

Connie Goldman Ritual of Remembrance

Memory Book

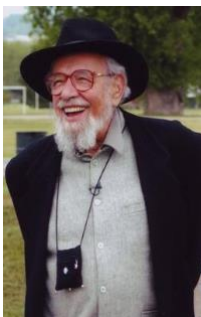


We are grateful for your presence on 20 September 2022 celebrating the life and legacy of Connie Goldman and our ever-widening circles of Sage-ing remembrances. This Memory Book reflects the ceremony design mainly remembering Connie Goldman yet recalling the bonds that hold us and the legacies that sustain us with tributes to Reb Zalman Schachter-Shalomi, Angeles Arrien, and Bob Atchley. We gathered in Beloved Community with participation from many organizations and contributions from different generations. May this collection of heartfelt tributes, collections of photographs, “chat” messages, video and song plus resources stimulate and bless your memories in the days and years to come.

“What is your/our/my heart doing right now? Remembering. Remembering”!

Your Remembrance Team,

Pat Hoertdoerfer, Judith Helburn, Rosemary Cox, Anne Boynton, Randy Morris



Tributes for Connie Goldman Read at the Ritual of Remembrance



Jan Hively Tribute - A catalyst for commitment

For me, Connie was a catalyst for commitment. She changed the direction of my life in April 1970, when we were both coming up on age 40. Connie, talk show host for KUOM, radio station, called and asked me to come on her show and talk about the First National Organization for Women's Strike Day. Having joined NOW a week before, I responded by saying, "I really don't know anything about NOW or the Minneapolis Strike Day but I'll find out and call you back." Famous last words!

I found a few NOW members & recruited about 100 participants for Women's Strike Day. On that August day we entered our city's largest department store and ordered lunch in the men's Oak Grill that was officially Closed to Women during weekday lunch hours. Connie's phone call led to my becoming the convenor for Minnesota NOW... and shifted my work to advocacy leadership – for women then – for conscious aging, 30 years later.

Connie's own trajectory had gone in the same direction. Upon reading her book *The Gifts of Caregiving*, that celebrated the ageless spirit of her interviewees, I invited her to be 2002 Conference keynoter for our fledgling MN Vital Aging Network. Connie's move back to the Twin Cities was stimulated by her own late life love with Ken Tilsen & another book. In 2006 my partner Tom & I were part of her groundbreaking interviews with a diverse range of older couples. Ah Late Life Love! We are still committed to each other and to holding Connie in our hearts.

Carol Orsborn Tribute - "To be continued..."

My life changed on a dime the moment I met my mentor and friend Connie. It was around 15 years ago, the first year I attended the American Society on Aging conference. As an aging woman coming to terms with growing older, I sought her wisdom and she generously invited me to the first of many coffee chats over the years of our friendship.

I'd been sharing with her my fears about aging--the losses and diminishments, when she looked me straight in the eye and said: "You know, Carol, aging is also the opportunity to not only grow old but whole." This watchword of wisdom became not only the theme of all the books about conscious aging I've written since then--quoting, acknowledging and citing Connie--but of my own transformed experience of aging.

When we could no longer meet in person, we carried on our fun and loving conversations long distance by phone and I have now adopted for myself her signature closing to every call. And so it is I say to you now Connie, I miss you like crazy, but rather than say goodbye: "To be continued..."

Anne Boynton Tribute - Mentor and Fellow Gardener

Connie was my mentor, friend and fellow gardener, and I often shared pictures of what was growing in my garden, so we could share in the changes that occurred throughout the year. In her book, ***Tending the Earth, Mending the Spirit, the Healing Gifts of Gardening***, Connie writes, *"The seasonal changes that visit my plants teach me about acceptance, patience, faith and perseverance through the travails and triumphs that are revealed in nature. In the course of a year, I see the entire cycle of life, from birth to death and back again. I'm sure this is why our language is filled with so many season-related metaphors: the springtime of youth, the summer of prosperity, the autumn of our years, the winter of old age."*

Connie lived an abundant, exuberant life, fully embracing the lessons and gifts of each season of her life.

Gary Carlson Tribute - Connie's Exemplary Support of Sage-ing

I had the great pleasure of knowing Connie for over a decade through her connections with Sage-ing and the many important books she wrote (I even appeared in one of them). Connie was an exemplary supporter of Sage-ing principles for many years and entertained us at several conferences partnering with Rick Moody in their "Connie and Rick" presentation.

Her support of Sage-ing educational opportunities led to the creation of the Connie Goldman Scholarship Endowment Fund, which has already provided thousands of dollars in scholarship aid to deserving participants. We miss you, Connie!

Meg Newhouse Tribute - Support and Guide

Connie was at first an idol, because of her many books and her leadership within Sage-ing International, American Society on Aging, and the aging world generally. Gradually I got to know her well, mostly through conferences (we sometimes co-presented), and the Society, an informal group of aging experts. She was a wonderful support & guide as I was writing my book ***Legacies of the Heart***.

