

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.

Cafe' Philo

OLDER PEOPLE tend to engage easily in conversation with other older people; this is especially true in a retirement community where almost **all** residents are older. I live in such a place and love it—there is a common denominator here that seems to remove any necessity for pretense; we know why we're here and we accept all the implications without undue remorse. In fact, we celebrate our status as retirees and find a variety of ways to enjoy living with a degree of gusto. One of my most enjoyable activities is to participate in our local Cafe' Philo group.

Cafe' Philos are discussion groups that have sprung up around the world since the original concept began in Paris, France in 1992. It is essentially a public organization devoted to the free discussion of philosophical subjects with a set of rules which guarantee each participant the right to be heard. Subjects are chosen by the participants and discussion is moderated by each member of the group in rotation. Meetings are beyond the influence of money, power, and preaching and members are encouraged to think for themselves in a critical manner, to question general beliefs and to voice their opinions both before and after discussions.



Our local group consists of five women and six men with occasional visitors of both genders. The moderator provides coffee and pastries for refreshment. Each meeting lasts for an hour and a half with occasional extensions to two hours. The atmosphere is light and humor adds great enjoyment to the discussion without detracting from serious matters. Everyone understands that the overall principle of “agreement to disagree” is paramount to our debates and there is no place for anger or resentment.

Before a session closes, subjects for the next discussion are proposed and voted upon. One member serves as secretary and reminds other members of the next topic for discussion before each meeting. Among our subjects during past months are these:

What is truth?

Is World Government possible?

Describe your faith and how you apply it.

The Shadow Self

What is good? What is Evil?

Einstein, the man

Cafe' Philo is in some ways reminiscent of the old coffee houses of London. They offer a chance for the exchange of ideas in a friendly social setting—everyone is welcome to speak and all are willing to listen ... a happy circumstance!

Number 52
Spring 2009
Published by
Hugh Singleton
102 Azalea Trail
Leesburg, FL 34748

