



# WELDERLY PLEDGE

1. Age Isn't Important, Unless You're A Cheese.
2. 65 Is A Speed Limit, Not An Age Limit.
3. How Old You Are Doesn't Count.  
It's How You Are Old.
4. The Only Way To Live A Long Life Is To Age.
5. You Never Grow Old Until You've  
Lost All Your Marvels.
6. Whenever I Feel Blue,  
I Will Start Breathing Again.
7. I Am Relevant And I Dare To Be Wellderly
8. I Will Celebrate Life Everlaughing.

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# PLAYBILL



# WELDERLY WISDOM

**By Annie Glasgow**

**STARRING**


# WELLDERLY



The opportunity to be all that you can be... gently...  
always there... But not as “smothered” by the “musts,”  
“shoulds” and “oughts” of mid life

Seeing the fullness of the glass... not the emptiness

A liberation of the spirit... Rejoicing... Creativity

Everlaughing life... not always laughing... everlaughing

Brilliance... seeing it... wearing it... seeking  
it... celebrating it

Recognizing inward beauty

Curiosity... awe... wonder... hope

Acceptance

Relationship... compassion and interest in others

Living in the moment

Connectedness

Recognition of life as process

The belief that life is precious

Having a faith lift

Growing whole

An opportunity... for integrity

To make peace with who we are

For increased vision... insight

# WISDOM



“The accumulated lore of a culture which grows out of the  
adaptations of those who create that culture.”

“The personification of God’s will in the creation  
of the world.”

“Knowledge and the capacity to make use of it.”

Wisdom is decision making...wisdom is vision.

Knowing how and when to let go.

Being flexible in thought as in daily living...

“Blessed are the flexible for they shall not get  
bent out of shape.”

Recognizing that the #1 negative in life is  
disengagement...not being connected.

The awareness that “knowing” without “action” is living  
life to the half-est, not to the fullest.

Knowing that things turn out best for those who make  
the best of how things turn out.

Realizing that the difference between being smart and  
being wise is knowing what to say...smart... and when not  
to say it...wisdom.

Respecting and consulting the inner voice...in the  
simplicity of silence.

Directing your own energy...focus on the positive.

Knowing that living is an art...and each of us an artist of  
our own sphere.

# DON'T BE ATTITUDES



Stress-ed are those who neglect to care for, value and nurture their bodies, mind and spirits for they shall be weak

Stress-ed are the Perfectionists for they shall never experience completion

Stress-ed are the Rigid for they shall break others and be broken themselves

Stress-ed are those who worry and flail against an adversary that has neither name or existence

Stress-ed are the flustered for they are without focus

Stress-ed are the angry for they shall spend their energy for nothing

Stress-ed are the Ditherers for they shall live life without decision

Stress-ed are those who do not laugh for they shall be stiff and without joy

Stress-ed are the Selfish for they shall never attain Self Knowledge

Stress-ed are those who do not care about and connect with others for they shall be without community

Stress-ed are those who depend on something external to define who they are, for they shall never know who they truly BE!

Stress-ed is life... but it can be managed and celebrated!



# SYMPTOMS OF INNER PEACE



Be on the lookout for symptoms of inner peace. The hearts of many have already been exposed to inner peace, and it is possible that people everywhere could come down with it in epidemic proportions. This could be a serious threat to what has been, up to now, a fairly stable condition of conflict in the world

## **Some Signs & Symptoms Of Inner Peace:**

A tendency to think and act spontaneously rather than from fears based on past experience

An unmistakable ability to enjoy each moment

A loss of interest in interpreting and judging the actions of others

A loss of interest in conflict

A loss of the ability to worry.

*This is a very serious symptom which may demonstrate a loss of pervasive fear.*

Frequent, overwhelming episodes of appreciation

Contented feelings of connectedness with others and Creation

Frequent attacks of smiling

An increasing tendency to let things happen rather than forcing them

An increased susceptibility to the love extended BY others a well as the uncontrollable urge to extend it TO others.

## AMAGING GRACE



Amaging Grace, how sweet the years  
That fill a life like mine

Embraced by joy or laced with tears  
Still, through them all I shine

'Tis Grace that fills my heart with strength  
And love, joy, faith and care

Care gives my soul both depth and length  
To live my life as prayer

Amaging Grace within my soul  
A gift for all to give

Such Grace is there to make me whole  
The Light by which I live

## Lines on Becoming WELLDERLY OR THEY'RE NOT ALL ON MY FACE



Well, here I've arrived  
(somewhat helterdly skelterdly)  
at the time when I Celebrate being  
WELLDERLY!

I've collected birthdays... one by one...  
And I won't refuse ANY... It just isn't done!

The years have been tender, sometimes they've  
been tough. But however they've happened,  
they've all been enough

To include me as one of the favored, the lucky  
The Wonderful Wellderly... and that's just ducky!

Oh yes, life has used me and I certainly know it.  
I look it... I feel it... and still think I OWE IT

For the glory, the splendor, the joy that it's given.  
I rejoice in it... savor it... and want to keep livin'!

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