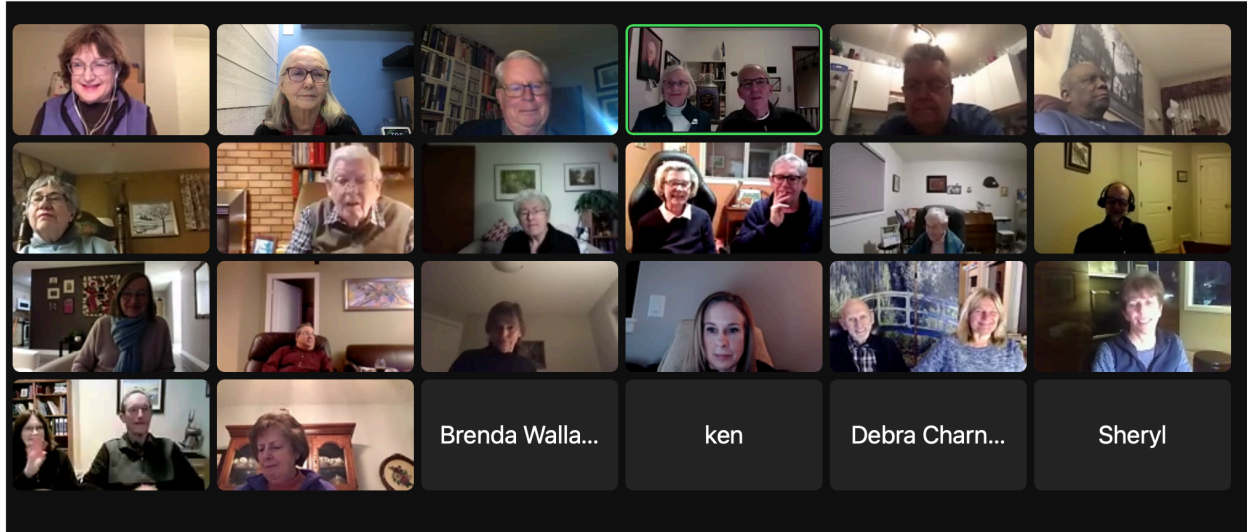


“On the Brink of Everything” — 48-02
PAUSE TO CONSIDER: REFLECTIONS ON SESSION #2



1. This was our class picture last night at 7:07 pm. See how wonderful we look without our masks. Several others joined us as the evening progressed. We were absolutely delighted to share that time with you. Remember, if you want to chat before the session begins, Joan, Wayne and I are online about 6:30 just visiting!! That goes for after our formal closing. **Last night, Jock shared a poem** that he had written, commemorating the passing of Bonnae late 2020. Here it is.

I thought to write a poem for my birthday 30 Jan. And Bonnae was my focus. As it every was and is still.

love of my life

**though you passed a year ago
and though our rooms are silent
I am not alone**

**your loving presence lives near
and memories gather like flowers
I am surrounded by you**

**my every thought flies to you
and i feel yet your supporting attention
I rest in remembering our many hours**

**our memories comfort me
and challenge my tomorrows
I keep our dreams yet dear**

**for the years and for now
thankyou**

**birthday thoughts upon a year alone
24 jan 22**

Thank you for sharing your poem with us, Jock. We celebrate your creative spirit and the love you shared with our dear friend and your wife, Bonnae.

2. So I have to figure out how I can join in Break Out while hosting the Zoom Session. Sitting quietly with my thoughts while I knew that you were having a great conversation was not easy for me. **What thoughts and ideas might I have shared last night?** From the first video, the reference to an unexamined life and his suggestion that if one chose not to examine his or her life, at least do not work in a job that relates to people. I have worked with folks who pride themselves for not reflecting upon their lives — living for the moment. As a former teacher, I remember colleagues saying that they weren't paid enough to care. I remember feeling badly for them because caring was what teaching was all about for me.