I have tender memories of her mellow stage, near the end as her short-term memory failed. While her memory failed, her body still loved daily walks. We had Zoom calls every couple months. She was accepting, still witty, enjoying living in the present moment, and passionately repeating gems of wisdom to her friend Meg, whom she could no longer clearly remember.

Connie's 90th Birthday



Invited Tributes and Blessings for Connie Goldman



Connie Goldman Tribute presented by Gary Solomonson

Connie and I were friends for well over thirty years and more intimately during the past 10 years as she began her journey living with dementia. We truly became pals. Getting to know Nancy, her daughter, and Barry, her son, has also been a blessing in my life. My friendship with Connie remains spiritually strong since her passing on March 8th of this year. Before the passing of her late-life love, Ken Tilsen, my wife Julie and I enjoyed many wonderful dinners, travels, and walks together. I also had the privilege to watch Connie inspire countless residents in the senior living communities where I worked throughout the US and the UK. We traveled together often as she gave presentations based on one or more of the eight books she authored.

On one occasion when featuring her book, co-authored with Richard Mahler, *Secrets of Becoming a Late Bloomer . . . Extraordinary Ordinary People on the Art of Staying Creative, Alive, and Aware in Mid-Life and Beyond*, she inspired Roland C., a 90-year-old gentleman from New York who had always dreamed of becoming a math teacher. This MIT graduate in electrical engineering was sidetracked by an incredible engineering career in New York. Following Connie's presentation and reading her book, he lamented that he was too old to become a math teacher now. I met with a math teacher from the local high school, and we created an opportunity whereby Roland C. would mentor four math students — two who were struggling in math and two who were gifted students. After one year of mentoring, the struggling students had not only begun getting passing grades in math, but also in all their other subjects. The gifted students experienced the excitement of applied mathematics in electrical engineering. The best part of this story happened at a recognition dinner for Roland C. and the students at the senior living community where they were tutored, in the form of the words and tears from a mother of one of the struggling students as she said, "Your patience and tutoring my son who would have likely failed his sophomore year brought his GPA up from 1.7 to a 2.5, and he is excited about school again and will advance to his junior year. Most importantly, you taught him how to study! My husband and I will be forever grateful, Mr. C!"

Connie's books in the fields of aging inspired many others who went on to enrich their lives by becoming Late Bloomers in their 70s, 80s, 90s and 100s, embracing their aging in positive ways and becoming more successful caregivers for others.

Connie Goldman Tribute presented by Rick Moody

No, it's not unexpected for someone to die in their nineties. But when it's someone you've been close for decades then death becomes unexpected. Connie Goldman was a master of dealing with the unexpected. In her own later years she found herself a different person than who she was and, again, the unexpected became for Connie the source of insight and inspiration for others. She says it in her book about aging titled *Who Am I...Now that I'm Not Who I Was*. The title says it all. Simone de Beauvoir reminded us that "Nothing should be more expected than old age: nothing is more unforeseen." Age was a destination foreseen by Connie decades long before she ever arrived there.

As an incomparable journalist, from the early days at National Public Radio, up until her last years, so many of her stories are ones we cannot forget. She spent a week with Karolyn Grimes, who played Zuzu, little daughter to George Bailey, played by Jimmy Stewart in the film "It's a Wonderful Life." Now an Elder herself, Grimes shared stories which Connie made into a message of hope. Connie Goldman herself was known to many of us as "Mother Wisdom." Those of us who knew her are grateful for her wisdom and for her own wonderful life.

Connie Goldman, in appreciation, by Judith Helburn

Sage-ing International, and so many others have lost a wise, funny and dear friend. Connie Goldman, a member of SI's Council of Honored Sages passed into a different reality at the age of 91 in March. Connie was a woman of many skills that included hosting on both MPR and NPR's *All Things Considered*. She wrote engaging books about aging consciously using her skillful, kind, curious voice to interview diverse older women & men and record wisdom that many didn't realize they had. Her smile and laugh lit up a room. She was a pioneer in the conscious aging movement, rallied against agism, and became friends with Rabbi Zalman Schachter-Shalomi. Even weeks before her death, she shared her wit and wisdom. Anyone who knew her feels she has left an empty space which will be hard to fill.



Tributes sent from Connie's family, friends and colleagues



Paul Kleyman Tribute - "How about Exchange?"

It's lovely that you are keeping Connie's memory alive with this project. I wish I could be more helpful, though. In the roughly 30 years that I knew, her, I did publish occasional articles in "Aging Today" by Connie, usually an excerpt from one of her books, such as the Gardening one. But ASA (American Society on Aging) was stingy then and would not digitize most of the paper's articles to archive online. I did include occasional items about her in the newsletter I did (and still put out) for the reporters. The group is now called the Journalists Network on Generations, but when we formed it in 1993, Connie helped give it the name it had until I left ASA in 2008 — In a phone conversation I said, "Connie, I need a word for this group, something not too formal, like 'association' or 'guild.' We batted around some ideas, and she asked me what the group will do. I said we wanted people to connect through it, but I didn't like "connection," too coffee-klatchy. So she said, how about "exchange."

