - Santa Fe, N.M.
Philip Gerson - Bellevue, WA
Pat Lewis - Seattle, WA
Lynda Miller - Victoria, B.C., Canada
Barbara Ray - Chattanooga, TN
Deborah Windrum - Boulder, CO

program design by: Vicki Grayson Liden, graysondesign.net

Throughout the Conference: Please visit the Ecumenical Chapel next to the Campion Ballroom and take time to enjoy some of the images from "The Gifts Project," by photographer, Penny Kaela Bauer. Here you will find an opportunity for respite and quiet reflection.



Gifts - for navigating life's journey

Many years ago,
I had a dream

In a dimly lit space
there is a circle of elders...

Each of us enters and
stands before an elder
and asks...

"What do you
have to offer me
at this time in my life."

We then receive a gift.

Inspired by this dream,
I began photographing
elders offering us
symbolic gifts of support.

"Gifts" is a film that
combines these images
of elders with words
and music.

I came to understand there
is always opportunity for
generosity and gratitude,
regardless of one's
circumstances in life...

And how important it is
for each of us to develop
our gifts and talents in
order to share them with
others and to facilitate this
same process in others.

I invite you to receive these gifts
as support in life's journey.

Penny Kaela Bauer

To download a free "Gifts" film and purchase fine art prints, go to www.thegiftsproject.com



Sage-ing® International Spirituality & Practice E-Course *LIVING YOUR LEGACY: Seeds, Blossoms, Fruits* September 8 – October 3, 2014

"Awakened to elderhood, we pour the distillate of our lives into other vessels, an act that not only seeds the future, but crowns our lives with worth and nobility".

Rabbi Zalman Schachter-Shalomi, From Age-ing to Sage-ing

Sage-ing® International introduces its premier e-course. This course is offered in partnership with Conscious Aging Alliance member Spirituality & Practice, and is the opening course of season two of their Elder Spirituality Series. Sage-ing® International members Anne Boynton, Pat Hoertdoerfer and Joanne Turnbull will co-host the course. This four week e-course consists of twelve sessions with an email lesson sent three times a week. Participants will have access to a Practice Circle, which is an interactive, worldwide forum to comment on each lesson's topics. Join us as we embark on this e-course adventure.

We are all going to leave a legacy! This is an opportunity for you to explore how you want to live and leave your legacy.

TO REGISTER, visit the website at www.SpiritualityandPractice.com/LivingYourLegacyE-Course or meet Mary Ann Brussat, co-founder of Spirituality and Practice, at the Conscious Aging Alliance exhibit and register. Pat, Joanne and Anne will be available to provide further information or email Anne at boyntonstudios@comcast.net.

Full Conference Program

THURSDAY, AUGUST 21ST

6:15 – 8:45 pm Campion Ballroom

6:15 – 7:20 **Opening reception with appetizers and beverages**

7:20 – 8:00 **Opening ritual for the conference** featuring Lorraine Bayes and Siquiqui Ray Williams

8:00 – 8:45 and beyond **Short reflections on the theme of the conference, *Gifting the World As We Age*, and on Reb Zalman’s Gift of Legacy by members of our Council of Honored Sages and Blessing**



Lorraine Bayes “Lorraine Bow” (Song Carrier, Medicine Drum, Ceremonial Artist) is a Cherokee singer, drummer and Medicine Woman who has participated in many of the 13-Grandmother Council Fires and educational gatherings over the last 7 years. She currently instructs song and drumming with children and youth with the Urban Native Education Alliance, in Seattle Public Schools and teaches mother and infant singing and dance with Seattle Holistic Health Center.

Lorraine is a lifelong, early childhood teacher and parent educator through holistic music and co-founder of the national award-winning, family performing arts company, *Tickle Tune Typhoon*. A singer, songwriter, performer and recording artist, Lorraine also serves as a healing guide, spiritual care provider

and ceremonial song carrier and drummer, honoring cultural and spiritual unity and following the way of beauty and blessing. Her many recordings are available at the conference.

FRIDAY, AUGUST 22ND

7:30 – 9:30 am Breakfast

8:15 – 10:15 Campion Ballroom

8:15 – 8:45 **Morning ritual**

9:00 – 10:15 **Keynote: “What do you leave in the earth for the future to find? – A dialogue of gifting stories”**

Christina Baldwin and Wendy Lustbader will delight, invoke and provoke deep thoughts about what we gift one another and the future as we age. Both women are master storytellers and thought leaders in the fields of story and vitality in aging.



Christina Baldwin, M.S., is co-founder and leader of PeerSpirit, Inc., which is dedicated to introducing circle practice and shared leadership into both corporate and non-profit settings. Her international career as a writer and seminar presenter spans more than three decades. She has contributed two classic books to the exploration of journal writing, including the well-known, *Life’s Companion*, *Journal Writing as a Spiritual Practice*, revised and reissued in 2007 after 100,000 original sales. This work led her to a long study of personal growth and group dynamics and as a result of that experience she wrote *Calling the Circle, the First and Future Culture* to explore how social container releases needed wisdom. In recognition of the requirement for increased spirituality, she wrote, *The Seven Whispers, Spiritual Practice for Times Like These*. Her

legacy book, *Storycatcher: Making Sense of our Lives through the Power and Practice of Story*, reminds readers of the necessity of story to communicate in all areas of professional and personal life.



Wendy Lustbader, M.S.W., is a popular speaker throughout the United States and Canada, using storytelling to animate complex subjects. Currently, she is an Affiliate Associate Professor at the University of Washington School of Social Work in Seattle. She is the author of *Taking Care of Aging Family Members* (co-authored with Nancy Hooyman); *Counting on Kindness*, about the complex feelings that arise when we become dependent on others for help; *What’s Worth Knowing*, a collection of pithy insights from older people; and *Life Gets Better*, about how life improves as we get older, on every level except the physical.

(1A) Naikan: Japanese Art of Cultivating Compassion, Forgiveness, and Gratitude through Self-Reflection

Influenced by the psychological principles of Shin Buddhism, Naikan offers a systematic method of self-reflection that aids in promoting compassion, forgiveness and gratitude by helping us shift attention away from the self to a broader awareness of how the world is supporting us. Through self-reflection, the qualities of empathy and sensitivity are developed as we become more conscious of the impact we are having on the world around us. Ultimately we gain a more realistic understanding of our conduct in relationship to others, supporting interpersonal reconciliation and stimulating a deeper appreciation of life itself. In this workshop, Barbara Sarah will offer insights on the relationship between compassion, forgiveness, attention and self-reflection. She will combine lecture/discussion with direct experience of Naikan self-reflection. The presentation will be augmented with related stories, case studies, and relevance to applications of this method through the life cycle, especially as related to conscious aging.

- **Barbara Sarah** founded an Oncology Support Program at a local hospital as a second career following her breast cancer diagnosis in 1992. OSP currently serves hundreds of cancer patients, families and friends in New York's Hudson Valley through innovative programming and a philosophy based on the principles of Morita and Naikan therapies. She is an international conference workshop presenter, has founded an Oncology Support Program, organized Death Cafes, and belongs to Circle of Friends for the Dying

(1B) Deep Listening: A Sage's Most Useful Interpersonal Tool

In his book, Reb Zalman emphasizes the importance of the skill of listening for mentors. "The best mentoring involves giving an ear to students or apprentices." This session will begin by examining the roles we often play when we are trying to "help" someone. All of the ineffective approaches focus on the problem rather than the person and usually leave the speaker and the listener frustrated. Simple but specific guidelines will show the listener how to open their hearts and minds to actually hearing and understanding what the speaker is attempting to express and to communicate an acceptance and affirmation that will encourage the speaker to discover their own answers to the challenges they face. A roadmap of human emotions will also be provided to help the listener understand the path to healing and wholeness. These skills will be explained and demonstrated and participants will be invited to practice with supervision and feedback.

Eston Williams has academic degrees in psychology and religion, Christian theology and pastoral care, and training in relationship enhancement therapy. He is known for his warmth and humor which have made him a popular teacher and speaker. Eston currently serves as Chair of the Coordinating Circle of Sage-ing® International and is a member of both the Membership and Service Committees.

(1C) Conscious Eldering: Employing Rites of Passage and the Power of Nature to Grow Into True Elderhood

This workshop will focus, conceptually and experientially, on the dynamics of life transition and the importance of consciously working with these dynamics to move through the passage from mid-life adulthood to elderhood. It will explore the three-stage dynamics inherent in all major life passages: severance or letting go, liminal time or the neutral zone, and reincorporation or new beginning. Practices that can help people negotiate this transition and emerge ready to claim the archetypal role of elder will be examined.

- **Ron Pevny, M.A.**, has been a wilderness rite-of-passage guide since 1979 and co-created the Choosing Conscious Elderhood retreats in 2002. He is founder and Director of the Center for Conscious Eldering and a Certified Sage-ing® Leader, and author of *Conscious Living, Conscious Aging*.
- **Anne Wennhold, B.S.**, was a national consultant for Prentice-Hall Publishing Company, teaching classroom techniques throughout the U.S. For years she was a speaker and creative arts workshop leader for the American Cancer Society. When she retired she was asked to work with seniors in recovery from substance abuse and invited to join the staff of the Center for Conscious Eldering.

(1D) New Perspectives on Forgiveness in Reb Zalman's Thinking – and How We Can Teach It

Isenberg and Sugarman will share their experiences of teaching and using the Sage-ing® forgiveness work, examining with participants some of the exercises found in the ALEPH Sage-ing® Workbook. How do we bring into our practice the more comprehensive view of forgiveness implicit in Reb Zalman's writing? Besides forgiving others, we need to expand our notions of practicing self-forgiveness, making recompense (Teshuvah – return or repentance in Jewish practice), asking forgiveness, and more. Join in the discussion.

