



# CRONE CONNECTION

2021 No.3/Summer

## PRAYER ON GROWING OLD

from "Little Book of Prayers" written by an anonymous Mother Superior

Lord, Thou knowest better than I know myself that I am growing older, and will some day be old.

Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to try to straighten out everybody's affairs.

Keep my mind free from the recital of endless details. Give me wings to get to the point.

I ask for grace enough to listen to the tales of others' pains. Help me to endure them with patience.

But seal my lips on my own aches and pains; they are increasing, and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet. I do not want to be a saint – some of them are so hard to live with - but a sour old woman is one of the crowning works of the devil.

Make me thoughtful, but not moody, helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all but Thou knowest, Lord, that I want a few friends at the end.

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### VACCINATIONS

*The state Secretary of Health, Umair Shah, said unvaccinated Washington residents 65 and older were hospitalized with the COVID virus at nearly 10 times the rate of unvaccinated elders. Notice: If you haven't gotten vaccinated yet, and need a ride to a vaccination site, Marcia will find someone to drive you.*



## FROM THE BOARD

BY ANNE B.

Your Board has been busy making plans for the reopening of in-person events. June 19 was our first one, a bring-your-own picnic at the traditional Interbay Pea Patch. Another Pea Patch picnic is planned for August 21.

One regional coffee has been held and two are planned for new and prospective members. And then, we hope to be back at our Wedgwood Presbyterian church on Sept. 18th, for an exciting luncheon, raising money for our Scholarship Fund. Fifteen hundred dollars will be given to a worthy North Community College, returning older woman student. The lunch, catered by Crones, will cost twenty dollars for members and be free to your guests, a bargain for a worthy cause, and an enjoyable afternoon, meeting and eating with your friends. Save the date. RSVPs will be required. We were unable to find a student for this calendar year, as no students applied, probably due to more stringent requirements and COVID, but we expect applications for Fall Quarter.

The Board thanks those of you who made contributions to help our organization pay its expenses. We urge the rest of you to send in or give your contributions to Barbara S. at our events. Remember to make the checks out to Crone of Puget Sound.

The Board thanks the Program Committee for the interesting program presented in May by David Williams, famed naturalist and author. We are looking forward to the program in November. Our own Crone's paintings and crafts will be featured at our annual Membership Meeting in Oct. December will be our annual Holiday party, hopefully starring our own Rolling Crones Singers again.

Ellen D., our Groups Coordinator, is following the re-opening of groups and the formation of newer groups such as the Hiking/Walking Group and a new Movie Group. If you would like to start a new group, she will help you organize it. Call her at (206)364-5391.

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### WALKING/HIKING GROUP

This new group has had 6 excursions so far from April to July – Lincoln Park in West Seattle, the Evergreen Arboretum, Seward Park, Saltwater State Park in Burien, the Rose Garden at Woodland Park, and the Ballard Locks. Come join them to explore parks in the Seattle area. Contact Bea S.



Walk at Seward Park

## New Movie Group

A new Movie Group is being planned. The 6 interested members will hold an organizational meeting in August and decide on their format, and where and when to meet. If you are interested, please call or email Sonja L.

## New Conversation Group

A conversation group in the North End (Maple Leaf/Wedgwood) is getting started. If you're interested, call Nancy C.

## ACTIVE CRONE SMALL GROUPS

*Any member can start a new group. You just gather together other interested members and decide together how you will function. Talk to Ellen D. about getting started.*

**Downtown Happy Hour Group** meets monthly for happy hours; explore events; exhibits; etc.

**Writing Group** meets on Zoom the first and third Thursday of the month at 12:30PM. When back to in-person meetings, meeting will be held downtown. Contact Anne B.

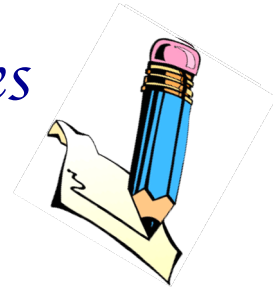
**Downtown Conversation Group** currently meets on Zoom. Contact Marcia S. for additional information.

**West Seattle/ Burien Conversation Group** meets on Zoom the second and fourth Fridays of the month. Contact Bea S.

**Walking Group** meets 2<sup>nd</sup> or 4<sup>th</sup> Wednesday at different venues. Contact Bea S. or Barbara S.

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# Writings by Cronos



## My Precious Love

by Carol R.

I can't tell you what last weekend meant to me. The downpour, the sullen skies—none of it mattered. I just ached to be with you in that cozy space by the Oregon woods. Back at home this week, I am obsessed as I recall our time together: your sly smile, your playful flirtations, and your tender, tender touch.


And I keep conjuring flashes from our two glorious nights together:  
You, reaching for me eagerly, again and again,  
Your lips caressing my eyes and then my neck,  
Your fingers tracing exotic shapes on my cheek.  
I savor each sensation as I recall it.

