

# Welcome 2017 Keepers of the Flame

#### Important Conversations

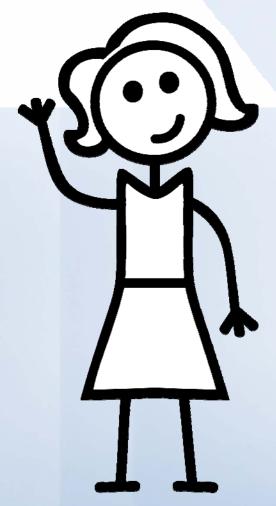
Co-Leaders

Jeannette Hobson & Mark Fackler

#### Welcome!

Keepers of the Flame Founders
Doug Bouey & Chip Webster





Rick Martin

Welcoming

The New Keepers







Remembering

The Keepers

No Longer With Us







Have Fun
Meet New Folks
Catch up with Friends
Be Present



#### Welcome Boulder Theatre



## Theatre Conversations:

How we act in our lives as leaders



#### **Important**

Of great significance or value

#### Conversations

Oral exchange of sentiments, observations, opinions, or ideas



#### **Important Conversations**

As is our tradition, the next two days are divided into 4 Segments, each lead by one of the Keepers.

Nora Paller Segment I
Important Conversations With Your Body

**Brant Houston** Segment II What Do You Carry?

Allen Hauge Segment III
Your Legacy

**Beth Adkisson** Segment IV **Love Letters From Your Heart** 



#### **Important Conversations**

**Important Conversations With Your Body** 

Nora Paller Segment I



# Important Conversations with your Body

Do you ever listen in on the conversations you are having with yourself about yourself?

# How is that affecting your mood right now?

 How are you talking with yourself about yourself?

- Are you judgmental, destructive?
- Are you encouraging, kind?

# What is your self conversation around taking care of your body?

- Mentally
- Physically
- Emotionally
- Spiritually

 What is the conversation you need to be having with yourself?

#### Your task:

- Pick a partner and go walk or sit.
- Avoid talking for 15-30 minutes
- Converse within yourself about these questions.
- Take your own readings about how you are doing.
- Then take turns sharing whatever comes up for you.

#### 12:00 pm

#### Lunch in the Mezzanine

#### 2:00 pm

### All Keepers ready for a Group Photo at the Courtyard Steps





2006

2016



# Welcome 2017 Keepers of the Flame

#### Important Conversations

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#### **Important Conversations**

What Baggage Do You Carry? (Maybe, "What are You Keeping?)

**Brant Houston** Segment II



Keepers???

Keepers of What?



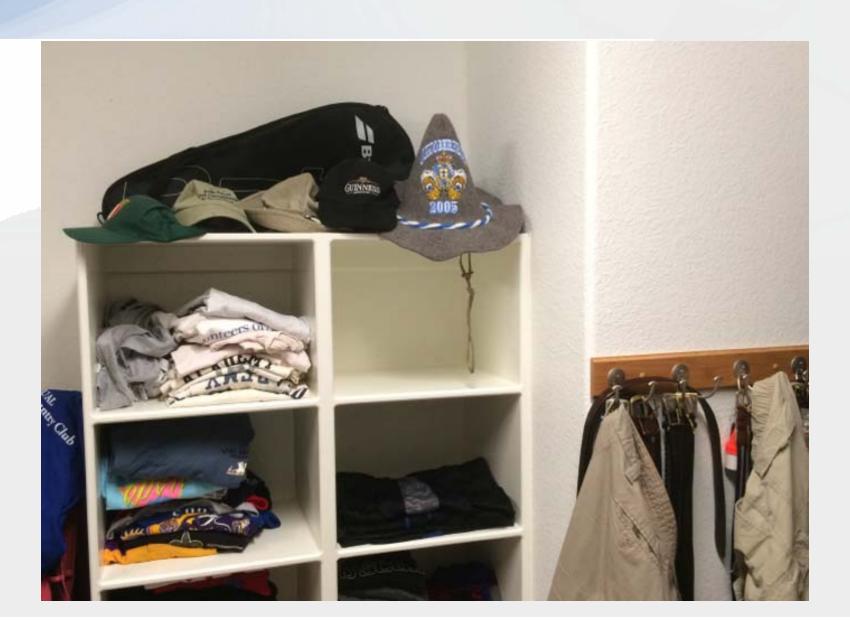
The Flame

What is Your Flame, and What Else are You Keeping?