- **Rabbi Shaya Isenberg and Rev. Bahira Sugarman** developed and implemented the Spiritual Eldering curriculum and Leadership Training Program, graduating more than 70 students, many of whom were founding members of the Sage-ing® Guild. Rabbi Shaya is past chair of the Department of Religion and Emeritus at the University of Florida and Co-Founder and past Co-Director of the University of Florida's Center for Spirituality and Health. He is Rabbi Emeritus and Co-Leader with Bahira Sugarman of the Gainesville P'nai Or Congregation, and he has served on the faculty of the ALEPH Ordinations Program and remains on the faculty of the ALEPH Spiritual Direction Program. He is a licensed Massage Therapist and recent initiate as a Traditional Reiki Master. Bahira, in her 20th year as a traditional Reiki Master, is ordained as a Spiritual Guide by Rabbi Zalman Schachter-Shalomi and has been celebrated by the ALEPH international community as an Eyshet Hazon (Woman of Vision) v' Rofet Neshamot (Healer of Souls). She is retired as Co-Leader of Gainesville P'nai Or. She combines psychotherapy and transpersonal healing work in private practice. Licensed as a clinical social worker, as a marriage and family therapist and as a massage therapist, Bahira teaches Reiki and beginning T'ai Chi Chuan to women.

(1E) Hardship Into Hope: Caregivers and Those in Care

Many of us are now, have been, or will in the future be a caregiver for an ill, aging, or disabled family member. Many of us also have been, or will be, the one in need of care.

Such experiences are often described with words like fear, frustration, impatience, confusion, uncertainty, and loss. Connie Goldman will share stories she's collected from caregivers and those in their care, showing that these experiences can be a gift in disguise, moving a person toward a more meaningful connection with self and others, and an opportunity to nurture spirit and transform one's life. The ways that many adjusted, accommodated, and ultimately grew from an experience not of their choosing may offer thoughtful suggestions for those who hear these stories.

- **Connie Goldman** is an award-winning public radio producer and reporter. Her earlier career was as a producer and program host with National Public Radio in Washington D.C. Over the past 35 years her public radio programs, books, and speaking have been exclusively concerned with the changes and challenges of aging. Connie's presentations are grounded in the art of personal stories collected from hundreds of interviews.

(1F) Aging With Vitality and Grace: An Inside Job

Who of us doesn't have the desire to "age gracefully," to live a life of joy and vitality? Using a unique and empowering framework, "7 Graces of Aging," we will explore what it means to live with vitality in all the experiences of life, no matter our circumstances. Tuning in to the soul's rhythm we will examine a *practice* that opens us to the grace of Vitality as we engage with ourselves, others and the world. We will also discuss a potential *trap* and *illusion* that can limit our access to Vitality, experience the *blessing* of this grace and develop a personal approach to track aliveness. Grace-filled aging is a choice that requires both our attention and intention. Grace flows freely and is ours to open to, allowing us as elders to dance from the inside out and continue contributing as we age. Come share in this journey toward essence.

- **Elizabeth Bell, Ph.D.**, founded the *Elder Wisdom Initiative* in 2009 as a vehicle for facilitating conversations in the arena of conscious aging. Integrating various disciplines and traditions, she assists elders in accessing inner wisdom, deepening growth and development and exploring ways of creating elder years as the summit of life.

(1G) Enjoying Work in Your Later Years

Participants in this workshop will discover that older adults have intelligence, experience, skills and sometimes, wisdom, and they also need to have the self-knowledge that enables them to make good choices at this crucial time of life.

- **Alene Moris** was Co-Founder of the Women's Center at the University of Washington and the Individual Development Center in Seattle, a counseling center for men and women facing major life decisions. She received an Honorary Ph.D. from Seattle University for her innovative thoughts on the need for "good" work in the second half of life.

(1H) The Soul's Journey

Do you believe you have a soul? What is your definition of soul? What soulful experiences have you had, and how have these impacted your life? Where does your soul come from, and where does it go when you die? These are a few of the questions we'd like to address with this group of Elders and Elders in Training. Bring your own questions too. We expect to have a lively and thought-provoking discussion. Remember, there are no wrong answers, just your answers and your truth. This workshop will be highly interactive and will model how this topic could be addressed in a Wisdom Circle.

- **Gary A. Carlson, Ph.D., and Charlotte M. Carlson, Ph.D.,** are both Certified Sage-ing® Leaders and Sage-ing® Circle Facilitators and actively present workshops and classes. Charlotte is a Jungian analyst in private practice. Gary has contributed in many significant ways to the development of Sage-ing® International over the past 12 years and recently received the first Reb Zalman Leadership Award from Sage-ing® International.

(1I) The Life and Living Legacies of Rabbi Zalman Schachter-Shalomi: a slide-show with narrative

This acclaimed slide-show presentation will be narrated by a member of the University of Colorado Boulder team, who created 28 large, full-color posters depicting the life and living legacies of the spiritual visionary Reb Zalman. View him with a new perspective from his historical context and his relationships with many of the world's great spiritual teachers.

- **Deborah Windrum**, an academic librarian and independent presenter for more than three decades, is the author of numerous publications on learning, creativity, and spirituality, and *Harvest the Bounty of Your Career*, a midlife transitions guidebook for appreciating the natural cycles of life's seasons, distilling the gifts of work, and cultivating a new season of life. She co-founded and co-facilitates Boulder Sage-ing®: A Colorado Chapter of Sage-ing® International.

(1J) The Gift of Resilience: Elders and Environment

Conscious Elders are mainstays of environmental advocacy, committed to leaving a healthy world and stable climate to future generations. This interactive workshop will review the power of elders to influence public policy and articulate a vision of sustainability. Learn how this resilience can support good public policy decisions on climate and energy in the coming decade.

- **Jessie Dye** works as Program and Outreach Director for Earth Ministry in Seattle. She lobbies and organizes on behalf of a stable climate, clean air and healthy ecosystems both regionally and nationally. Her background includes working as an attorney and in mediation.

(1K) WWWWWH !: Asking & Answering Questions about SAGE-ING®

This 90 minute "Introduction to Sage-ing" session, sponsored by the Education Committee of Sage-ing® International, is all about the Who, What, When, Where, Why, and How of SAGE-ING®! It will provide newcomers with an introduction to the meaning of phrases and topics they'll be hearing from presenters at this conference, such as: "positive aging," "conscious eldering," "harvesting life experiences," "aging as a spiritual practice," "embracing our mortality," "wisdom circles," "becoming sages," and "leaving legacies for future generations." A team of enthusiastic sage-ing facilitators will present an overview and provide opportunities for participants to experience Sage-ing activities.

- **Nancy Gray-Hemstock** has been a Certified Sage-ing® Leader since 2004 and leads workshops and retreats for a variety of groups. With a social work (MSW) background, Nancy has worked with older adults for over 20 years. She is a hospice volunteer, and a Vancouver Island Sage-ing Chapter contact member. She also facilitates autobiography workshops and loves writing and group work.
- **Annie Klein**, with degrees in psychology and education, has been a teacher for many years. She is a casting director in film and television, has a private practice as a Reiki Master and Soul Memory Discovery practitioner and is also a Spiritual Director and artist. She has been a Certified Sage-ing® Leader since 2008 and brings years of experience as a hospice volunteer and workshop facilitator.

Together they teach Sage-ing courses and circles in a variety of settings and formats.

11:30 – 1:00 Lunch

2:00 – 5:00 pm Session 2: (Parallel workshops-choose one 2–5 pm option OR one from 2–3:15 followed by one from 3:45–5 pm)

(2A) Fierce with Age: Finding God in the Shadows

Can we find spiritual meaning in loss, marginalization, diminishment and suffering? In this interactive workshop, Carol Orsborn guides us to call upon saints, mystics and wise elders of the past and teaches that spirituality is not just a tool that helps us rise to the challenges of aging. Rather, aging is meant to be the very vehicle for the fulfillment of our spiritual potential. Admittedly, establishing and maintaining both a hopeful and realistic vision of the aging process requires a level of spiritual maturity that is a challenge to the best of us. But it is also the stripping away of illusion and a

thinning of the veil between our ordinary lives and the divine. This is the essence of mature spirituality: the promise of not only growing old, but of growing whole. This presentation applies equally to ourselves and in support of those for whom we care.

- **Carol Orsborn, Ph.D.**, is editor-in-chief of *Fierce with Age: The Digest of Boomer Wisdom, Inspiration and Spirituality*, and author of 21 books including *Fierce with Age: Chasing God and Squirrels in Brooklyn*. She received her Masters of Theology and Doctorate in History and Critical Theory of Religion from Vanderbilt University.

(2B) Gifting Your Life Bounty

Sometimes we need a little perspective to see clearly the bounty that has ripened within us over the course of many seasons of life. Engage in a unique life review by representing the roots, branches, fruits, and seeds of your life tree. Seeds are your essence and what will grow beyond this life. Gather them now to sow the gifts of your Life Bounty – to self and to the world – as an expansive process of unfolding and releasing.

- **Deborah Windrum**, an academic librarian and independent presenter for more than three decades has published on learning, creativity, and spirituality, as well as the book *Harvest the Bounty of Your Career*. She is co-founder and co-facilitates Boulder Sage-ing®: A Colorado Chapter of Sage-ing® International.

(2C) Overcoming the Seven Deadly Obstacles to Dying in Peace

Everyone says “I want to die in peace,” usually meaning “at home.” Most of us, however, are tripped by one or several obstacles. Professional guidance focuses on living wills and medical proxies; popular guidance on contemplative practice. The former, while crucial, and the latter, while valuable, do little to solve likely challenges.