So the next 15 years it was the Journalists Exchange on Aging. It only changed it when ASA's new management got weird about who owned the name. In any case, Connie was in on our conspiracy of aging in journalism from the start — and in January we'll mark our 30th year. With well wishes and lively memories, Paul.

Wendy Goldman Tribute - She created a zone of comfort

My return to higher education was fraught with obstacles—financial, professional support, understanding—yet I persevered. I was 34 when I began studying at Santa Monica College, then attending night school; by 38 I transferred to UCLA to complete my undergraduate degree. My goal was to graduate by the time I turned 40, a magic number for the Age Discrimination in Employment Act to be effective. I graduated 3 months shy of my birthday and celebrated wildly with loved ones.

I was accepted to graduate school for a new degree in business and aging, MBA/MS Gerontology, and began to attend local events that centered on the Aging Industries. I was an entrepreneur, full of confidence about the future, and met dozens of important leaders in the field at conferences and symposiums. I was asked at the last minute to fill in for a speaker at an ASA conference in Anaheim for a "Seniors in Cyberspace" presentation, where I was lucky enough to hear Connie speak on a panel. This was in about 1994.

Connie's look and demeanor were not the norm. She was in casual slacks and a sweater, while most of the attendees were in business suits. All I remember is being charmed enough to approach her and ask for a private meeting, just to know her. She created a zone of comfort for me and others, a popular lady among mostly boring, dry speakers.

We had a meeting in her Santa Monica apartment and a lively talk. When she asked about my studies, I told her that I was working on a master's Thesis entitled "Computer Training for Older Adults: Benefits and Opportunities," which launched a conversation about learning to use technology. Connie admitted to me that she struggled to learn

how to write, use email, and create on a computer after her journalism career using a typewriter. I challenged her to give me a chance to teach her some simple tasks, and to use her story in my thesis.

Three or four visits later, Connie was able to send emails and became so busy catching up that we stopped the lessons. She was communicating with her children, grandchildren, and professional colleagues and I imagine that she used her computer quite often. She soon moved out of state, and I lost track of her until I saw news of her illness posted on a friend's newsletter.

Her loss has been deeply felt by me, and the wonderful books that she left behind are truly "Serving the Ageless Spirit." May her memory be a blessing and help future generations to understand the positive side of aging.

Joyce Cohen Tribute - To My dear friend, one pint-sized powerhouse

Having shared a special relationship spanning over 50 years, Connie holds a unique place in my heart as lifelong friend, colleague, conspirator, and mentor wrapped up in one **pint-sized powerhouse** who celebrated aging for a lifetime and taught many of us to do likewise. Connie loved stories and storytelling. She was an intent listener, asked probing questions, and she could capture poignant pearls through her interviews, regardless of the celebrity status of the individual. On numerous occasions, Connie would say "Let's go somewhere and talk. I'm pregnant with a new book."

I had the privilege of being Connie's roommate at conferences and meetings over the years. We talked aging issues into the wee hours on many occasions, collaborated on projects, and discussed ageism as we each experienced new insults, humorous events and ageist observations in the making.

While stopping in a drug store on a trip, we observed a handsome young clerk wait on an attractive college coed while ignoring older women also awaiting service. Connie promptly said to me "Just wait til you become invisible; it will come and what will **YOU** do about it?"

On the lighter side, Connie had an impish smile and an insatiable sweet tooth. We often met in NYC sharing activities and meals. One wintry day, near her January birthday, we met for lunch and I prearranged for a tray of eclectic desserts to arrive at our table so Connie could select her favorite as part of a birthday treat. With that twinkle in her eye, she declared, "How about all of them!" We sampled a few and with bakery box in hand, she went smiling down Broadway.

Connie will be dearly missed by many and because she is larger than life, may the blessing of her memory carry on as a living legacy to the field of aging. Further, may her books safeguard timeless messages to us all.

Ron Pevny Interview - "Facts illustrate, but stories illuminate."

Ron interviewed Connie at the 2016 Shift Network Summit, *Transforming Aging*.

Connie Goldman *The Gifts of Caregiving – Stories of Hardship, Hope, and Healing*
Facts illustrate, but stories illuminate.

Ron Pevny: a basic thesis of your book is the caregiving experience can nurture positive growth and new personal insights. What we read most of the time about caregiving is the stress that it induces, the way it can compromise the health of the caregiver. We see that side of the coin, but we read so very little about how that experience can nurture growth. So could you speak about how caregiving can help us to grow, to open our hearts?

Connie Goldman: One story that comes to mind is someone who lives in California. She used to call her mother on the phone, her mother who lived in a two-story house and was close to 90 years old and refused to move. She had someone come in maybe two hours a day and the rest of the time she was alone. This California woman was on the phone calling her mother just to hear mother's voice. I don't know how many times a day.