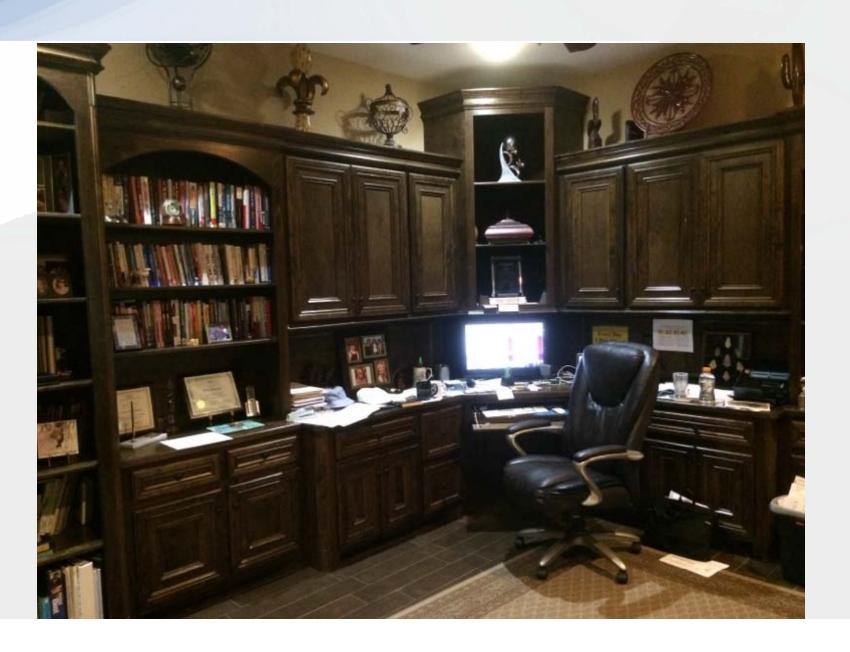
#### **Baggage Compartment**



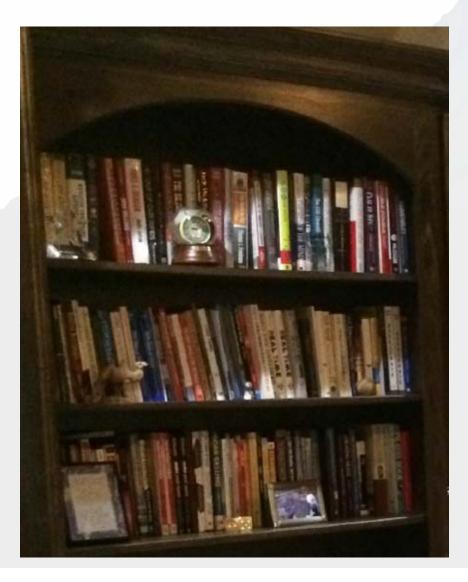
#### Your Closet?



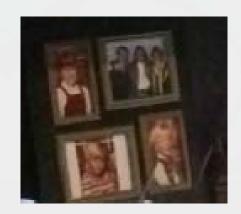
#### Your Office?



