



Sage-ing Times

*Building Community and Connection
in your Conscious Aging Journey*

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Nancy Hutter, Sage-ing Times Editor

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Welcome

With this issue of the *Sage-ing Times*, we celebrate joy as one of the Qualities of a Sage in Service and specifically focus on the experience of joy through creativity. We invite you to read about how Nancy Hutter began her creative journey as a painter in her 70s and the joy that abstract painting brings her; to read about Dave Dupper's joy in photography and mindfulness practice; and to follow John Robinson's instruction in how to craft a mystical poem of your own.

We invite you to use this edition of the *Sage-ing Times* to discover and experience your own joy in the ways in which you are creative. Creativity takes many forms. Whenever we use our imagination to make something new, in art or in daily life, like cooking, designing a spreadsheet, mediating a dispute, we are being creative. When I am engaged in creative action, I experience the joy of letting go into a flow, into something, greater than myself, and in simply allowing what arises to be enough. How are you, creative and how does it bring you joy?

As you turn these pages, may you feel emboldened to step into your own creative flow. Allow yourself the freedom to experiment, to be playful, to welcome the surprises that come with each new endeavor, and to share your own journey with others in our community.

With gratitude for the creativity in each of us and the joy in our shared community,

Ruby Grad, CSL

Sage-ing International Board Member



To further explore creativity and aging,
we invite you to attend
The Gift of Age: On Creativity and Slowing Down
which will be offered on September 18th .



Qualities of Sages in Service

In February of 2012 the Sage-ing International Service Team asked themselves, “What do we mean when we say service?” They took the time to observe what it means to be an elder in their families and communities, and through their authentic, organic collaboration defined ten Qualities of Sages in Service. For over a decade these qualities have guided us in our Sage-ing work and have been woven into the fabric of Sage-ing International.

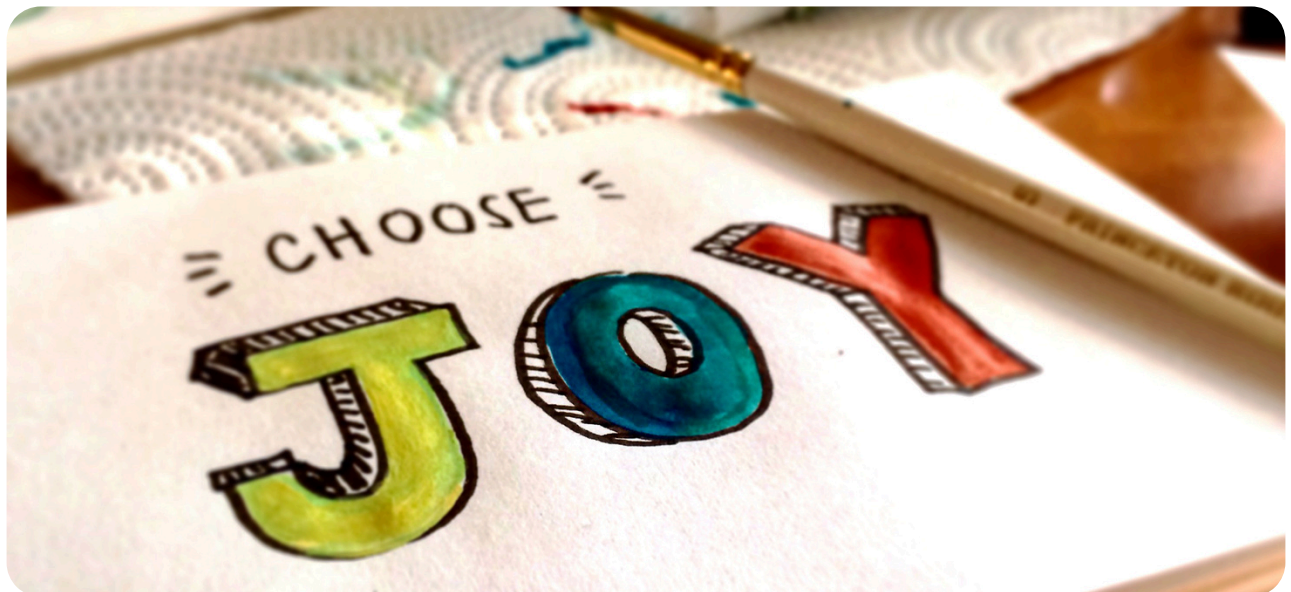
Deep Listening
Compassion
Respect

Peacefulness
Open Communication
Lifelong Learning

Inclusiveness
Integrity
Reverence for Life

This month we focus on **Joyfulness** through creativity.