Finally she said to me, "I'm going to have to leave my job. I'm going to have to rent my house out. I've got to go and live out there. I can't stand this. The tension is killing me. I don't know really the real story of my mother." This is just one incident of a person making a major decision to take on the family caregiver. Of course her story ends up growing becoming whole adventure of learning about herself, from going back into the bedroom that she grew up in as a child, and getting to know a different mother than she knew when she was a teenager and getting to know herself in a deeper and more meaningful way. What she tells me in the conclusion of her story is that the experience changed the perception of her life ahead and also gave her the reward of building a closeness between her and her mother that never existed when she was a teenager. See, there's a growth that's possible in many situations, that we have no previous idea of.

A daughter told me this story: "I kept thinking, how can I get away from work? I know I should go visit my mom in the home. I know. I know. Finally, the guilt gets to be too much so I go over there and when I walk into the room, my mother smiles. I sit down, and I hold her hand and then I hug her. We sit together and smile, and I tell her how nice it is to be there with her. That's all I really have to say." "When I get up to leave, she says, 'I like being with you.' I say to her, 'Me too, Mom. It's been so nice.'" Then this woman said to me, "And I leave my mother's home that she's in, a retirement community, and I say to myself, 'What was I thinking? What was my frustration in having to give up answering some letters at the office and not visiting my mother?'"

I wish, I hope I can stick around on this planet long enough to see more and more people understand that whatever point you're at in the life cycle, whatever experience you have, What can we learn? What can we learn about life and how can we share it with others so maybe they can learn from us?

Jim Banner Tribute - "Who could not recall that woman without a smile?"

I had not known until now that dear Connie, whom I knew and cherished here in Washington, had died as long ago as March. While I was aware that she had been ailing for a while, news of her death strikes me hard and deeply. Who could not recall that woman without a smile on his face and a salute to her aspirations and character?

Patty Gordon Tribute - "The voice I was hearing on the radio"

My mom went to the University of Minnesota with Connie and they remained buddies the rest of their lives. Mom left Minnesota in the early 1950s to move to Tennessee and I moved up here in 1984. Almost every year, mom would come to visit and we would go to lunch with Connie and another friend from the early days, Carol Kastigar.

I remember growing up and mom telling me that the voice I was hearing on the radio was a friend of hers and I was so delighted to meet her as an adult. That impish face - just always great to see her and sit on the patio and W.A. Frost or out in Hudson. I so appreciated her stories and insights into aging, late life love and making the most out of the time we all have. She was so curious, committed and always a surprise.

Out of this gang, only my mom still lives and she cannot travel any more so there will be no more of these lunches. They were so fun to listen to!

Joan Ditzion Tribute - "On Being an Aging Woman"

"On Being an Aging Woman: A Conversation" at the ASA (American Society on Aging) conference. Given our feminist roots we felt passionate about combating ageism About giving voice to women's aging experiences thru the decades.

Here are some of her wise musings in her 80's:

"Embrace the changes you are now, not what you used to be.
Appreciate aging, the stages and the gifts of aging. Don't deny the negative
And losses and see the gifts of aging. Everyone is aging but there is diversity and individual
Area of growth, loss and change for every aging person."

"Our bodies change as we grow older. Physical problems that pose limits and
Living with limitations take a lot of mental adjustment. When I was
Younger I focused more on the external world and expectations of me. My pace
Has slowed down. This is hard for someone like myself who was once
Very active. I think - What nourishes me and makes me feel vital? I am more focused
On being than doing. My outer world shrinks and my inner world
expands. One day at a time at this stage."

I loved to be in conversation with her, I could pick up the phone at any time

And talk with her. She was always, so insightful, 'down to earth', wise and empathic with a great sense of humor.

I miss her and am grateful we can celebrate and remember her life and spirit together.

Nan Pipher Tribute - "What a lady!"

Connie and I were participating in a conference where she was besieged with questions and comments. Later she sought me out, saying she had not taken time to respond to me adequately. She wanted to be sure she hadn't offended me with her briefness. What a lady!

David Blake Willis Tribute - "Connie was such a dear!!"

Connie was such a dear!! Really enjoyed spending time with her at Positive Aging Conferences, Fielding Graduate University events, and during our LA Ethnography Intensive when she interviewed the first African-American physician in California, who was 106 at the time. The Ethnography and Human Development Intensive, a remarkable fieldwork opportunity for our PhD students, was sponsored by Connie Corley and myself. (See resources for link to David's Photo Collection of Connie with friends)

Connie Siskowski Tribute

Connie was a very special woman who was loved by many.

Jeannette Ferrary and Peter Carroll Tribute

We will be joining the Remembrance and look forward to being there virtually. I would like to get in touch with Nancy (Goldman), but have lost touch with her contact information. **I have many photos of Connie over the many years of our friendship—**we met in the early 70's.