#### Treasures in My Office

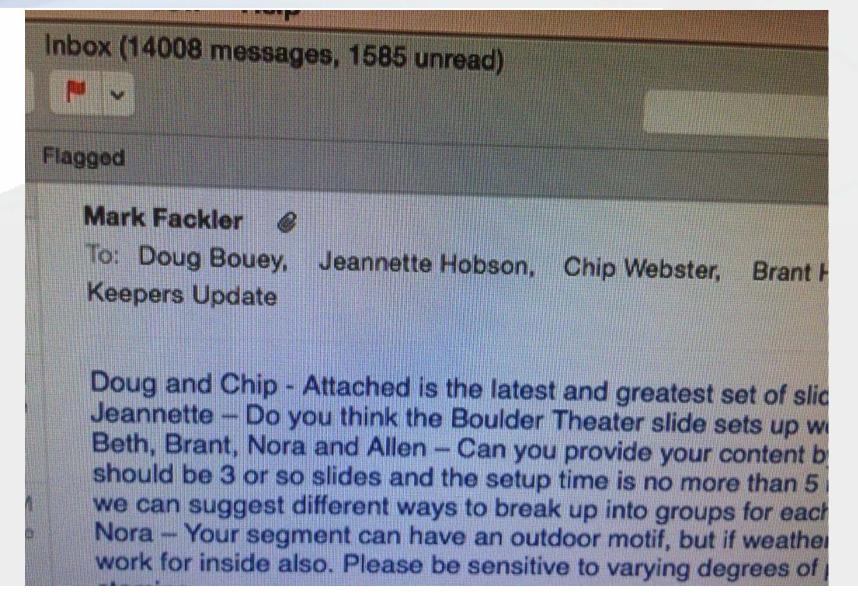








# What's in My Computer? (and iPad and iPhone)

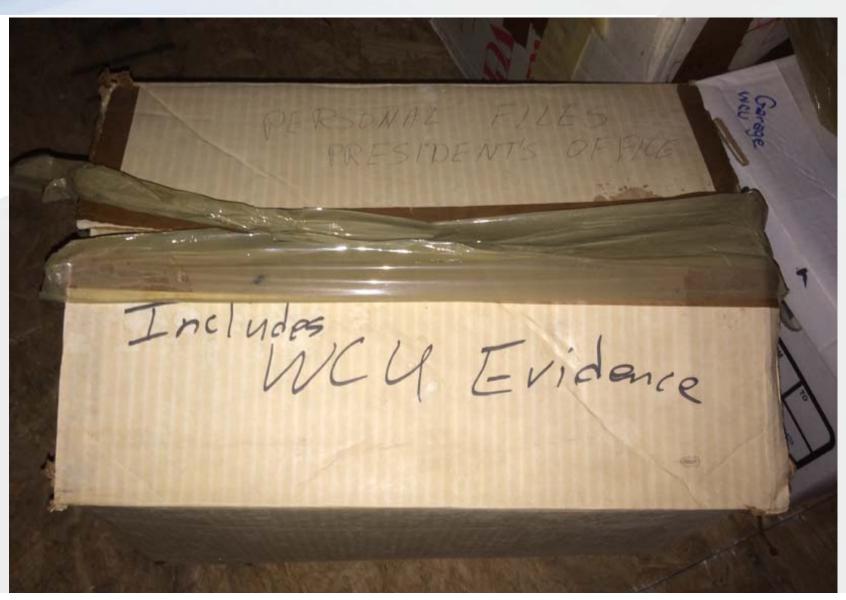


# Your Attic?

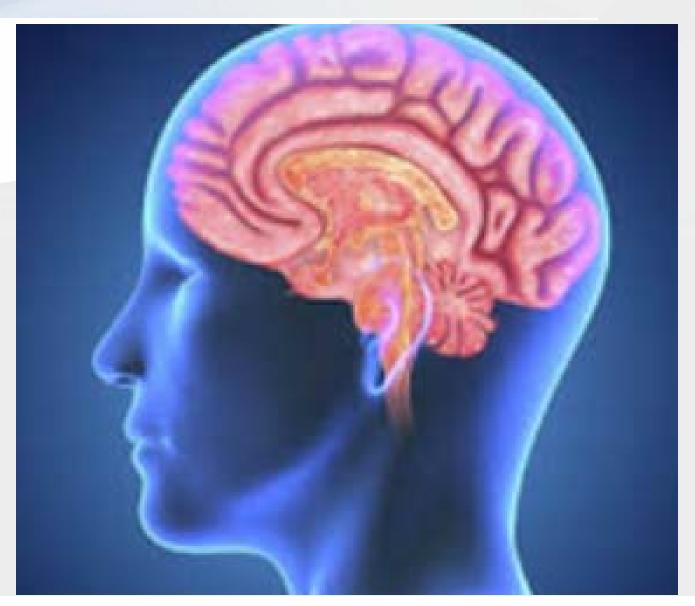
#### **Boxes in The Attic**



## Evidence in the Boxes In the Attic



# How About the Attic of Your Mind?



#### For exploration with your fellow Keepers

- 1. What makes up the Flame you Want to Keep things that are important or sacred to you?
- 2. What are you keeping that could be preventing you from keeping what is important or sacred to you? What is the payoff for keeping your baggage? The cost? Imagine how you could feel if you had no baggage?
- 3. If not today, when is a good day to say "Goodbye" to yesterday?