“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.”





Feature Articles



My Creative Journey Starting in my 70's - Never Too Late! by Nancy Hutter, Sage-ing Times Editor

My journey into the world of painting began with a simple question: could I follow in my mother's footsteps? She was an artist of exceptional talent, dedicating her life to capturing the beauty around her through realistic scenes and portraits. Her paintings adorned our home, each a testament to her skill and dedication. I admired her greatly and wondered if I, too, could create something beautiful.

[READ MORE](#)

How Photography Can be a Mindfulness Practice by Dave Dupper, CSL

Photography is my most creative outlet because it allows me to express and share my unique vision of the world with others. Recently, I have also come to envision photography as a mindfulness practice. This connection between the act of photography and the moment itself is facilitated by the camera on my smartphone. Whenever something captures my attention, I reach for my iPhone and snap away!



[READ MORE](#)



Feature Articles

The Art of Crafting a Mystical Poem

by John Robinson

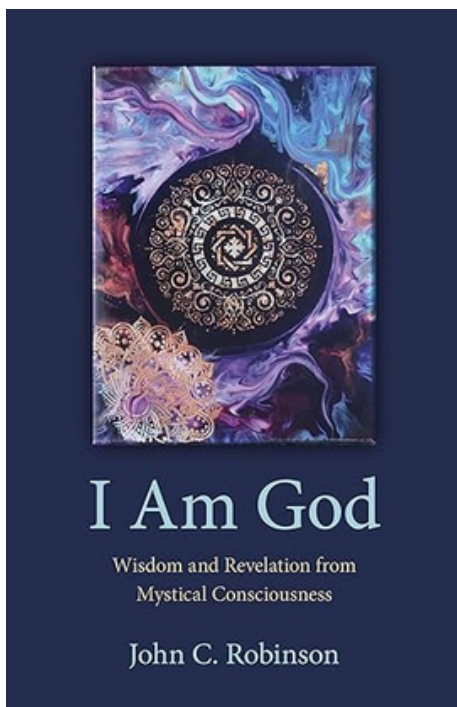
This is how it starts. Find a quiet and inspiring place to write. Enter sacred space via mystical consciousness: Stop thinking, heighten awareness, experience the world as intensely as you can, and come into the Presence. Take your time. Get centered.



Photo by Robert Lukeman on Unsplash

[READ MORE](#)

Poetry taken from “[I am God](#)” by John Robinson



Aging into God's Consciousness

by John Robinson

Aging into God's Consciousness.

We steadily surrender everything that defines us -

appearance,

roles,

strength and athleticism,

bodily health,

visibility and importance,

and take on the disguise of an “old person”

But in the void, we find something else,

a new consciousness and

moments filled with

sacred stillness, presence, and transcendent intuition.

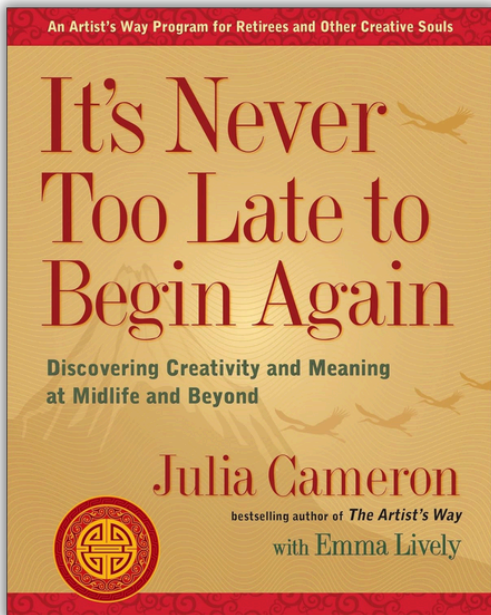
Not only is this our destination,

it's a gift conscious elders give the world.

Words from this consciousness become revelation, wisdom, and blessing.