Dying IN peace relates to our experience of a demise over time; dying AT peace relates to our emotional-spiritual state. All of our spiritual preparation for a peaceful death will come to naught unless we also attune to the complex and often baffling practicalities that may thwart a peaceful demise. This interactive workshop explores and offers guidance for overcoming obstacles to peaceful dying that interfere with spiritual fulfillment during our own and our loved ones’ end days.

- **Bart Windrum’s** end of life advocacy began after experiencing each of his parents’ troubled three-week terminal hospitalizations. Since 2004, Bart’s body of original work addresses, in depth, how each of us can best aim for the death we want, overcoming personal, cultural, and systemic obstacles that put the kibosh on dying in peace.

(2D) Engaging Others in Life’s Third Act

After viewing the TED talk “*Life’s Third Act*,” participants will experience in groups the flow from (1) introducing themselves using questions related to the past, to (2) integrating content related to the dimensions of aging from Joan Chittister and spiritual literacy from *Spirituality and Practice*, to (3) exploring questions from a Harvesting Wisdom worksheet, to (4) reintroducing ourselves as “I am the One who…” from a single image that chooses us.

- **Judy Steiert**, CSL and SCF, from Calgary AB, Canada, has engaged in the Sage-ing journey formally for ten years. With a passion for making a difference with elders, she has researched, created and presented courses related to Conscious Aging and Elder Wisdom in Movies and is currently involved in creating the Calgary Conscious Aging Network.

(2E) Becoming Earth Elders: Living Our Love for the World

Much evidence indicates that many of the systems we rely on for life in the world as we know it are breaking down and will see widespread failure within 35 years or less. This involves areas such as economic practices, ecology, social justice, resource availability, governmental structures and policies, and sustainable forms of community life. Many writing from a variety of disciplines view this as most fundamentally a spiritual problem, involving the most basic beliefs and values from which we choose to live. It is difficult to engage people’s awareness regarding such a massive set of interrelated problems because they seem overwhelming. This workshop is designed to help participants begin to do this in a thoughtful and supportive environment, introducing them to a global/local perspective within which they are able to see that who they are as persons (especially as elders/sages) and things they can do individually and in community have significant impact and may be our most important legacy for the future.

- **Rev. Theresa Scherf, Ph.D.** is experienced with pastoral ministry, writing/editing, administrative social work, hospital and hospice chaplaincy, and teaching, including as a faculty member and Field Education/Supervised Ministries Program Director at Boston University School of Theology and as a visiting professor of religion, plus subsequent adjunct teaching at Berea College. She is the Director of The Ark Retreat Center and ElderGifts.

(2F) Using Movies to Explore Conscious Aging

This workshop is open to any interested attendee, but it is intended for current and prospective Certified Sage-ing® Leaders to experience how the movie *Tuesdays with Morrie* can be used in facilitating a Sage-ing group series. After watching the movie, and a whole group discussion of the film and the themes it serves to illustrate, we will break into small groups, each group taking a particular theme and discussing set questions relating to that theme. Participants will then do an experiential/visualization exercise relating to the way they would like to contribute to the world as elders.

- **Edna Ross, Ph.D.**, (Psychology) has worked as a lecturer, research consultant, policy analyst, human rights activist, group facilitator and life coach. In 2008 she completed the year's intensive training to qualify as a Certified Sage-ing® Leader with Sage-ing® International. She has practiced yoga and meditation for over 20 years and is a student of Buddhism and other contemplative traditions.

(2G) Positive Endings: Preparing Mind, Body and Spirit for a Good Death

"Death is the new sex." Like sex, death has been a taboo subject. Using an entertaining personal story ("Save My Place") and interactive opportunities for questions and sharing, learn the steps to planning a good death. Discuss choices in dying and for after death.

- **Dori Gillam with Rebecca Crichton.** Dori shares her parents' wise and pragmatic legacy in her performance, "Save My Place," which is a springboard for conversations on preparing for a good death. She draws from her extensive research on creative aging, positive end-of-life planning, and practical experience as caregiver for her parents to inform and inspire. Rebecca Crichton's 'Encore Career' as Executive Director of the Northwest Center for Creative Aging follows a 21 year career at the Boeing Company, where she developed and delivered curriculum and presentations about leadership development. She developed more than 50 presentations aimed at increasing multicultural awareness.

(2H) Storycatching—Creative Space to Listen and Speak

Storycatching combines instructions for eliciting significant stories (from yourself and others) with the essential elements of circle process to provide listening space. Participants learn circle basics through a "Turning Points Exercise" that identifies 5 life stories—one of which will be shared in dyads. Everyone leaves with skills to practice storycatching in their own lives.

- **Christina Baldwin, MS**, (Educational Psychology) comes to circle facilitation and storycatching with four decades of experience as a writer, seminar presenter, and community leader. She began her international career as a founder of the journal writing movement in 1977. Her works include: *Life's Companion: Journal Writing as a Spiritual Practice*; *Calling the Circle: the First and Future Culture*; and *The Circle Way, A Leader in Every Chair*. She is also a member of Sage-ing® International's Council of Honored Sages.

2:00 – 3:15 pm (Parallel workshops-choose one 2–5 pm option above OR from the following, choose one from 2–3:15 pm followed by one from 3:45–5 pm)

(2I) SongShine: Inspire and Rewire

YOU become a classroom (with or without neurological or voice disorders). Learn the SongShine method of body alignment, breath awareness, vocalizations, articulation, imagination and creative drama. We will teach you classical vocalizations, speech and diction exercises, drama engagement, creative expression, and the Alexander Technique of body alignment and breath management. And it's FUN!

- **Ruthanna Metzgar, Ph.D.**, has been a voice teacher for 40 years, as well as a professional singer and university faculty member. She has spent the last 10 years focused on seniors with voice issues due to neurological issues and on teaching seniors to sing and act. Dr. Metzger is the founder of SongShine and author of the *SongShine Text Book and Teacher's Manual*.
- **Peter Lind Harris** is an Equity Union Actor who trained for two years at Julliard School-Theatre Division in speech, diction and Shakespeare and has a twenty-year professional acting career. He is currently Director of Speech, Diction and Drama for SongShine Foundation.

(2J) The Vital Importance of Purpose in the Next Stage and How to Find and Pursue It

This presentation will give you an overview of the latest research that shows the importance of, as well as the health and wellness benefits associated with, having a purpose in life during the next stage. The presentation will also examine the inherent spiritual value of having a Noble Purpose in life, otherwise known as a purpose for something beyond the self. In addition it will give practical steps and guidance, based on empirical evidence, for how someone can find their purpose in life and live a life filled with purpose and meaning. Advice and inspiration on how individuals can become “purpose ambassadors” to inspire others to live a life filled with purpose, meaning and significance will be offered.

- **Levi Brackman** is an author, rabbi and scholar, as well as an entrepreneur. He is the founder of Purposes, Inc. and creator of a purposes in life coaching tool, Next Stage Purpose, and of Youth Directions, a non-profit organization that helps youth find their purpose in life. He is currently pursuing a Ph.D. in Positive Psychology and studying how people ages 55+ can find a purpose in life in the next stage.

(2K) Conscious Aging Alliance

Join a lively discussion on the importance of collaboration and synergy in creating an empowering paradigm for aging in today’s world. The Conscious Aging Alliance is a network of 13 organizations, including Sage-ing® International, with a wide diversity of complementary approaches for supporting the inner work that leads to wholeness in those called to claim the role of elder. The Conscious Elders Network is an emerging collective of organizations focused on supporting elders in using their gifts through social action to help support a healthy society and planet. Together, inner work and outer action characterize the emerging culture of conscious elders urgently needed in today’s imperiled world.

- **Ron Pevny** is Founder and Administrator of the Conscious Aging Alliance, Director of the Center for Conscious Eldering, a Certified Sage-ing® Leader, one of the founders of the Wilderness Guides Council, and author of the book *Conscious Living, Conscious Aging*, published by Beyond Words/Atria Books.
- **John Sorenson** is a successful entrepreneur, a long-time catalyst for social change and inner growth, and the focalizer of the newly emerging Conscious Elders Network.

3:45 – 5:00 pm (Parallel workshops)

(2L) Initiation, Transformation and Revelation: The Spirituality of Aging

At this moment in human history, science and medicine have gifted us with an entirely new stage of human life. John Robinson is interested in what this new time might mean to each of us at the deepest levels and to the healing of our world. The new aging is not just getting old and dying, it’s about the tasks, gifts and growth potential of this unprecedented developmental stage driven by three powerful psychological and spiritual forces: *initiation, transformation and revelation*. He will share how these forces changed him and how they may already be changing you. In this workshop we will travel into a future of untold transformational possibilities. Unlike the grim, historical aging of old, the “retire-and-die-two-years-later” kind, this aging can change your life if you take the time to understand and experience it. It may even change the course of human history, culture and evolution.

- **Rev. John C. Robinson, Ph.D., D.Min.**, is a clinical psychologist with a second doctorate in ministry, an ordained interfaith minister, and the author of seven books on psychology and spirituality. His professional work focuses on midlife, men’s issues, the nature of mystical experience, the spirituality of aging, and the revelations of myth and fairytale.

(2M) Writing our Lives: A Journey from the Past to the Present

Writing circles are designed to open the hearts and minds of the participants, whether they are writers or not. We come together with willing spirits to deepen our emotional bond, not only to ourselves but with each other. Through the use of different prompts we will journey into memories of the past, where we find ourselves in the present moment, and what is ahead as we become the elders of our time. The prompts are timed and we only give positive feedback to one another. Writing and sharing what we’ve written creates community and brings an easy intimacy in a short period of time. This writing circle will help us to bring the unconscious into more consciousness, and explore our feelings about death. In other words it will empower us in our desire to age consciously.