I was intrigued by Palmer's insistence of the importance of self-care for Leaders... true self (Richard Rohr's teaching) with awareness and honesty. His book *Hidden Wholeness* with the focus on Circles of Trust made me think about who is in my circle that I can open up completely with total trust. And conversely who includes me in their Circle of Trust.

Last Saturday I was on a ZOOM meeting with Fran and Andy Porter who have dedicated their lives since the passing of their *borderline personality disordered* daughter Colleen in 2010. Fran has written three books available as a set:

Book Sales: Andy Porter (Proceeds go to McMan Youth, Family and Community Services to establish a mental health clinic.)

- ___ When the Ship has no Stabilizers \$30.00
- ___ The Wrong Brother \$20.00
- ___ Dastardly Deed \$22.00
- ___ All 3 Books for \$67.00 (a \$5.00 discount)

How to Place your Book Order:

If you wish to order one or more books, please put a cheque or cash in an envelope and indicate which books you want to purchase.

Your order can be dropped off at one of the following members' homes:

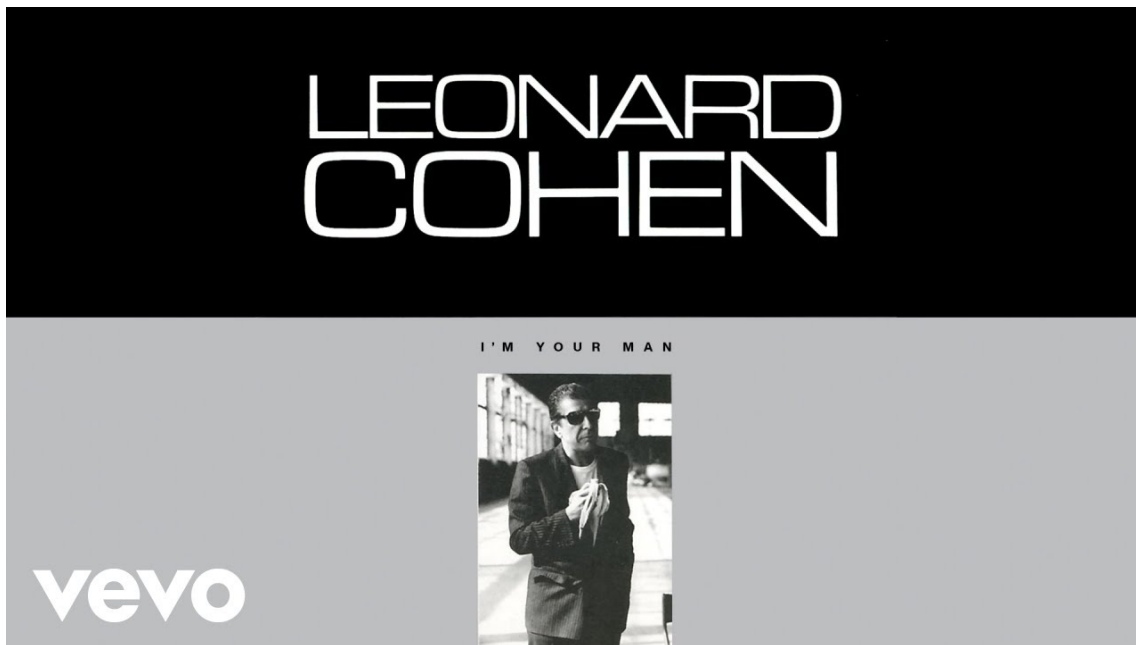
___ Martha Faulkner 3139 Underhill Drive, NW
___ Tannis Helmcken 3627 - 2nd Street, SW
___ Jana Hopper 8420 Ashworth Road, SE

Deadline for Book Orders: Monday, January 31, 2022

Along with the full page ads in The Herald and on tv saying “Just Listen — Keep Talking” we are reminded that COVID has been extremely hard on young people especially and Circle of Trust — Self Care becomes essential during this time for all of us.