A Collection of Tributes from the “Chat” During the Ritual of Remembrance



Barry Goldman: I would like to thank you all for putting this memorial for my mother Connie together, a real treat to hear and feel the appreciation for who she was for so many. I KNOW she would have enjoyed every Minute of this sharing time as much as I have. Thank you.

Katia Petersen: It is an honor, Barry, to share this special moment as we remember your mother. A spirited woman who knew the gift of living life fully and intentionally.

Paul Kleyman: I have to laugh at the picture of all of her books. One of Connie's professional areas of growth was -- to become an author. In the early '90s, when I was the editor of ASA's "Aging Today," I got her to write an article. When she did her first book with a coauthor, I urged her to convert her in-depth broadcast specials into book manuscripts. "I'm not an author, Paul," she insisted multiple times. Evidently, I wasn't the only one -- and then there was the Late Bloomer book, and the one on Joys of Gardening -- and eventually half a shelf full.

Vicki Thomas: I too was someone that roomed with Connie at aging conferences. We enjoyed doing some retail therapy together. We were buying some makeup. We were ready to check out. Connie was in front of me, and I was behind her to pay and check out. I too was someone that roomed with Connie at aging conferences. We enjoyed doing some retail therapy together. We were buying some makeup. We were ready to check out. Connie was in front of me, and I was behind her to pay and check out. The person behind the counter -- looked and me to check me out. To which an indignant Connie spoke up and said to the clerk, "excuse me I am next." She turned to me and said, "your day is coming for you too one day will become an invisible woman." About a decade later her words rang true -- I was by passed by at the checkout counter. I heard Connie's voice very clearly for I became that invisible woman. Great memories and life lessons from Connie.

Jay Kernis: Yes, there were those at NPR who did not appreciate Connie enough, but those of us who were there know that she is also responsible for what NPR eventually became: a place for thoughtful and important human stories. Four women are generally considered NPR's Founding Mothers: Susan Stamberg, Cokie Roberts, Linda Wertheimer and Nina Totenberg. Connie should be on that list for her remarkable reporting and interviewing. -Jay Kernis, one of Connie's NPR producers.

Dorian Mintzer: What beautiful tributes to such an amazing woman. I treasure all of my interactions with her at conferences over the years. I loved her, as did all of us here. It was such an honor to interview her when she was 86. Her spirit lives on in all of us. Her memory is a blessing for all of us who knew her. Thank you, Connie, for your love and wisdom. Your life was a life well lived--may it increase in widening circles!!!

Rick Moody: The example of the "little libraries" is an example of what Reb Zalman Schachter-Shalomi called "legacy work." But none of us really knows what our legacy is, do we? It's like putting a note in a bottle and casting out to sea-- who knows where it

will end up? But do it anyway. Connie's legacy is vital right here, right now, in all the people who are on this call.

Jann Freed: Bob lives on as I play his CDs in my car. I can always see his smile. Just as in this photo. He was so generous with his time and wisdom. Thank you, Bob.

Rick Moody: Sheila Atchley is here today. I will only say that both Bob and Sheila didn't just talk: they actually "walked the talk."

Sheila Atchley: It's my joy to be here with all who already knew Bob Atchley, and welcome to those who just now met him. Blessings to all of you.



Tributes to Deceased Honored Sages



Rabbi Zalman Schachter-Shalomi Tribute presented by Lynne Iser

I am honored to be asked to speak about by dear mentor, colleague and friend, Rabbi Zalman Schachter Shalomi, known to many as Reb Zalman, which is an affectionate and honorific means of address. I am confident that Reb Zalman's spirits are lifted by our presence here today.

I want to thank you all for honoring these remarkable teachers that provided the foundation for our individual and collective spiritual eldering journeys – or “sage-ing” journeys” as we currently say.

It was 33 years ago that Reb Zalman began his quest to explore aging, as he too faced the uncertainties and fears of what it meant to age in our contemporary culture. Because he was a rabbi, a scholar and a spiritual leader, he dealt with his concerns by taking a retreat, by reading and researching, speaking with colleagues, and then creating a groundbreaking body of work that opened us all to the possibilities of becoming an elder – rather than just growing old. With the help of Ron Miller, because English was not his first language, he wrote **From Age-ing to Sage-ing**, a book that continues to unfurl wisdom and new insights with each encounter.

Spiritual Eldering -- was very edgy.

In 1990 older people did not proclaim their age. “Affirming the success of ageing,” the first of the Sine Qua Nons, was a radical concept. We would ask people to introduce themselves with their “number of years of life experience” and it was a stretch for many of them.

Back then, older people were called “seniors” – ‘cause they got discounts! But with those discounts also came disempowerment and, the truth is no one really wanted to be a senior -- even with the discounts!

And, for all of you struggling facilitators, his first workshops would have 6, 7 or maybe 10 people. It was really difficult, even for a renowned teacher rabbi, to get a room full of older folks to show up and talk about growing older.