- **Lisa Barstow**, a freelance writer, has had many poems and essays published in various magazines and books. In 2009 she published her first full-length work, a memoir *Don’t Go Back to Sleep*, and in 2013 she printed a chapbook of her poetry. She has been facilitating writing groups for over 15 years.

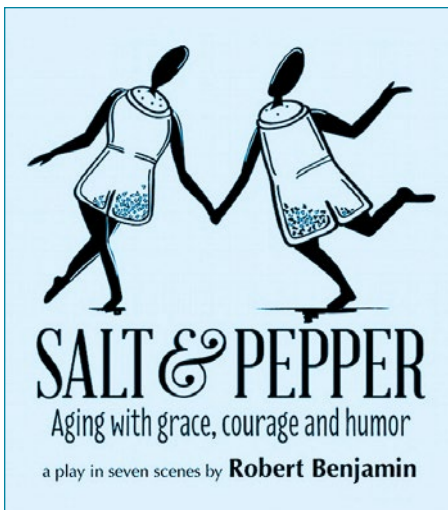
(2N) Elder Activists Transforming Our Society Toward Sustainability, Justice and Peace

What inspires our service today? This workshop brings us together around a common vision of service to our greater identity as healers, earth stewards, peacemakers and justice-builders with our human family. It offers a perspective of service as a spiritual practice, of planetary consciousness and the ever-evolving Wisdom Keeper movement that will bless future generations.

- **Rev. Pat Hoerdoerfer** is a retired Unitarian Universalist minister who served the UU Association at continental, district and congregational levels over the past 35 years. In her curriculum development work, she published multigenerational resources including an *Elderhood and Spirituality Reflection and Discussion Guide*. She has shared her leadership experience in academic institutions, community organizations and interfaith communities and currently serves on the SI Service Committee.
- **John Sorensen** has 40 plus years of engineering and corporate management experiences and increasing involvement and leadership positions with educational, environmental, and humanitarian non-profit organizations. He is an environmental activist and community organizer in transforming our culture to one that encompasses the wisdom of the conscious elder. John recently created the Conscious Elder Network.

5:30 – 6:30 pm Dinner

7:30 – 9:00 Evening Entertainment - Campion Ballroom



The play, ***Salt and Pepper*** by Robert Benjamin

This will be a reading by professional actors of five vignettes from the play, ***Salt and Pepper***, by Robert Benjamin. In this work, Benjamin addresses situations in which we find ourselves as we age: caring for a spouse who is declining; forming new love relationships after the loss of a spouse; communicating with children about our wishes; preparing for death.

This play has been presented to tremendous audience response in New Mexico, New York, and the Washington DC area. We will experience the vignettes and then have a discussion with Benjamin and the actors about the content.

Reviews of *Salt and Pepper*

Great dialogue, smart characters, sensitive, nicely interwoven and juxtaposed time sequences, real but also surprising.
— Charlene James, Artistic Director, The Touchstone Studio, Amissville VA

All I ask of theater is to laugh, to cry and to think. Salt and Pepper gave me all three. What a lovely piece.
— Gail Mangham, Artistic Director, The Artist's Path, Prescott AZ

Salt and Pepper is really a string of pearls ... situations seldom explored on the stage, but encountered often in the real lives of seniors ... over-arching theme is courage—the courage to live, the courage to change. Given the theme, playgoers might expect poignancy and words of wisdom and they get those. What they may not be expecting is how funny the play is.
— Bonnie Gordon, LADailyPost.com, June 8, 2013

Beautifully crafted. Utterly believable characters trying to keep their footing on the slippery slope of aging. A delightful evening of theatre.
— Susan Pearson, Professor of Theatre Emerita, University of New Mexico

Robert Benjamin is a scientist turned playwright. He took an early retirement in order to become a playwright. He has been active in the Conscious Aging Alliance in New Mexico for about 20 years. He has written several plays about older characters. He views playwriting as an active interaction between the plays and the audience, which he views as a partner in developing his plays. He is a part of an Elder Circle in Albuquerque where he uses plays to stimulate conversations about aging.

7:30 – 9:00 am Breakfast

8:15 – 8:45 The morning ritual will be held in the plaza on the main campus

8:45 – 10:15 am Campion Ballroom

Silent Auction The silent auction will open on Saturday morning in the back of Campion Ballroom and close at the time of the banquet. Books and art objects from Sage-ing® members will be available for bid.

9:00 – 10:15 Keynote: *Aging As A Spiritual Practice* by the Three Interfaith Amigos

View our spiritual journeys as we age through the lens of the three great Western religious traditions. Jamal Rahman, Ted Falcon, and Don Mackenzie invite us to look at the spiritual invitations of aging and the resultant practices from their respective traditions so that we may age with greater peace and joy.

Imam Jamal Rahman is Co-Founder and Muslim Sufi Minister at Interfaith Community Sanctuary in Seattle and adjunct faculty at Seattle University. Originally from Bangladesh, he is a graduate of the University of Oregon and the University of California, Berkeley. He has a passion for interfaith work and travels often, teaching classes, workshops and retreats locally, nationally and internationally.

Rabbi Ted Falcon, Ph.D., spiritual guide, author, teacher and therapist, has taught Jewish traditions of Kabbalah, meditation and spirituality since the 1970s. Ordained in 1968 at the Hebrew Union College-Jewish Institute of Religion in Cincinnati, he served in Los Angeles as a congregational and then a campus rabbi. In 1975, he earned a doctorate in Professional Psychology and, in 1978, founded the first meditative Reform congregation. He has lived and worked in Seattle since 1993.

Rev. Donald Mackenzie is an ordained minister of the United Church of Christ with degrees from Macalester College, Princeton University, and NYU. He became interested in interfaith work while living in Lebanon in the year prior to the 6-day War in 1967. His country western band, *Life's Other Side*, has performed in film as well as at the Grand Ole Opry. He served as minister and head of staff at University Congregational UCC in Seattle for many years.



The Three Interfaith Amigos authored *Getting to the Heart of Interfaith* (Skylight Paths, 2009) and garnered international attention with coverage from the New York Times, CBS News, the BBC and various NPR programs. Karen Armstrong calls their “exuberant and courageous” second book, *Religion Gone Astray: What We Found at the Heart of Interfaith* (Skylight Paths, 2011), “an inspiration and example for all of us in these sadly polarized times.”

10:45 am – noon (Parallel workshops-choose one)

(3A) Gifting Our Communities through the Arts

The audience will be invited to engage with a panel of people actively involved in creating various art forms: music, visual arts, theater, poetry/literature, dance. Panelists will share the inspiration for their work and how they take their work into the larger community as a blessing and stimulus for others. Several of these artists are consciously addressing issues of aging in their work. Questions and ideas from the audience members will be sought.

- Moderator: **Carol Scott-Kassner, Ph.D.**, is a renowned author, clinician, retired professor in music and the arts, and commissioned minister of the United Church of Christ (spirituality of aging). She is a Certified Sage-ing Leader, past President of Sage-ing® International, and the 2014 SI Conference Chair.

Panelists will include: **Robert Benjamin** (playwright), **Betsy Rose** (singer/songwriter), **Sandy Sabersky** from *Elderwise*, and other artists.

(3B) Healing Old Wounds: Insights from Modern Psychology about How to Move On

Combining centuries-old wisdom with principles of modern psychology, this workshop will explore how to release the power of old wounds and move forward in life. Many of us struggle with past hurts that often dominate our thinking and prevent us from living fulfilling lives. Under the umbrella of a three-step framework, we'll explore techniques for separating ourselves from the thoughts that drive us crazy, and see why resisting these old hurts may be the root cause that keeps them hanging around. Then, by clearly identifying our values, we'll see how taking action to create the world we want can be the power that heals us.

- **Doug Taylor** has over 40 years of professional experience dealing with worldwide constituents in multiple cultures. As a sought-after speaker, facilitator and trainer, he has helped people on five continents improve quality, performance and effectiveness by redefining aging through learning, synthesizing, and sharing life development and effectiveness skills.

(3C) Conscious Aging through Intentional Community

Our Intentional Community (or Spiritual Family) has successfully maintained itself for more than a quarter century. What started as a study group became a close-knit supportive family that has sustained its members through serious illness, family crises, and deaths. We have also celebrated numerous life cycle events of members. This presentation briefly discusses our history, and what structures we have created to contain our processes (including financial, spiritual, intellectual, creative, emotional, and physical). We will share our meeting format, program topics, and physical arrangements to meet three times a year. In particular, we will describe several sessions we have done on conscious living/aging/dying. Participants will be involved in a simple ritual and meditation on conscious aging.

- **Anne Bruetsch, Jaelline Jaffe, Barbara Sarah, Nancy Lamb, and Sarah B. Sadler** are members of a geographically dispersed Intentional Community that meets three times a year and is now in its 26th year. There were 18 original members in a variety of professions from around the country and Canada; almost all still participate. They have studied many spiritual traditions and are on the cutting-edge in explorations of human potential, spirituality, and conscious living/aging/dying.

(3D) Gifts of Love Worth the Price of Pain: Wrestling with the Death of Loved Ones

This interactive session will focus on celebrating the lives of dear ones and ways of remembering them. In presentation, dyads, and as a full group, we will share stories of the gifts of close relationship and explore the complexity of these, the connection/separation continuum, the power of remembrances and the knowing that connection is more than just physical and temporal. We will conclude with sharing experiences and ideas about ceremonies—religious and secular—and many ways of memorializing (in the physical, emotional, mental, and spiritual spheres). We will wrestle with the topics of facing our mortality and with the work of grieving (discussing retroactive healing with Reb Zalman's ideas of elasticity of time and some wonderful gratitude work using ideas from Seligman and others).

