

Things in Motion ...

All things are in motion and nothing is at rest...you cannot go into the same (river) twice. --Heraclitus (540?-480?)B.C.

No. 34, Spring 2008

TEMPER WISDOM WITH FUN

IT IS AN enjoyable pastime for residents of my retirement community to join groups with various interests and to share experiences with others who have the same interests. With the advantage of years of living, senior groups seem to offer a greater range of perception which is lacking in groups with younger members. That is not necessarily evidence of greater wisdom in the senior aged groups, but it is indicative of a wider range of experience, and it seems to me that seniors are more likely to bring a key ingredient that may be missing from the other groups—that ingredient is fun.



Seniors tend to relax more and to view life's frustrations with less anxiety. In discussions, they are less apt to take offense at views that are contrary to their own. This promotes

more harmony and a lessening of tension that might otherwise be generated by some topics—especially politics and religion. It is especially enjoyable when members of such a group find it easy to laugh at themselves as well as at others who may lose sight of both sides in a difference of opinion.

Being in a group where each member has the opportunity to express his personal belief about the subject under discussion is a most excellent way of releasing tensions while at the same time providing insight into some of the controversies that beset us today. It has been my experience that fanatics are less likely to involve themselves in such a group, but should that occur, the fanatic is not likely to remain since other members will not be intimidated by a fanatic's position on the subjects that are discussed. Where a group may be divided by irreconcilable opinions, it sustains itself as a group by agreeing to disagree and moving on to other subjects.

It appears that groups such as the one I have belonged to for the past year, Cafe-Philo, attract fewer members than, for instance, sports or hobby groups. There is a greater likelihood, however, that those who love to discuss philosophical subjects will be in attendance at every meeting, and will be better prepared to engage in lively discussion of the subject at hand. In past months my group has discussed such things as Truth, Freedom, Integrity, Happiness, and Belief Systems in addition to several spur-of-the-moment take-offs on political and religious subjects. More importantly, we are all still friends. Discussion groups are great!

Published for AAPA by
Hugh Singleton at
102 Azalea Trail, Leesburg, FL
34748
htsman1102@aol.com