But Reb Zalman was persistent. He understood the value of this work and kept talking about it with his colleagues. With the publication of the book came speaking gigs, and teaching at the Omega Institute, which inspired the first Conscious Aging Conference in 1992 in New York City, with 500 people in attendance, right across from Madison Square Garden. Three days of exploring conscious aging, with Pir Valayat, Ram Dass, Maggie Kuhn, Joan Halifax and so many others. And there was a 2nd and a 3rd Conscious Aging Conference – all hosted by the Omega Institute. We presented our “radical” concepts at the American Society on Aging in the 1990s, where the word “elder” was unknown, and within the newly emerging Positive Aging movement and conferences, nurtured by Rick Moody.

Reb Zalman was the first, but he was not the last one to theorize and teach about becoming an elder – and thankfully this work is continuing and growing.

You all, and Sage-ing International are his legacy. You are the legacy of the Spiritual Eldering Project, the very beginning of this work, founded out of one man's own discomfort with his own age-ing.

Reb Zalman's Legacy - Now, we can all be quite impressed with what he created, his brilliance and his teaching, but what is even more important is the ongoingness and evolution of this work.

He wanted this work to grow and expand, and he was very clear that it was not to be "Jewish" even though he was a rabbi and spiritual leader. He understood that elders had more in common with each other as elders, than they might as Jews, Christians, Hindus, or atheists.

His was brilliant, and his knowledge was extensive. And now you've brought your personal skills, expertise and most importantly your passions and inquisitiveness so that the work of Sage-ing continues to expand in breadth and depth.

Because we are honoring our teachers, I want to talk a bit about legacies in the context of what Joanna Macy calls deep time. Our lives do not exist solely within this moment. Every action that we take, is dependent upon the teachings, the wisdom, the genes -- the legacies -- that we were given. For myself, it is unlikely that I could stand here and speak without a conscious or unconscious memory of each of my parents speaking in public, and their willingness to take risks and share their beliefs.

In that same way Reb Zalman used his skills to synergize the wisdom, spirit, and experiences of the many people that impacted him, and to create spiritual eldering, and sage-ing. That ongoingness continues. In fact, I would say that many of you are third or fourth generation spiritual eldering leaders.

Our work is built upon the past, the legacies that we have been given, and those in the past are cheering us on. I am sure that Reb Zalman is thrilled that we are meeting, and that he too is urging is on.

It is not only our ancestors, but our descendants, those who we might call the "future ones," – who are calling to us as well. They are urging us to do this work, to discover our passion, use our skills and resources to ensure that spiritual eldering, that sage-ing – continues to evolve and grow so that it will become a part of their lives.

We do this work not only for ourselves, for our personal, inner development, but for the wider world in which we live. Reb Zalman served as a role model for all of us -- as he responded to his own aging concerns – and in so doing, creating a body of work that benefits all of us.

We too can respond to the needs and callings of our world, calling us forth as a cadre of elders who are strong, loving, kind, wise and committed to the well-being of all. This is our legacy to our world -- a legacy that honors Reb Zalman, our teachers, and all their students.

Angeles Arrien Tribute presented by Katia Petersen

Angeles Arrien was a Basque-American cultural anthropologist, award-winning author, and inspirational speaker. She was best known for her book *The Four-Fold Way: Walking the Paths of the Warrior, Healer, Teacher, and Visionary*. Through her books and workshops, she developed practices using the cross-cultural components of leadership and communication skills, creative problem-solving, health care, and education. She was an inspiring woman, a forward thinker, and curious about the world around her. It was such a powerful experience to participate in her groups, as she masterfully held sacred space where everyone felt seen and heard. Her gift of asking deep questions, engaged participants to explore meaningful conversations. As my mentor she taught me the Four Rules for Life which impacted the way I choose to show up in the world. Show up, pay attention, tell the truth, and don't be attached to the results. She also challenged her students to ask themselves the following questions.

When did I stop singing?

When did I stop dancing?

When did I stop being enchanted by stories and by my own story?

When did I stop being comfortable in the sweet territory of silence?

There are some who bring a light so great to the world, that even after they have gone, their light remains. Angeles Arrien was a bright light that touched and transformed the lives of so many, including mine.

Bob Atchley Tribute presented by Pat Hoertdoerfer

Robert (Bob) Atchley was an award-winning author & teacher, a published songwriter, and a friend & mentor to many in Sage-ing. Many of you know him by his book ***Spirituality and Aging*** and many more know him as our Sage-ing Conference Bard.

With the gracious assistance of Sheila Atchley, she characterized Bob as a life-long spiritual seeker. He participated in the early growth of spiritual groups in the United States and India. He had cherished friendships with Zalman Schachter-Shalomi, Ram Dass, and Alan Watts among others. He participated in conscious aging groups and in the evolution of Sage-ing that led to Sage-Ing International. For more than forty years Bob focused his life on integrating spiritual knowledge into his daily life and service to the world.