- **Sande Davida Gendel** is a Licensed Educational Psychologist who has worked with groups for more than 30 years for teaching and/or healing purposes. She has facilitated a variety of Sage-ing groups as a Certified Sage-ing® Leader since 2005. She is at a juncture in her life, about to shift from a full-time educational psychologist to a part-time Sage-ing® leader and maybe an artist, volunteer, traveller...to be determined.

(3E) Bold-Spirited Living and Resilience after Loss

The Sage-ing years inevitably involve loss of beloved family and friends, for ourselves as well as for others we know. We will explore how to live resiliently within this painful pilgrimage through the landscape of loneliness. We'll also consider pathways to discover gifts in the journey of grief. As Victor Frankl so eloquently states, "We can't always choose the experiences life gives, but we do have the power to choose one's attitudes, to choose one's way." Drawing from recent research on bereavement, which is very different from assumptions about the "stages of grief" and the need for "closure," we will gain insights on how to best companion others in grief. We will also discuss how to encourage others to trust themselves, their own timetable, and their spiritual resources as they live in liminal space.

- **Linda Lawrence Hunt, Ph.D., and Jim Hunt, Ph.D.**, retired professors in English and history from Whitworth University, keynote as award-winning authors and teachers. They co-founded the *Krista Foundation for Global*

Citizenship after their daughter Krista was killed while volunteering in Bolivia. Linda's latest book *Pilgrimage through Loss*, includes their grief journey and interviews with 30 others integrating life with sorrow and love. Jim recently published *Restless Fires: Young John Muir's Thousand-Mile Walk to the Gulf*.

(3F) Birthing Wisdom in the Second Half of Life

This presentation will explore cultural views of aging before shifting to a "new sage consciousness" where we attend to possibilities of deepening intellectually, emotionally, relationally, spiritually and psychologically in later life. Participants are invited to recognize and come to trust their inner source of wise guidance and explore creative strategies for a vibrant life.

- **Marilyn Loy Every, D.Min.**, is founder of *Sagesence*, facilitating programs to inspire women and men to re-envision aging. She specializes in aging issues, communication strategies, life transitions, loss/grief, and spiritual companioning. She owns an audiology practice, and has spent 27 years working extensively with individuals 50 years and older.

(3G) Teaching Eldership: Beginning Understandings and Experiences

How do we best teach elders? Nader Shabahangi draws on more than 20 years of training psychology graduate students and psychotherapists. One of the best means humans possess to live a meaningful life is awareness. Using tools from existential and process-oriented psychotherapy helps us conceptualize how we can best serve and unfold the richness and complexity of human beings and the world they inhabit. Working with elders in elder communities is one way to learn about this richness and complexity.

- **Nader Shabahangi, Ph.D.**, is CEO and Co-Founder of *AgeSong*. In 2003, he authored *Faces of Aging*, a book challenging stereotypical views of the aging, in 2008 he co-authored *Deeper Into the Soul* to de-stigmatize dementia, and in 2011 he wrote *Elders Today*, a photo essay describing the opportunities awaiting us in our second half of life.

(3H) Changing Our Relationship with Death: Dying Well – A Life Lesson to Share with Others

Death seems no longer welcome in life. Banishing death in this way robs us all of the wisdom, gifts and inspiration that death of a loved one can provide. The primary purpose of this workshop is to teach people how to bring death back to life in a way that honors the one dying, the family members, their ability to provide care, and their desire to die well. Secondly, participants will be guided to change their relationship with death from one based on fear and denial to one based on openness and acceptance. Participants will learn to have compassionate conversations about the mental, physical, emotional, financial, and spiritual aspects of death. They will also learn to face the reality of their own passing, how to prepare self and family, and how to leave a legacy of a well-lived death for others to learn from.

- **Stephen Garrett** is a man who lives life fully. A genuine heart and commitment to life have produced in Stephen the qualities of a warrior: integrity, strength, leadership, kindness, and wisdom. His heart's passion and life energy are focused on changing the conversation we have about death from one of fear and denial to one of embrace and inspiration.

11:30 – 1:00 Lunch

2:00 – 5:00 pm (Parallel workshops-choose one 2–5 pm option OR one from 2–3:15 followed by one from 3:45–5 pm)

(4A) Passion & Purpose: LifeCrafting and Legacy in the Second Half of Life

Sage-ing® members understand the importance of legacy work as a post-midlife developmental "urge" as well as a preparation for, and gift of, conscious elderhood. Legacy is the imprint of your life—your essence and actions that live on in the memories of those you have touched and in the material records you leave behind. It's your gift forward to succeeding generations. We are all leaving legacies all the time, whether or not we are aware of them. Meg Newhouse advocates intentionality and leaving legacies "of the heart." This interactive workshop will allow participants to delve more deeply into the rich and nuanced topic of legacy by exploring legacies received as well as the choices for consciously leaving a wide variety of legacies. Participants will consider and perhaps commit to a legacy project they want to undertake. Discussion topics will flow from the participants' concerns and will include the role and responsibility of elders to hold and act from a seventh-generation perspective and what makes leaving legacies sacred work.

- **Margaret (Meg) Newhouse, Ph.D.**, founder of the *Life Planning Network*, is an independent educator, life coach, consultant and author, specializing in vision and values-based life planning for the post-midlife "bonus years." Legacy is the current focus of her articles, book in progress, and workshops. This work has intensified her interest in conscious elderhood and Sage-ing.

(4B) Seeding the World: How Thinking Small Can Change the World

You only need to be who you are in order to make a profound and positive difference in the world. You're made for the job – it's in the life that you have lived! In a world where everything seems cataclysmic and impossible to change, let's take a breath. There are seven billion people on the planet, so it's not all up to you. You'll learn how to tap the richness of your own life and bring through that one gift no one else can bring and without which the whole is missing an essential part. *Don't bother trying to take on something gigantic – in fact thinking smaller can help each of us to find what we can best offer to the world.* We'll challenge each other to think small enough to discover precious seeds of life-changing creativity we can wrap our hearts around and plant them where they will thrive.

- **Richard Berger** is an entrepreneur who is developing a planetary museum of giant crystals and fossils. In 2006 Richard (at 61) received a Wisdom University "Ordinary People – Extraordinary Outcomes" award for single-handedly mobilizing several organizations and hundreds of individuals to send 175,000 survival blankets to Pakistan after the earthquake.
- **Miriam Dyak** is a Voice Dialogue facilitator, teacher and poet who trained for five years in Social Artistry Leadership with Jean Houston. She co-founded *The Voice Dialogue Institute*, has a private counseling practice in Seattle, and has been involved in social activism for women, peace, and the environment since the 1960s.

(4C) What Aging Men Want: A Man's Journey Into Wisdom

The pressures of family and career often require a man to become a warrior, to go out into the world and do battle for personal, vocational and financial success. In the process, he can lose touch with his authentic self, family and love relationships, sometimes for decades. This is a workshop for men and the women who love them. Its purpose is to describe aging's long journey home to self, soul and love. Drawing from the astonishing symbolism of Homer's *Odyssey*, we will describe some of the universal struggles men experience returning from the war years, including common mistakes, personal growth challenges, obstacles to loving relationships, and the need for personal spirituality. Phil Gerson and John Robinson will be sharing their own aging experience and inviting others to join them in the search for a meaningful path from warrior to elder, lover, and sage.

- **Rev. John C. Robinson, Ph.D., D.Min.**, is a clinical psychologist with a second doctorate in ministry, an ordained interfaith minister, and the author of seven books on psychology and spirituality. His professional work focuses on midlife, men's issues, the nature of mystical experience, the spirituality of aging, and the revelations of myth and fairytale.
- **Phil Gerson's** ability to teach and assist participants in aging-related conversations is grounded in his personal experiences of tragic family loss and his experience of moving through the grieving process to restore joy and continue to become his authentic self.

(4D) Becoming Elders in Our Emerging World

The question of "What gives our life meaning?" grows increasingly important as we move into the second half of our lives. As we consider the legacies we are leaving to future generations, many of us struggle with despair and sadness because of the enormous environmental and social justice issues that confront our lives. Yet, some eco-philosophers believe that this is a most exciting time to be alive – as the old systems and institutions are breaking down and new possibilities are emerging. They call this the time of the "Great Turning" as we build life-sustaining structures, challenge what is not working, and understand that we are all truly inter-related. In this experiential workshop we will think about the legacy we want to leave to future generations as we complete our lives with both meaning and satisfaction and explore how we want to go forth into this time of the Great Turning.

- **Lynne Iser, MPH**, is an activist committed to empowering elders to use their resources and wisdom to create a sustainable and just world. She is the founder of *Elder-Activists.org*; facilitates the Awakening the Dreamer symposium, and coordinates the Philadelphia Pachamama community. Lynne was the founding Executive Director of the Spiritual Eldering Institute and is currently a faculty member of the ALEPH Sage-ing Mentorship Project.

(4E) When Transition and Change Interrupt Your Life—How to Understand and Thrive in the Midst of Life's Transitions and Changes

This workshop will help participants learn how a life transition or change can be an invitation to a new spiritual call. It will offer distinctive insights into the nature of transitions based on current brain research and spiritual principles, and demonstrate how the brain and spirit predictably and sequentially respond to change. The 4-color model of the "6 stages of the ChangeCycle™" is a hands-on tool that attendees will be given to help themselves and to mentor others. Using

this model will allow participants to understand where they are within the change cycle and corresponding strategies to help them move forward.

