



SPEC Elders Circle Reclaiming Elder Wisdom

SPEC Elders Circle Salon: Discover Wisdom in Uncertainty

November 17, 2016 Harvest

Question 1. "How do I relate with the uncertainty in my life and in the world?"

Question 2. "What strategies do I use to help me accept uncertainty?"

What did we hear/learn in our discussions?

- No use fretting about uncertainty ... everything works out!
- This is calming (to know that).
- Technology makes uncertainty less certain.
- We don't know. We can't know. I say thank you for my life. Thank you for the day.
- What's happening right now?
- Every moment is magic!
- Delve into gratitude!
- Prepare yourself for uncertainty. Invest in your values. Then, even during changes, you know what to do.
- Breathe deep. Meditate. Be here now.
- Laugh a lot! ☺
- TS Eliot: Teach us to care, and not to care.
- Taking action ... when uncertainty feels uncomfortable.
- When we feel uncertain, often we distract ourselves ...
- The Alchemist: "When you care about something, the whole universe conspires to help you."
- The universe is on our side.
- Cultivate relationships: people you can lean on and can lean on you.
- We are not individuals, solo ... We are deeply interconnected.
- Brings a feeling of spaciousness ... If we truly took in how connected we are, how would this change the way we think and behave?
- I do my best. I take time. I take time in nature. To recuperate.
- Matter changes in the presence of consciousness (Heisenberg's uncertainty principle). Is it a particle or a wave?
- Defy the system!
- The meaning of "uncertainty" varies, depending on where you live. Exploring existential uncertainty can be a luxury.
- Seems like when we have fewer certainties, we have more peace.
- Edison says: persevere, persevere, persevere!

Evaluations

14 completed evaluations

Survey Range:

0=Not at all 4= very effective

1. How effective was the salon at exploring ways to discover wisdom in uncertainty?

AVERAGE: 3.64

Comments:

- Good discussion.
- Need to know more by attending more events
- I liked the questions and sharing ideas with others.
- Good strategy to use big group and breaking off to small groups.
- Lots of great sharing of personal experiences and strategies.
- What a nice time we had! Thanks to all the Core members.
- Better than I imagined. [Gave a “4”].

2. Please share your ideas for future Elders Circle events and activities.

- What gives you joy
- A walk along the Fraser River and a talk at the River District
- Exploring Wisdom traditions/Caring for the Soul
- Being active and engaged re environmental issues
- Couldn't think of any at the moment
- More of the same
- There are caregivers, those experiencing bereavement, coping skills, reaching out, compassion ... Elders may come to a 'salon' while their resources have been stretched to the limit. Let's support each other ... to leave the house—and come!
- Discuss different topics—positive/negative
- More excellence

3. If we held a SPEC Elders Circle Event at another location—specifically Mount Pleasant Neighbourhood House at 800 E. Broadway—would you be as likely to come?

- Yes (5). One person wondered whether we would consider the southeast corner of Vancouver? Killarney or the River District Community Centre?
- No (2)
- Maybe (4)

Thank-you!