He was comfortable in his Quaker faith community & identified with mystical seeking from many Wisdom Traditions. He completely loved his many friends from Sage-ing International and saw those friendships as gifts that enriched his life. He enjoyed sharing his ideas in conversations, speeches, papers, and the original songs he composed. His mentorship with SI Service Committee produced the *Qualities of Sages in Service* that are at the core of our Sage-ing identity.

My engagement with him in co-writing the Spiritual Elder Activism e-course in partnership with Spirituality & Practice was a profound experience. His humble, straightforward way of being enabled me (and so many others) to practice a deep connection with the Sacred Light within. We were profoundly influenced by the times of our life & our participation in the civil rights movement of the 60s, the anti-war movement of the 1970s and the women's rights movement in the 1980-90s.

Bob's life speaks humbly his legacy – believing, supporting and participating in efforts to do the right things concerning peace, social justice & environmental sanity. And he challenges us to stay awake to everyday opportunities to help by listening, inspiring, and bringing good will and humor to our beleaguered world.

Of course, he says it best with song, especially his trademark song ***The Journey***. We conclude by listening, maybe singing along and carrying with us his mantra “*When we clearly see, we are drawn to be love and to serve.*”

Tribute for Bob Atchley by Carol Orsborn

You never know who is going to be the soul of a particular gathering for you – the words of wisdom that you will bring home with you to turn over and over again in your heart. The most recent was Bob Atchley, a gentle but powerful soul who helped build the bridge between the traditional world of gerontology and the conscious aging movement.

He was one of Sage-ing International's Honored Sages, and we had just had our first personal encounter at this year's convention, sadly turning out to have taken place mere days before his sudden passing.

In previous years and circumstances, I'd seen Bob Atchley center stage inspiring hundreds of adoring fans. But here he was at the Sage-ing Convention in Chaska, just as happy when there were just a handful of us in an intimate salon, enjoying the quiet moment of a few well-loved songs and the aura of affirmation that he carried in his welcoming smile.

At one point, challenged by one of the presenters to take personal inventory of the purpose of our lives and worrying that I was coming up short, I found myself drawn to Bob, who was sitting all alone in the salon tuning his guitar, and asked him what he was feeling called to do. Did he plan another book? A concert tour? He responded, "It's purpose enough for me to get up in the morning, pick up the guitar, and play." Becoming oneself is not as easy as it seems—although Bob made it look effortless.



“Connie-isms”
Snippets of Wisdom from Connie
Goldman’s Books



Connie not only was wise, herself, she had the rare talent of helping others discover their own wisdom.

From Connie's Book: *Who am I...Now that I'm Not who I was?*

Connie quotes:

I believe we have the possibilities of learning about ourselves from the stories of others...everyone has a story of many chapters, everyone! [p11]

I'm convinced that the challenge of aging isn't to stay young; it's not only to grow old but to grow whole—to come into your own [p 12]

It takes a conscious effort to react to things philosophically instead of emotionally [p 33]

I believe that we all have the seed of creativity within ourselves. Creativity is a state of mind, an openness to life. [p 66]

I truly believe that when the outer world shrinks, the inner world can grow. [p 103]

People who have put their work and beliefs into seeking a better life for others often find it important to maintain continuity by passing on their passions and convictions to a new generation. [122]

...one example of embracing the care-giving role, not just as a worrisome, emotional and painful disruption in one's life, but as an opportunity for learning about oneself and others, growing in wisdom, understanding and depth. P 171]

Wisdom coaxed from others:

After all, a body is just a vessel to hold the soul, the whole of who I am. [Mildred p24]

...they've found that when you're older, if you continue to learn and be creative, grow more dendrites and part of your mind expands. [Lucy p63]

I believe that older persons can become empowered to speak out against social injustice, to stand for fairness and mercy. [Jeanette p.100]

I'm in the process of becoming. My life has taken a new turn, a new and stimulating pattern. [Allison p200]

From Connie's Book: *The gifts of Caregiving: stories of Hardship, Hope, and Healing*

Connie quotes:

We can gain insight and wisdom from someone we don't know and may never meet. [p 1]

Becoming a successful caregiver is a process of understanding your own limitations. [p20]

Before you can accept what you get, you need to mourn the loss of your expectations. [p30]

Wisdom coaxed from others:

walking with other people through their journeys makes me realize that it's never too late and that we should not close the door to any opportunity for change and growth [Kirkham p 87]

When I counsel clients who are caregivers, I have a real understanding of their anger and where it's coming from. I sincerely believe that a person can grow from these hard experiences. [Bivans p 106]

I learned about silence, about not needing to be doing something all the time. [Sacks p131]

I know that the bottom line for any caregiver: to take care of yourself so you can care for others. It's hard to remember that [Kaufman p144]

As a caregiver, you really have to stay in the present. [Costain p158]

I've come to understand that today is all we have: this moment is what we have now. [Hazan p190]

What we do here on this earth, what we say here—our stories—stay here when we're gone [Terkel p 208]

From Connie's Book: *Wisdom from those in Care: conversations, insights and inspiration*

Connie quotes:

I believe in the power of stories to communicate important ideas [p1]

The richness and beauty of life is found in how we live it even when we're truly aware that our time in this life is limited. [p 21]

As each of us deals with changes and challenges and the passing years, we're confronted with the question, who am I now that I'm not who I used to be? [p69]

As different as each human is from another, so the way we adjust to changes in our lives, both small and large, is individual [p 145].