- **Rev. Dr. Jack Williamson**, a certified trainer with Interchange International, Inc., retired from the Air Force as a Chaplain and as Executive Director for The National Conference on Ministry to the Armed Forces and the Endorsers Conference for Veterans Affairs Chaplaincy. He co-authored the 2001 book, *Divorce: 6 Ways to Get Through the Bad Times...for Good*.

(4F) Good to the Last Drop: Creativity in the Second Half of Life

This workshop recruits both hemispheres of your brain (necessary for creative process) by weaving cognitive information with experiential explorations. Whether you are an accomplished creative or just beginning to explore your creative interests and potential, you will learn about, and experience your unique relationship to your embodied energies of creativity. We review the latest research on creativity and aging with a brief introduction to brain science with the emphasis on neuroplasticity and neurogenesis (the ability of the brain to continuously change itself). The connections between Eugene Cohen's paradigm of "developmental intelligence" and the "inner push" and creativity are explored. Finally, we inquire as to how we can integrate our developmental intelligence, creativity and spiritual practice and bring our gifts to the world.

- **Ellen J. Shabshai Fox, LISW.**, is gifted with a lineage of creativity and life long learning. The neuroscience of creativity informs her teaching as she seeks to inspire elders to connect with, manifest and gift creative energies to the world. Movement and theater improvisation, writing and story telling are her current practices.

(4G) Going Beyond Our Mortality to Realize Our Immortality

In the last 30+ years, enormous attention has been given to the evidence for our immortality and life after death. Those of us who study this area of research can now say unequivocally that there is life after death. The evidence for life after death will be examined through research data on experiences such as "Near Death Experience," "After Death Communication," "Out of Body Experience," mediumship, reincarnation memories, and other experiences of a large percentage of populations. The meaning and implications of the evidence for life after death will be considered personally and experientially for our remaining life and our afterlife(s). What impact could this have on elders and others when confronting their own experiences of mortality and immortality?

- **Quinton Wacks, Ph.D.**, is a professor and Program Director of Psychology at Lincoln Memorial University, coordinator of the Gerontology Program, and an instructor of Thanatology. He is also a Certified Sage-ing® Leader. He is published in the *Journal of Transpersonal and Humanistic Psychology*, *Death Studies*, and *Adult Education Quarterly*. He has been a teacher and student of the afterlife for 40 years.

(4H) The Sage Archetype: Discover Your Inner Wisdom Through SoulCollage®

A wise mentor. An empowered seventy-something who wears purple. A loving grandmother who nurtures multiple generations. How do you embrace the qualities of The Sage in your daily life? Do society's negative portrayals of seniors intervene too often in how you judge yourself? If so, let SoulCollage®, a fun process of personal discovery, help you celebrate your aging self. In this engaging, hands-on workshop, you'll find symbols and images to create a 5 x 8 collage that represents your Sage self or one of the many other aspects of the inner and outer you. Learn a new visual form of sharing your life story and tips on how to create a SoulCollage® deck of cards unique to you. SoulCollage® is based on Jungian concepts of sub-personalities and archetypes plus elements of transpersonal psychology. All participants will make at least one SoulCollage® card. No experience is necessary. All materials are provided.

- **Heather Conn, MFA**, a Trained SoulCollage® Facilitator, is owner of Sunshine Coast SoulCollage®. Her workshop topics have ranged from the labyrinth, El Camino pilgrimage, and healing in transition to celebration of the self. Her award-winning writing, teaching, photography, and advocacy have inspired others for 30+ years.

(4I) Learn from the Wisdom of One of the Thirteen Indigenous Grandmothers

Meet an Ambassador for our Mother Earth, Grandmother Aggie, who offers stories and prayers to prevent spiritual blindness and to help us to remember the ways of living that we all share, promoting peace among all people of the Earth. Included in this session will be a showing of the powerful film *"For the Next Seven Generations."* The International Council of Thirteen Indigenous Grandmothers represents a global alliance of prayer, education and healing for Mother Earth, all Her inhabitants, all the children, and for the next seven generations to come. Grandmother Aggie is convinced that the Grandmothers have the warrior spirit that has been handed down from generation to generation. Her greatest hope is to protect and preserve the beauty of this planet. This will surely be accomplished, as this wise woman's motto is: *"Yesterday is history, tomorrow is a mystery; today is our gift and we should use it wisely."*



Taowhywee, Agnes Baker Pilgrim Takelma Indian Elder, Confederated Tribes of Siletz in Oregon, is a founding member of the International Council which was established 10 years ago. She is the oldest of the Thirteen Grandmothers at age 89 and served as chairwoman of the Council. She is the descendant of tribal leaders, both political and spiritual, so she works hard to keep tradition alive and to renew it, as with the Sacred Salmon Ceremony that she has brought back to her homeland in the Rogue River Valley of southwest Oregon after 140 years. Honored as a “Living Treasure” by her tribe, the Confederated Tribes of Siletz, and as a “Living Cultural Legend” by the Oregon Council of the Arts, Grandma Aggie is an exceptionally clear and strong speaker whose no-nonsense eloquence has touched people of many different cultures in the U.S. and around the world.

2:00 – 3:15 (Parallel workshops-choose one 2–5 pm option above OR from the following choose one from 2–3:15 followed by one from 3:45–5 pm)

(4J) Building on Sage-ing Basics: Extending Psycho-spiritual Growth in Later Life

(Note: This is a workshop divided into 2 separate sessions, which can each stand alone; 2:00-3:15 and 3:45-5:00. Attendees may choose to attend either or both sessions.)

Sages across the ages and various disciplines agree: psycho-spiritual growth is an evolution from living according to our enculturated values to living increasingly in harmony with our own deeper values and core identity. This progression, from easier and elementary through increasing depth and complexity is often accompanied by psychic conflict—which tends to repeat at each evolving growth juncture. This two-part presentation/workshop will illumine this process through seven useful lenses for recognizing the nature and character of typical barriers/challenges and models for working through them. Dr. Gilroy will offer his 30-year Conscious Aging journey towards increasing wholeness as a lens for discussing these models.

- **Paul Gilroy, D. Min., CSL.**, has been engaged since 1967 in public speaking, organizational and administrative leadership, leadership development, and facilitation of a variety of learning events. His 15 years of ordained congregational ministry was followed by six years of Intentional Transition Ministry in Canada’s largest Protestant denomination. He has developed and facilitated 17 Conscious Aging workshops and Wisdom Circles since his CSL certification in 2012.

(4K) Gifts of Grief, Gifts of Song

Illness, old age, and death are three inevitable and universal passages that unite all humanity (and much of planetary life). The Buddha called them “Heavenly Messengers” because they offer us the gift of awakening to live with more presence, joy and love. They remind us of the impermanence of our health, youth, and life itself, an awareness that softens, opens and energizes our hearts and lives. What resources can help us embrace and even welcome these heavenly gifts? This workshop offers the resource of song and singing—a timeless human practice that opens the heart, mind and imagination, and evokes our deeper wisdom and truth. Betsy will share original songs inspired by her own encounters with loss and the Heavenly Messengers. This will provide a springboard for sharing our reflections and stories together, and sinking deeper into the beautiful—yes heavenly—gifts of grief and song. No singing skills necessary!

- **Betsy Rose** is a singer, songwriter and recording artist whose music blends compassion and mindfulness, depth and humor. She has presented and sung at conferences for educators, hospice workers, parents, and spiritual communities. Betsy sees music and singing as inclusive and universal, a healing practice and a human birthright.

3:45 – 5:00 pm (Parallel workshops-choose one)

(4J-see 4J above) Building on Sage-ing Basics: Extending Psycho-Spiritual Growth in Later Life

(4L) “Grow Old Along with Me, the Best is Yet to Be”

In this slide-lecture, we look at artistic productivity over the lifespan, focusing on Rembrandt’s self-portraits as a chronicle of individuation, along with later-life creativity in artists ranging from Michelangelo and Matisse to Louise Nevelson and Georgia O’Keefe. The message is one expressed by critic Ananda Coomaraswamy: “It’s not that the artist is a special kind of person; it’s that each person is a special kind of artist.”

- **H.R. (Rick) Moody, Ph.D.**, is Distinguished Visiting Professor in the Creative Longevity and Wisdom Program of Fielding Graduate University. He retired as Vice President for Academic Affairs with AARP and is author of *Five Stages of the Soul: Charting the Spiritual Passages That Shape Our Lives*, translated into seven languages worldwide.

6:30 – 9:00 pm Saturday Evening Campion Ballroom

Banquet The cost is covered in your registration fee. You must sign up 48 hours ahead of time to attend. We need a precise count to provide adequate seating and food. Tickets for others who wish to come can be purchased for \$30.00 at registration no later than Thursday. Food options for a variety of food needs will be available.

Awards and Recognitions Three of our most distinguished members: Lynne Iser, Rabbi Shaya Isenberg, and Rev. Bahira Sugarman will be given the Sage-ing® Pioneer award for their many contributions to this movement. Others will be given the Reb Zalman Award for Leadership.

Music Making As a part of growing older together we feel it is important to make music together. Our beloved Bob Atchley has gathered a group of professional singer/songwriters to lead us in an evening of singing and celebration. Performers include: Bob Atchley, Betsy Rose, Lorraine Bayes, and David Rozell. Yes, there will be songs about aging and songs we've known from earlier parts of our lives. We will have a great time.

