

# AGING *GRACIOUSLY*

A Newsletter for UUCGV Seniors and Near-Seniors  
Honoring Duane Carr who exemplified living graciously and started an Aging Graciously group.

Gracious: Amiable, compassionate. Congenial, considerate. Courteous, good natured, loving, benevolent, big hearted, charitable, merciful, obliging.

## The Freedom to Act Graciously

There are two ways to act graciously.

The first is most obvious. We are expected to be gracious in a number of social situations. Accepting a compliment is one. Another is when receiving a gift. Or when served well at a dinner. These are socially obligatory situations requiring graciousness. If we are not gracious at those times, we will be considered rude, impolite.

What about situations in which graciousness is not required? We are free to act graciously at any time and any place. For example, as you are turning into a store driveway and another driver is trying to get out. The driveway entrance is narrow. You can stop and motion to the other driver. She exits and perhaps waves at you. You have been gracious in a most unlikely place and time. Gracious driving? Not impossible.

Is there a way to push a cart through a supermarket graciously? It requires a special way of thinking. The most important part is to be aware of the process and not simply go about throwing items in the cart mindlessly. In other words, walking through the store mindfully!

We can be gracious to individuals who work in routine jobs and never expect - and rarely get - a compliment or at least a "thank you." There are many situations in which it is possible to be gracious.

In addition to mindfulness, such behavior involves empathy. Considering the needs and actions of other people.

## Quote

Touch your inner space, which is nothingness, as silent and empty as the sky; it is your inner sky. Once you settle down in your inner sky, you have come home, and a great maturity arises in your actions, in your behavior. Then whatever you do has grace in it. Then whatever you do is a poetry in itself. You live poetry; your walking becomes dancing; your silence becomes music."— Osho



## Getting a “Nature Fix”

There is a great deal of evidence that contact with nature is healthy. There is no need to go into the wilds. No need to hike ten miles. No need to identify trees and plants.

Ways to get a nature fix:

- Plant and water some seeds.
- Pick up a stick, feel it, examine it.
- Scoop up some leaves.
- Feel the bark of a tree.
- Watch birds eat off the ground.
- Walk barefoot on grass.
- Sit by a creek or river.
- Walk a trail in the woods.
- Touch the needles of a pine tree.
- Lay down on the ground and feel the earth.
- Pick up some rocks along a river and look at them.
- Make something out of mud.

## A Ponder

What is it that makes life worthwhile?

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Note from the Editor:

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I am Ernie Stech, member of the UUCGV for four years. My interest in aging comes from being 88 years old!

You can contact me at [ernie1933@gmail.com](mailto:ernie1933@gmail.com). I'll be glad to get comments and responses. Also, I will be able to send you future issues of the newsletter by email.

*My wife, Yvonne Spaulding, and I are looking forward to having a group of seniors meet monthly at the UU sometime in the future – once we get COVID 19 more or less behind us.*