Our legacy is how we live on in our families and communities. How we live our lives is our gift to our world. [p163]

For more than forty years I have been collecting stories and giving those voices that have often been neglected, a venue to be heard. [p 203]



Legacy Resources for Honored Sages in our Ritual of Remembrance



Collection of Photos of Connie Goldman by Robert Adler - <https://www.sage-ing.org/wp-content/uploads/2022/10/Connie-Goldman-photos-Richard-Adler.docx>

The Power point presentation shared during the Connie Goldman Ritual of Remembrance including Connie video created by David Carey, and the song *The Journey* by Bob Atchley – <https://www.sage-ing.org/wp-content/uploads/2022/10/Memorial-Service-powerpoint.pptx>

Connie Goldman on the Changes and Challenges of Aging. Interview and video by David Carey - <https://www.youtube.com/watch?v=jCuMBIc33bQ>

Tuesdays with Connie, A Tribute to Connie Goldman by David Carey - Society of Certified Senior Advisors, CSA Journal, Vol. 3, 2022. <https://www.sage-ing.org/wp-content/uploads/2022/10/Tuesdays-With-Connie.pdf>

Connie Goldman, 2015-2019 (Photos by David Blake Willis) - <https://photos.app.goo.gl/KMXts3ZwNgNk62wr5>

Obituaries and articles online for Connie Goldman
<https://current.org/2022/03/connie-goldman-former-mpr-reporter-and-atc-host-dies-at-91/>
<https://www.startribune.com/obituaries/detail/0000420988/>

NPR Archive with recordings of Connie interviewing Garrison Keillor, Judy Collins, Henry Miller, Joseph Campbell, Studs Terkel and others. <https://archive.mpr.org/collections/programs/connie-goldman-collection>

Angeles Arrien - Work as Love: The Legacy of Angeles Arrien - which includes her Tedx Talk - <https://charterforcompassion.org/the-legacy-of-angeles-arrien>

A Biography and Papers of Zalman Schachter-Shalomi - University of Colorado Boulder <https://www.colorado.edu/post-holocaustamericanjudaismcollections/home/biography-zalman-schachter-shalomi>

Reb Zalman at the Spiritual Eldering Institute, Board of Directors meeting in Boulder, CO, November, 2000. Sent by David Chernikoff. <https://www.sage-ing.org/wp-content/uploads/2022/10/SEI-board-meeting-Nov.-2000-1.pdf>

Bob Atchley Music - <https://music.apple.com/us/artist/bob-atchley/365350996>
Life Lessons - <https://music.apple.com/us/album/life-lessons/365350924>

In Memoriam: Robert C. Atchley, Miami University faculty and leader in social gerontology. <https://miamioh.edu/news/campus-news/2018/11/atchley-obituary.html>

Connie Goldman Scholarship Endowment Fund

On May 9, 2017, the [Connie Goldman Scholarship Endowment Fund](#) was established to honor Connie's 86th birthday. Connie expressed her appreciation in the following words to the Sage-ing International community.



"It is a privilege to be an Honored Sage in an organization that has been so inspiring and informative for me. I am humbled and deeply honored by the establishment of the Connie Goldman Scholarship Endowment Fund. I am so very appreciative for the encouragement and support I have received from the Sage-ing community, inspiring and challenging me toward new growth and deeper learning. I am excited and hopeful that this Scholarship Endowment Fund will encourage others with limited financial means to accept the opportunity to explore their deeper spiritual learning."

Connie *glowed* for Sage-ing International and the [Connie Goldman Scholarship Endowment Fund](#) continues to honor the *light* she shared with so many. She had an intuitive ability to authentically ask the deeper questions. Her resulting gems of wisdom have delighted those encountering her work through numerous books, public radio programs and presentation exploring the benefits, challenges and changes of aging.

Connie had a favorite quote which shaped the direction of her work and which she viewed as her legacy: **"Facts illustrate, but stories illuminate."** Thank you, Connie, for your stories and sharing your sparkling wit and wisdom with us all.

Income from the [Connie Goldman Scholarship Endowment Fund](#) will be used to further the educational mission of Sage-ing International by providing annual scholarship assistance for SI-sponsored workshops, training programs, conferences and summits. Your support is appreciated as we honor Connie's generosity of spirit and her enduring legacy.