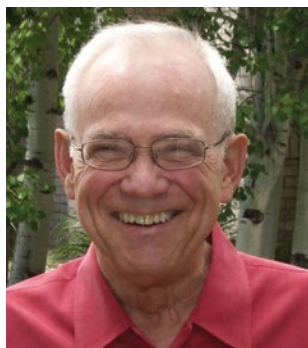
SUNDAY, AUGUST 24TH

7:30 – 9:00 am Breakfast

9:00 – 11:45 Campion Ballroom

9:00 – 10:30 Keynote: *Sages in Service: Presence and Action* by Bob Atchley

Bob will talk about the work we need to do to enable us to manifest the presence of a sage, the qualities and skills we are all familiar with. How do we practice these? The action part deals with being while doing. How do we learn to root our actions in spiritual being? Responses to his ideas will be given by Connie Goldman, Rick Moody, and Lynne Iser – all members of our Council of Honored Sages.



Robert Atchley, Ph.D., is an award-winning teacher, scholar, author, and mentor for those who manifest spirituality in their lives. He has presented numerous lectures and workshops to a wide variety of audiences and has written more than a dozen articles for general audiences on this subject. His knowledge of the subject comes from extensive interviews and research, being part of several working groups of researchers, writers and lecturers focusing on spirituality, being involved in several organizations promoting “conscious aging” and/or spiritual growth, and his own 30-year conscious spiritual journey. In addition to doing many workshops on his own, 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.” Since 2000, he has published entries on spirituality for three different encyclopedias. His book, *Spirituality and Aging: Expanding the View*, is forthcoming from Johns Hopkins University Press. He has received more than a dozen awards for his teaching, writing, and

service, including the Distinguished Career Achievement Award from the Gerontological Society of America and the Benjamin Harrison Medallion, Miami University’s highest honor given to a faculty member. In addition, he is a singer/songwriter and humorist. He truly embodies the best of aging.

10:50 – 11:40 am Closing Ceremony

Gather in a circle to celebrate our time together across these three days. Participate in a beautiful closing ritual where we honor the elders among us. This will be facilitated by Lorraine Bayes.

11:30 – 12:30 Lunch

1:30 – 4:30 pm Service Project in the Seattle Community

Join your hands with other willing hands to offer your gifts to serve. We will be spending a couple of hours at the wonderful Interlaken Park in Seattle. Our service task is to be determined but could include some planting, bed preparation and cleanup. This project will be facilitated by David Rozell, Chair of the Sage-ing® International Service Committee.

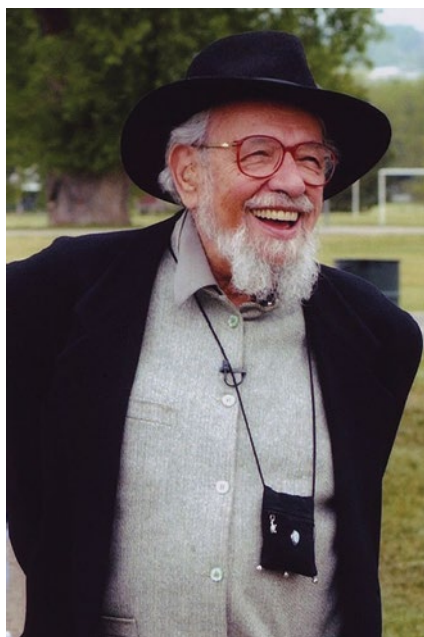
In Memoriam

We dedicate this conference to the memories of Angeles Arrien and Reb Zalman in great gratitude for their service to Sage-ing® International and their wisdom in helping people to age with insight and spirit.



Angeles Arrien, Ph.D., 1940-2014, was a cultural anthropologist, award-winning author, educator, and consultant to many organizations and businesses. She lectured and conducted workshops worldwide, bridging cultural anthropology, psychology, and comparative religions. Her work is currently used in medical, academic, and corporate environments. Angeles was the President of the Foundation for Cross-Cultural Education and Research. Her books have been translated into nine languages, and she has received three honorary doctorate degrees in recognition of her work. Her book, *The Second Half of Life* was awarded the Nautilus Award in 2007.

Rabbi Zalman Schachter-Shalomi, better known as “Reb Zalman,” was the founder of the Spiritual Eldering Institute and a mentor to all members of Sage-ing® International. In addition to his ordination, he had a Master of Arts in Psychology of Religion from Boston University and a Doctor of Hebrew Letters from Hebrew Union College. He has taught at Universities and, in 1995, he accepted the World Wisdom Chair at Naropa University in Boulder Colorado from which he retired in 2004. He was the founder of Jewish Renewal, an active teacher of Hasidism and Jewish Mysticism and a participant in ecumenical dialogues throughout the world. His belief in the universality of spiritual truth led him to study with Sufi Masters, Buddhist teachers, Native American elders, Catholic monks and humanistic and transpersonal psychologists. He was the author (with Ronald S. Miller) of *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* and numerous other books and articles and he continued to speak at world conferences, both in person and electronically, until his recent passing in July 2014.



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An excerpt from the essay “Infected by Reb Zalman—Yes!” By Bob Atchley

“... in the spring of 1992. I was attending a conference on Conscious Aging, put on by the Omega Institute. [...] On the first day of the conference, Reb Zalman presented his view of Sage-ing as a process of spiritual growth that would enable elders to take up their ancient functions as wisdom keepers in ways that fit our 20th Century world. [...] Reb Zalman’s charismatic presentation laid out a step-by-step process for nurturing this new vision.

He was always the Rabbi, but he was also an accomplished scholar of comparative religion who understood various spiritual doctrines and practices in terms of the basic functions they were designed to perform. Once you understand that, he said, you can then see changes that might be made to allow ancient ideas and

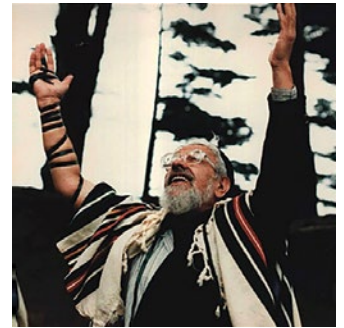
practices to appear fresh in today’s techno-intellectual culture. It was no accident that Reb Zalman was the founder and chief flak-catcher for the Jewish Renewal Movement, the Sage-ing Movement, and a host of other spiritual and religious innovations over the years....

Being around the marvelous being called Reb Zalman week-in and week-out for many years affirmed for me that he was a master of all the qualities and skills of a Sage identified by Sage-ing® International: openness, spiritual centeredness, flexibility, compassion, intellect, equanimity, presence, clarity, humility, sensing deeper questions, compassionate listening, having a non-judgmental, non-adversarial stance toward others, and comfort with diverse points of view. He did all this with good humor, a light heart, concern for the planet, and a good sense of when it was time to sing or tell a story.

Most important of all, Reb Zalman embodied his teaching. He *was* the teaching. We could learn the subtleties by just watching him do his thing. And oh how happy he was when he saw others work up their courage and begin to enjoy the ecstasy of integrity—walking their talk. Those of us in Sage-ing have been watching him for more than 25 years, so we are well rehearsed and ready to step into his very big shoes. Reb Zalman made this easier by resigning from leadership roles in the various organizations he started. This forced us to re-create our leadership processes, which in every case I am aware of has made the organization stronger. This is certainly true for Sage-ing® International. Reb Zalman was teaching us how to let go with grace.

The end of Reb Zalman's life was a teaching also. Three years ago I had two long discussions with Reb Zalman about "the December Work," in which we talked about what a graceful end of life is about and how to do your part in helping it happen. These ideas were brought together with great skill and authenticity by Sara Davidson in her book, *The December Project*, which was the result of two years' work with Reb Zalman. His passing was the most graceful I have ever seen. He died quietly in his sleep, at home, with [his wife] Eve by his side. He was laid to rest on Independence Day, a most fitting time for such a free spirit...

Reb Zalman showed us how to die with grace—he *was* Grace, embodied for 89 years. Reb Zalman taught us that we can be grace, too. What a gift!



Council of Honored Sages

Robert Atchley, Ph.D., is an award-winning teacher, scholar, author, and mentor for those who manifest spirituality in their lives. He has presented numerous lectures and workshops to a wide variety of audiences and has written more than a dozen articles for general audiences on this subject. His knowledge of the subject comes from extensive interviews and research, being part of several working groups of researchers, writers and lecturers focusing on spirituality, being involved in several organizations promoting "conscious aging" and/or spiritual growth, and his own 30-year conscious spiritual journey. In addition to doing many workshops on his own, 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." Since 2000, he has published entries on spirituality for three different encyclopedias. His next book, *Spirituality and Aging: Expanding the View*, is forthcoming from Johns Hopkins University Press. He has received more than a dozen awards for his teaching, writing, and service, including the Distinguished Career Achievement Award from the Gerontological Society of America and the Benjamin Harrison Medallion, Miami University's highest honor given to a faculty member. He received the American Society on Aging's award for Distinguished Contribution to the Education of the Nation.

Christina Baldwin, M.S., is a writer and seminar presenter of 30+ years experience. She has contributed two classic books to the exploration of journal writing, including the well-known classic, *Life's Companion, Journal Writing as a Spiritual Practice*, revised and reissued in 2007 after 100,000 original sales. This work led her to a long study of personal growth and group dynamics and as a result of that experience she wrote *Calling the Circle, The First and Future Culture* to explore how social container releases needed wisdom. In recognition of the requirement for increased spirituality, she wrote, *The Seven Whispers: Spiritual Practice for Times Like These*. Her legacy book, *Storycatcher, Making Sense of our Lives through the Power and Practice of Story*, reminds readers of the necessity of story to communicate in all areas of professional and personal life. Continuing the exploration of collaborative dialogue, Christina and Ann Linnea wrote *The Circle Way: A Leader in Every Chair*, which documents applications of PeerSpirit Circle Process as a foundational tool for local to global change. Christina holds a B.A. in English with honors and Phi Beta Kappa from Macalester College, and a M.S. in Educational Psychology from Columbia Pacific University. She currently lives on an island near Seattle, WA, from which she travels extensively to lecture, teach, and call people and organizations into conversations of heart, meaning, and activism.

