

## Growing Older in Community Group

10:00 – 11:30 am, Wednesday April 23

*For this first meeting we are looking at our growth and contribution for the years ahead. Here are two quotes to help you think about where you are going or may want to go.*

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“An elder is a person who is still growing, still a learner, still with potential, and whose life continues to have within it promise for, and connection to, the future. An elder is still in pursuit of happiness, joy, and pleasure, and her or his birthright to these remains intact. Moreover, an elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations.”

– The Elders’ Creed, from Chapter 5, Exercise 1, part 7 of *Getting Good at Getting Older* by Richard Siegel and Rabbi Laura Geller.

*(You might want to explore all of Chapter 5, Exercise 1)*

“From around the age of six, I had the habit of sketching from life. I became an artist, and from fifty on began producing works that won some reputation, but nothing I did before the age of seventy was worthy of attention. At seventy-three, I began to grasp the structures of birds and beasts, insects and fish, and of the way plants grow. If I go on trying, I will surely understand them still better by the time I am eighty-six, so that by ninety I will have penetrated to their essential nature. At one hundred, I may well have a positively divine understanding of them, while at one hundred and thirty, forty, or more I will have reached the stage where every dot and every stroke I paint will be alive. May Heaven, that grants long life, give me the chance to prove that this is no lie.”

– Hokusai, Japanese artist who created “The Wave”, in his mid-seventies