Book Reviews



It's Never Too Late to Begin Again

By Julia Cameron and Emma Lively

Reviewed by Katie Lieberman

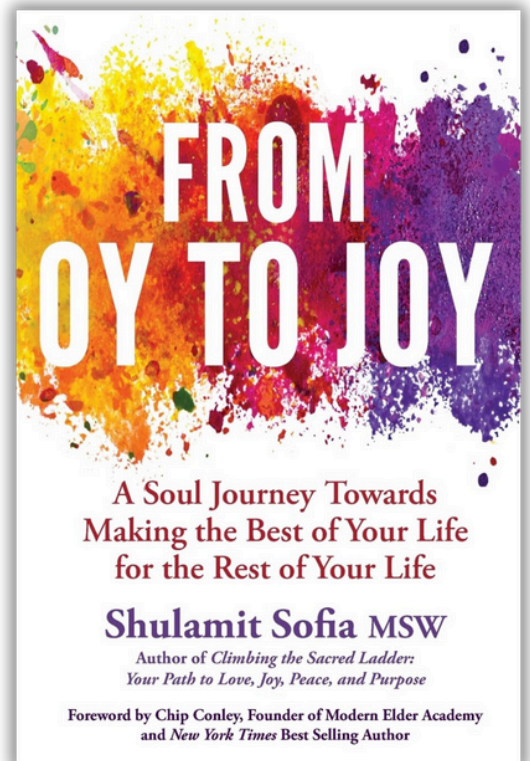
Many of us are familiar with Julia Cameron's *The Artist Way*, first self-published in 1992, which sold over 5 million copies. Now, she and Emma Lively have released a new edition for midlife and beyond. They show that retirement and this next life chapter can be a rich, fulfilling, and creative period. This book offers a 12-week process with tools to redefine your life and creativity, countering the inner critic and self-imposed limits through daily habits that foster inspiration and a "new" you.

From Oy to Joy

by Shulamit Sofia, MSW

Reviewed by Katie Lieberman

I didn't know what to expect from this book, but I was pleased to find it's a valuable addition to my "must have" conscious aging collection. Ms. Sofia challenges the negative view of aging which she calls the "dreadful D's" (Doubt, Discouragement, Depression, Disappointment, and Distancing). Instead, she promotes Spiritual Aging; with principles that bring purpose and joy. Through stories, humor, and practical skills, she guides us to use our "A" Game: Attitude, Allowing, Accepting, Accommodating, Appreciation, Adaptability, and Action. The book includes personal reflections and journaling prompts, making it not just another good read, but one that could be potentially life changing.





Inspiration



Need help getting into a
creative mindset?
Take the New York Times
Creativity Challenge



Watch John Cleese
speak about creativity
in this [youtube video](#).



Carol, Nancy's 100
year old mom



A surefire way to bring
a smile to your face is to
watch [this video](#) of Joan
Englander, founder of
Healing Companions, as
she dances joyfully.

**“Vulnerability is the birthplace of
innovation, creativity, and change.”**

Brene Brown



Announcements



Congratulations to the Spring 2025 Graduating CSL Class!

Learn More About Them [HERE](#)

Save Your Spot Today!

The Gathering
August 13-17, 2025
Sunrise Ranch
Loveland, Colorado



Why Volunteer with Sage-ing International?

Volunteering is a great opportunity to use your talents and develop new skills as you connect with the Sage-ing Community. We need people to help in every area of our organization. Please contact Penny Clark at p.clark@sage-ing.org to find out more.



Announcements



Bridging Generations Through Conversations is a dynamic podcast that brings together voices from different generations to share wisdom, experiences, and insights that transcend time. Check out the most recent episode: ***Exploring Spirituality Across Generations***

[Listen on Spotify](#)

If you missed John Robinson's series, ***Poetry of the Spirit: Mystical Poetry as Revelation***, Sage-ing International is offering you the opportunity to purchase John's 3 recordings at a one-time special price. For \$25 you can purchase all 3 videos.

[Learn More](#)



Registration Coming Soon!
***An Introduction to Contemplative Photography:
A New Way of Taking Photographs and a New Way of Seeing.***

with Dave Dupper
4 consecutive Wednesdays: September 24 - October 15
1:00 - 2:30 pm ET

We Would Love to Hear From You!

Share your photos, poetry, book recommendations, thoughts, questions, and opinions with us. We welcome dialogue about topics that relate to your conscious aging journey and enjoy incorporating member contributions into our newsletter.

Email your photos, poetry, and article responses to
sage-ingtimes@sage-ing.org

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