When the night's tactile pleasures finally concluded,  
You slept—so reluctantly—  
Your fingers entangled with mine,  
Your breath, my mantra,  
The rising of your chest against mine  
Evoking a primordial tide of comfort.

And, my Darling, after you left, I found the talisman you left in my shoe.  
It made me tear up because it's your favorite, the *green* pacifier.  
My baby girl, I will cherish it always, just as I will cherish you.

*Grandma Carol*

## Dori's Perspective

My joy is learning from books, TV, and meditating that helps empty my fears. I am blessed and wonder if I knew now about diet, friends, and family what I didn't know earlier, would it have improved my elegant choices? I'm overweight and get upset too often, forgetting serenity. But recently I found an article that tells how to process my stress. It reminds me to change what I can. 

Like Charlie Brown's life script. He was always optimistic that he could kick the football but then suffered unhappiness and stress when the football was picked up by Lucy. This was unexpected for Charlie, like the pandemic was for us. Like Charlie, I didn't learn from my experiences, to change what I can and accept what I can't.

**4** (continued on next page)

We act in pursuit of success or in fear of failure and possess too many toys. We don't want to waste our time in the pursuit of possessions instead of building friendships and cultivating compassion. I found that I can trust the purpose of my Soul. Serene life within can't be touched by the outside the world if we listen to our intuition. This takes necessary courage, faith, and needing to surrender and forgive.

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## HUMOR CORNER

from *University House newsletter*, passed on by Fran Campbell

I hate it when a couple argues in public and I miss the beginning and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

When I ask for directions, please don't use words like "east."

Masks are apparently the new bra... they're uncomfortable, you only wear them in public, and when you don't wear one everyone notices.

Sometimes, someone unexpectedly comes into your life out of nowhere, makes your heart race, and changes you forever. We call that person the police.

My luck is like a bald person who just won a comb.

From one old lady to another: "In case you've heard what I'm saying, don't interrupt me because I'd like to hear it again."

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## CRONE PICNICS

Join us August 21 for our second picnic this year at the Interbay P-Patch. On June 19<sup>th</sup>, 15 of us met at 12:00 and caught up live after over a year.

The flowers, fruits, and vegetables were abundant and beautiful to wander around. We had a booksharing and brought donations for a food bank. For the Aug. picnic we'll have a scarf and jewelry exchange and again bring donations for a food bank. We'll also circle up for a sharing time.

### **Your Board needs 'HELP'**

**Due to circumstances beyond their control, not the least of which was the pandemic, the Board is overtaxed. They and the organization need your assistance. If you could help with any of the following, please let Board member Anne B. or contact Sonja L., Volunteer Coordinator. Here are some of the tasks that need to be done:**

**Telephoning membership- care calls, calling new members about coming meetings**

**Transportation – arranging for rides to meetings**

**Program Committee-puts on 3 programs a year; needs another member; next program is Nov.**

**Recruitment Committee-needs several members who work on their computers to follow up with guests, plan publicity; meets monthly**

**Hospitality Committee – for monthly meetings, set up coffee and hot water pots, arrange for members to set up tables with tablecloths, arrange for table decorations, refreshments, do cleanup**

**Scheduling for 2022 – call venues to schedule meetings for the year**

**Membership Chair – help new members to connect with a group, recruit a buddy for each new member, introduce new members at meetings, calls about dues**

*Getting involved with a committee or taking on a task is the best way to get to know other members. It also gives you a sense of community, and the satisfaction of being of use.*

## CARE BULLETIN

In case you've been wondering what became of **Shirley T.**, she's alive and doing okay after a head injury that kept her in the hospital for a month and in rehab for three months. She's now at the Norse Home across from the zoo and writing blurbs for their newsletter.

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## NATURE HELPS WITH STRESS

The AARP Bulletin, May 2021, said 20 minutes out in nature is “exactly how much time you need to significantly reduce your level of stress hormones, according to a 2019 study. Additional time reduces it more, but not dramatically, researchers found.”

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## Coming Events

Sat. Aug. 21, 12:00 In-person picnic, Interbay P-Patch

Bring a scarf or jewelry to exchange and a food bank donation

Sat. Sept. 25, 12:00 Luncheon, fund-raiser for Scholarship Fund

\$20, reservations needed, catered by Crones, at Wedgwood Presbyterian Church, 8008 35<sup>th</sup> Ave. N.E.

Sat. Oct. 16, 1:00 Potluck Lunch and short Membership Meeting along

with a Crone Arts and Crafts Fair, at Wedgwood Presbyterian Church, 8008 35<sup>th</sup> Ave. N.E.

Sat. Nov. 13, 1:00, Program TBA, at Wedgwood Presbyterian Church

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## Crone's Mission Statement

**Through programs and activities, Crone of Puget Sound encourages, supports, and informs older women about possibilities, opportunities, and adventures as they age.**

**Provides a way to join a widening circle of friends.**

**Offers younger women the experience of a community of vital older women and supports the visibility and activism of older women in the larger community.**

**Connection Staff:** Sonja Larson, Moreah Vestan  
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