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## Middlesex Senior Cohousing Newsletter

### January 2021



*Winter Solstice - Christmas Revels Watch Party*

*Middlesex Senior Cohousing - Building the first 55+ cohousing community in New England*

## Learn about our Project!

First Information Session of 2021!

**January 14, 2021 -- 6 pm EST**

Join us for this Zoom event where we will give an overview of our cohousing community: our vision, project, and timeline. Explore the membership process and get answers to your questions!

[Click to Register](#)

**Re-Imagining the Holidays:**

## Winter Solstice, Boxing Day, New Year's Day



*Sharing our Scavenger Hunt items on New Year's Day*

**December 21: the Winter Solstice!** 'Christmas Revels Watch party' Judy, Victoria and Mayhew, John and Ellen, Elizabeth, and Priscilla 'attended' the '2020 Christmas Revels'--virtual this year--and then gathered in our Zoom room to reminisce about years past. Priscilla has been going since 1984 (!) and Victoria and Mayhew sang in this year's virtual 'audience.' We're looking forward to 2021!



**December 26: Call it the day after Christmas, Boxing Day, Lá Fhéile Stiofáin** (the feast of St. Stephen), or 11 Tevet 5781, many of us gathered with our beverage of choice (it *was* tea-time) to socialize and celebrate the season with our neighbors. Explorers Jane and Nancy came, too.



**January 1: New Year's Day:** Our annual Holiday party, the first by Zoom (and we hope the last). On Friday we ushered in the New Year. There were beverages, (we shared recipes for mulled everything); a virtual scavenger hunt, and a 'write-your-own haiku'

non-contest. We ended with a candle-lighting while Joe read ‘The Shortest Day.’ *Thanks to organizers Micki, Ellen, and Tom!*

## Who are We?

In this newsletter, we usually write about what we do.  
It’s time to introduce ourselves.

### First up is **Brenda**

Brenda lives with her husband of 38 years and two dogs, April and Jackson in a small town northwest of Boston where their two children were born and raised. She has been a practicing psychotherapist for 40 years and an on-and-off meditator in the Buddhist Vipassana tradition since in her late 20's. Now she maintains a daily practice through her studies with a small sacred school for spiritual awakening.



She enjoys flower gardening, i.e digging in the dirt, caring for her home, but most importantly spending time with her children and friends.



### Meet **Joe**



Summer finds Joe busy climbing mountains, volunteering on conservation lands, and endless repairs at the lake. In the winter he enjoys Nordic skiing, snowshoeing, skating and cooking vegan food.

He is an entrepreneur who started a small company selling software and signal processors for weather radars. Now retired, he can barely

find time to contribute on the Community Life Circle.

## Inspirational Video

### **Alan O'Hashi -New! Aging Gratefully video**

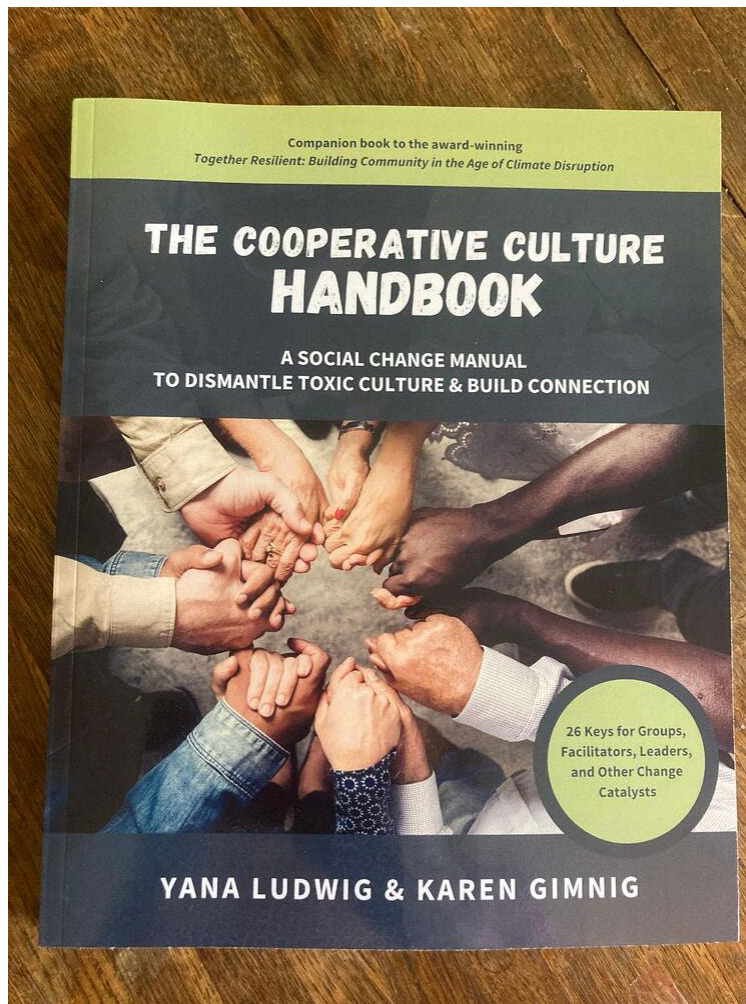
We wrote about Alan O'Hashi's new book and video series last month. *New, hot off the videocamera!* Alan just released a new video in the Aging Gratefully YouTube series: [Aging Gratefully: The Power of Accidental Communities](#)

## Inspirational Read

### **The Cooperative Culture Handbook** *Yana Ludwig & Karen Gimnig*

Almost every month it seems a new book is published on how to build and then successfully live in co-housing communities. This month it's The Cooperative Culture Handbook, from the Foundation for Intentional Community. It's subtitled "A Social Change Manual to Dismantle Toxic Culture & Build Connection". Wait a minute! Didn't we start talking about this in the 1960s? Yes, but, clearly, talking about it *isn't enough*; you have to *do* it –put actions behind (or in front of) your words! And this book contains 52 exercises to help all of us practice what we preach.

*You can find this book on the [Foundation for Intentional Community's website](#) (\$14) or at Amazon.*



Middlesex Senior Cohousing & Hager Homestead, -, Littleton, MA

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