From the second video, I remember hearing about “White Privilege” in a real way with Rev. Kelly, at St. David’s, only a few years ago. I was running the projection and sound for an after church seminar, of a program developed by the United Church of Canada. It had some 30+ slides and we never got beyond the third slide which addressed the issue. I noted that this townhall meeting in the video, held in Washington DC was during the Trump era and prior to COVID. A formula suggested by Dr. Palmer was the being healthy = light + dark — Grace + Gravity and he maintains that Racism vs Anti-Racism is the most critical issue of the time. Inaction is not a description for the octogenarian.

4. Here is Leonard Cohen’s song whose beginning lines are featured in the Prelude of our book: “Well, my friends are gone and my hair is grey. I ache in places where I used to play.”



If you click on the screen, it will direct you to youtube and you’ll have to return to my message.

5. Chat from last night:

a. Sheryl asked for a repeat of Eldon's challenge to us last night. So here goes. Wayne in his Colleaguespot had referred to a book entitled *Alphabet of Faith* by Sarah Jewell which got Eldon thinking that was something we could all do... to choose a word related to our own faith for each letter of the alphabet and to share our assignment with our group. **That sounded so good that Mike emailed me his list of words last night!!! Could be fun. Send your list to me and I'll create a table of our alphabetized words of faith.**

b. We talked about journaling which gave Mike this thought. *"For me, it's a lot like composing music. I do it when it's important enough and when I want to remember and look again at what I write. I have shared my full journals with a people of people and have mentioned some entries in notes to this group.... When it's not about you, it can be the most about you."* Later Mike commented in response to Jock's poem (see item 2 of "Pause to Consider 48-02")

"I've also got words. Cherish. Treasure. Preserve. Not poetry but music composition. I'm in the middle of a difficult but necessary journey in my latest album. I am writing music about the stories my close friend Mary told me. They were to be written by her as her memoirs. She won't write them now — she has alzheimer's. So it falls to me to do it ... as best I can. It is a humbling undertaking."

c. From Heather M. *"I think there is an erroneous belief that as we age we get more ornery or stuck in our ways, but I don't think that is the case for those continuing to reflect and grow through concerted efforts like this book club."* Thank you, Heather.

d. Joan shared some of the stories from her Break Out Room group: Retirement as a milestone requiring adjustment, pre and post COVID milestones, teaching in same school attended as a child milestone, difference between the dark of depression and being part of the dark (an explanation).

7. My **"pauses to consider"** from the Prelude Reading:

a. "Be more aware of the loveliness of simple things: a talk with a friend, a walk in the woods, sunsets and sunrises, a night of good sleep."

b. "... overriding feeling is gratitude for the gift of life."

c. "Calamities I once lamented now appear as strong threads of a larger weave, without which the fabric of my life would be less resilient."

d. "Old is just another word for nothing left to lose, a time of life to take bigger risks on behalf of the common good."

e. "How we travel the arc between our own sunrise and sundown is ours to choose: Will it be denial, defiance or collaboration?"

f. "Writing is an unfolding of what's going on inside me as I talk to myself on a pad of paper or a computer, a version of talk therapy that requires neither an appointment not a fee."

g. "Poetry also lightens the load by lifting weighty things using the leverage of metaphor."

h. "The book is not a 'guide to' or a 'handbook for' getting old. Instead, it is me turning the prism on my experience of again as a way of encouraging readers to do the

same with theirs. **We need to reframe aging as a passage of discovery and engagement, not decline and inaction.”**

8. Housekeeping Review:

- Check out sduc.ca for weekly updates and keynote presentation.
- Enjoy “Pause to Consider.” Thanks for giving me the opportunity to process my thoughts in such an enjoyable way.
- Screen capture (take a picture of what’s on a screen that interests you — (on my machine, hold down “shift, command, 4” to take a picture.)
- Bible Study on Thursday mornings on ZOOM at 10 a.m. is on I Corinthians.

11. Some links you might like: I’ve included the live stream of the Service of Compline at St. David’s, January 16, 2022

<https://couragerenewal.org/wpccr/parker/videos/>

On Being Project: <https://onbeing.org>

<https://www.newcomerpalmer.com/home>

Thoughtfully yours,

Brenda