#### "What's Up Next? you ask...

#### 7:00 pm

Cocktails & Dinner in the Mezzanine

#### **Tomorrow**

7:30 am Breakfast

9:00 am Segment III

**MOre Important Conversations** 



# Welcome 2017 Keepers of the Flame

#### Important Conversations

Co-Leaders

Jeannette Hobson & Mark Fackler

#### **Important Conversations**

**Your Legacy** 

Allen Hauge Segment III



#### Your Legacy: A Conversation

"The greatest use of a life is to spend it on something that will outlast it."

Williams James, Philosopher and Psychologist

shared by Allen Hauge



A gift of property by will or bequest: (money, a building, foundation)

The effect created by a past action. (e.g. the legacy of ancient Greece or Rome, Bob Nourse's Legacy)



# What will be different because you passed this way?



Intended and Unintended

Past, Present and Future



# Sins of Commission Sins of Omission Conscious and Unconscious



# Legacy, Properly Understood

Past: What's Been Bequeathed Already to the World by Your PAST actions (or inactions)?

Present: What Are You Setting in Motion TODAY, intentionally or otherwise?

Future: What Will You Do Tomorrow to create a legacy that you're not doing today?



# Legacy, Properly Understood

A Proper Understanding of How to Change The World

"When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family.

"Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world." - Author Unknown

#### YOUR BREAKOUT

- Working Alone for a Few Minutes, please consider:
  - Past Legacy: What have you already set in motion (for good or ill) and what affect has it had?. Don't include children unless you're not done parenting.
  - <u>Current Legacy</u>: What's being created by your habits, actions, thoughts today? What's being created intentionally or unintentionally?
  - Future Legacy: After reflecting on the past and present, what new legacies, or repair of or recommitment to of old ones, do you want to address? What effect do you intend to create?

### YOUR BREAKOUT

- In Your Group
  - Share a <u>past</u> action and the effect you think it's had or is having on the world.
  - What effect is your <u>current</u> life having on the world today?
  - For the future: What do you want to do to enhance or repair the legacy that's been created by a past action or current habit /lifestyle? What will you start doing?
  - What will be ,or could be, different because you passed this way?

"What's Up Next? you ask...

12:00 pm

Lunch in the Mezzanine

2:00 pm

Back here for...

**MOre Important Conversations** 



# Welcome 2017 Keepers of the Flame

# Important Conversations

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## **Important Conversations**

**Love Letters From Your Heart** 

**Beth Adkisson** Segment IV



## **Important Conversations**

2 Heart Stories



#### For Reflection and Dialogue in your Breakout Group

- 1. Silently reflect on what is unsaid in your heart. Explore the hidden chambers of your heart; be open and vulnerable with yourself. Is there someone in your life that deserves your grace and/or gratitude?
- 2. Discuss within your small group... What is the conversation within you that needs to be shared? What do you want, need or desire to share from your inner most heart/soul to the one(s) you love? What is your heart letter?
- 3. What has it cost you by not sharing your heart? What is possible by sharing your heart with a spouse, a friend, a child, a grandchild, a mentor or a parent?
- 4. After reflection and discussion, take action by writing your heart letter(s).

Note: There are note cards available to write your love letter(s)

"What's Up Next?

3:30 pm

Back Here For...

more Important Conversations

# Next Year's Dates Are.....

# Next Year's Dates Are.....

June 21-23, 2018

# Here is our song: We are the Keepers .......

#### **Refrain:**

We are the faithful Keepers of the Flame;

The Spirit of our Tribe we celebrate.

We come from many places and our purpose is the same.

We are the Keepers of the Flame!

#### **Verses:**

Learn and laugh we gather here, friendship true. Listen well, we're going deep, breaking through. (Refrain)

Guardians of the stories, passing them along. Each year our numbers grow, each year the gift matures. (Refrain)

# And finally The Grand Dinner of the Keepers

6:15 pm Cocktails 7:00 pm Dinner



Where?
Right here!!!!