Connie Goldman was formerly on the staff of National Public Radio in Washington DC where she hosted the news program *All Things Considered* and produced many documentaries and feature stories. Over 25 years ago at the age of 50 she felt called to go out on her own to explore the positive aspects of aging in a culture that seems to be obsessed with "staying young." She has had many conversations with "extraordinary older people." Connie has written numerous books including *The Gifts of Caregiving* and *Late Life Love*, and is a sought-after speaker. Her presentations offer encouragement and inspiration for making positive transitions and continuing to deepen and grow in the second half of life.

Bahira Sugarman and Rabbi Shaya Isenberg are Co-Founders and Co-Directors of the ALEPH Sage-ing Mentorship Program and senior faculty emeriti of the Spiritual Eldering Institute where, at Reb Zalman's request, they designed and implemented its leadership training program. They have been leading life-transforming Sage-ing workshops for almost three decades. They have been teaching and living the couple relationship as a spiritual path for even more years.

- **Reb Shaya** is past Chair of the Department of Religion and Professor Emeritus at the University of Florida. He is Co-Founder and past Co-Director of the UF's Center for Spirituality and Health. Rabbi Emeritus and Co-Leader with Bahira of Gainesville, P'nai Or Congregation, he has served on the faculty of the ALEPH Ordinations Program and remains on the faculty of the ALEPH Spiritual Directions Program. He is a licensed Massage Therapist and a recent

initiate as a Traditional Reiki Master.

- **Bahira**, in her 21st year as a traditional Reiki Master, is ordained as a spiritual guide by Rabbi Zalman Schachter-Shalomi and has been celebrated as an Eyshtet Hazon (Woman of Vision) v'Rofet Neshamot (Healer of Souls) by the ALEPH International community. She is retired as Co-Leader of Gainesville P'nai Or. She combines psychotherapy and transpersonal healing work in private practice. Licensed as a Clinical Social Worker and Marriage and Family Therapist and as a Massage Therapist, Bahira teaches Reiki and beginning Tai Chi Chuan to women. Bahira and Reb Shaya are available for Spiritual Direction consultations and Sage-ing Mentorship Programs.

Lynne Iser 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. She is the founder of *Elder-Activists.org*, an online community of individuals inspiring, educating and supporting each other to become activists – transmitting their wisdom and legacy to future generations. She 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. She facilitates symposia for *The Pachamama Alliance*, along with the work of Joanna Macy, and, teaches conscious aging and community building both locally and regionally.

Richard Leider, M.S., is dedicated to awakening people to their “true calling.” He is committed to helping “new Elders” discover the power of Purpose in the second half of their lives. In addition to his life coaching, writing and speaking work through the *Inventure Group*, he is a Senior Fellow at the University of Minnesota’s Center for Spirituality and Healing. Through the *Purpose Project* he and his colleagues are finding that “purpose is good medicine!” His eighth book, *Something to Live For*, was published in 2008.

Wendy Lustbader, M.S.W., was a mental health counselor at Pike Market Medical Clinic in Seattle for many years and affiliate Assistant Professor at the University of Washington School of Social Work. She is nationally known for her speaking and consulting work with the Pioneer Network and is the author of *Counting on Kindness: The Dilemmas of Dependency*. She also wrote *What’s Worth Knowing: Interviewing 100 Elders*, and co-authored *Taking Care of Your Aging Family Members*. She is a very engaging speaker who has a profound passion for working with and advocating for elders. She has worked in this field for over 20 years.

H. Rick Moody, Ph.D., has served as Director of Academic Affairs for AARP. He is the author of over 100 scholarly articles and book chapters, as well as a number of books including: *Abundance of Life: Human Development Policies for an Aging Society* (Columbia University Press, 1988); *Ethics in an Aging Society* (Johns Hopkins University Press, 1992); and *Aging: Concepts and Controversies*, a gerontology textbook now in its 3rd edition. His most recent book, *The Five Stages of the Soul*, was published by Doubleday Anchor Books (1997) and has been translated into seven languages worldwide. Dr. Moody taught philosophy at Columbia University, Hunter College, New York University, and the University of California at Santa Cruz. From 1999 to 2001 he served as National Program Director of the Robert Wood Johnson Foundation’s Faith in Action and, from 1992 to 1999, was Executive Director of the Brookdale Center at Hunter College. He has also served as Co-Director of the National Aging Policy Center of the National Council on Aging in Washington, DC. Rick Moody is known nationally for his work in older adult education and recently stepped down as Chairman of the Board of Elderhostel. He has also been active in the field of biomedical ethics and holds appointment as an Adjunct Associate of the Hastings Center.

William H. Thomas, M.D., is a physician with a special interest in aging and the elderly. In 1991 he conceived the idea of the Eden Alternative™, a new approach to the care of frail elders. Facilities that adopt the Eden Alternative™ bring decision-making in line with the needs of the Elders, rather than bureaucratic priorities. His award winning book *What Are Old People For?* (2004) continues his visionary work on the Green House Project. Some of his other books are *The Eden Alternative: Nature, Hope and Nursing Homes*; *Life Worth Living*, which has received several awards, including an “Honorable Mention Award” from the American Medical Writers Association as well as being one of the 1996 selections for “Book of the Year” by the American Journal of Nursing; *Learning from Hannah*; and *The Eden Alternative Handbook*. Dr. Thomas diligently continues to work for change in institutional care worldwide. With his startling common-sense ideas and his ability to persuade others to take a risk, this creative and wildly exuberant country doctor has become something of a culture changer—re-imagining how Americans will approach aging in the 21st century.

The Seattle University Bookstore will be offering Sage-ing® International Conference Presenters and Council of Honored Sages Members the opportunity to sell their books and CDs in the Campion Lobby. There will also be a book signing on Saturday, so please take time to check out the many offerings and come to meet the authors.

Co-Sponsors of the Sage-ing® International Conference



The School of Theology and Ministry, Seattle University offers an ecumenical and interfaith program that holistically educates leaders to contribute to a more just and humane world through their faith that does justice. It includes five master's programs and a Doctorate of Divinity.



NORTHWEST CENTER FOR
CREATIVE AGING

Northwest Center for Creative Aging (NWCCA) presents programs that inform, inspire and encourage adults to find new meaning in their lives as they age. NWCCA addresses the whole person – mind, body and spirit – with a range of programs committed to creative aging.

Conscious Aging Alliance

Sage-ing® International is a part of a broader movement that offers a vision of aging as a time of life characterized not by diminishment and decline, but by growth, contribution and fulfillment. This movement is often referred to as Conscious Aging. Sage-ing® International has recently initiated conversations with other like-minded organizations who have agreed to support each other in promoting conscious aging thought and actions. This is being accomplished initially by making available on each of our websites information about each other and links to each other's websites. This consortium, called the Conscious Aging Alliance, currently has twelve members:

- Center for Conscious Eldering - Emphasizes connecting with nature and with ancient wisdom including Rites of Passage for elders. Ron Pevny, www.centerforconsciouseldering.com
- Fierce with Age - A free online digest of Boomer wisdom, inspiration, and spirituality. Carol Orsborn, www.fiercewithage.com
- Gray is Green - An organization committed to engaging elders in the environmental movement, believing they have much to contribute to this world. Kath Schomaker, <http://grayisgreen.org>
- Institute of Noetic Sciences Conscious Aging Program - This program provides a set of guidelines for doing end-of-life work similar to Sage-ing, that helps people to address this time of life in a conscious manner. <http://www.noetic.org/education/overview/>
- Legacy of Wisdom- A project inspired by Ram Dass, Reb Zalman, and other wisdom figures. They have collected over 200 videos of interviews of wisdom figures speaking to important topics we need to address as we age. This project is both global and multigenerational. www.legacyofwisdom.com
- Life Planning Network - An organization of professionals and organizations who are committed to helping people age holistically. Members share with each other regarding best practices and support each other in this important work. www.lifeplanningnetwork.org
- Mankind Project Elders - A global initiative inviting men over 50 to claim their status as elders. "We believe that this intention includes being a source of blessing, an advocate for Earth, a mentor and a wisdom keeper." <http://elders.mkp.org>
- Memorial BrainWorks - An organization focusing on educating the public about the brain including the aging brain and also training people to become Sage-ing® Circle Facilitators. www.memorialbrainworks.com
- National Center for Creative Aging (NCCA) - An organization dedicated to finding and creating connections between creative expression and healthy aging. www.creativeaging.org
- Recognition Rites for a New Image of Aging - An organization that brings together people of various ages and cultural backgrounds to create rites recognizing and honoring people as they age. Tom Pinkson, www.drtpinkson.com
- Sage-ing® International - An organization based on the vision of Rabbi Zalman Schachter-Shalomi dedicated to inspiring and assisting people to do the inner work of aging and to claim their place as sages in society, making a difference in the world. www.sage-ing.org
- Second Journey - Focused on *Mindfulness, Service and Community in the Second Half of Life*. Support is given through publications, web resources and courses. www.secondjourney.org
- Spirituality and Practice - The Elder Spirituality Project - This website pulls together articles, books, films, and other resources to consider as we age. They offer e-courses on a regular basis. www.SpiritualityandPractice.com/elderspirituality/

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 benefiting 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



Sage-ing® International

Wisdom and Spirit in Action