



# Stone Circle News

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Mailing Address: 2549 Clarinet Drive  
Orlando, FL 32837

Orlando—Ms. Janet Herrick (407) 247-5391  
Web Site: <http://www.stonecircleonline.org>

## Spring Cleaning

by Louise Frizzell Ambrose

Ah Spring, that time of year when we all look forward to new life and that amazing rebirth of the earth. The white and purple crocuses pushing their courageous heads up through the still melting snow, the light blue Robin eggs cuddled in their nest. We await the refreshing spring rains that wash away the winters salt and sand, and look forward to the delicate light green buds breaking forth on nearby trees.

We are filled with thoughts of warm tomorrow's and then join Mother Nature in her spring cleaning. We open our freshly washed windows to let in the glorious sunlight and the gentle breezes that clears the dust and cobwebs of the winter doldrums that have settled in the corners of our homes and hearts. We declutter our homes and our minds and look forward to clear and gentle days.

Wouldn't it be nice if our nation could have a rebirth? If our leaders could push through the gridlock? Where the hope of new life could move them forward? Where the warm breezes of tomorrow could open up and refresh closed minds? Where the doldrums and clutter of acrimonious debate could be washed away? Where Spring Cleaning would enter our government and give us all hope for tomorrow and better days to come.



## Spring

by Joan Macias

The trees start to burst with green buds! The dreary drab look of the landscape blooms with life and color. Especially in the north where leafless trees have stood all winter. Everyone's grass turns a beautiful shade of green. Spring flowers also pop their little blooms after resting all winter.

Spring means to me warm weather is right around the corner. No more gloves, hats, boots or coats. Also shoveling snow or ice scrapers! Truly a rebirth of the land. I love SPRING!

*Women have gathered in circles  
since the dawn of history  
for birthing,  
to share story,  
at cisterns for washing,  
at fires for warmth,  
at wells to draw water,  
in embraces of profound joy,  
in prayer,  
in rings of sorrow and mourning.*

*With hands grasped, we gather our  
collective wisdom,  
energies and strengths  
binding us and  
guiding us into the future.  
Each woman brings her gifts,  
placing herself  
as a stone in the unbroken circle.*

© Janet Herrick

## Affirmation Corner

by Margie Gray

### Spring...Nature's Fresh Start

Spring is a wonderful expression of Fresh Start. As flowers begin to poke through the ground and birds return from winter migration, we begin the cycle of new life again. I was excited to see the little red headed House Finches on our deck railing this week. They have returned with their songs to begin the process of building nests for the eggs they will soon lay. I rediscover and appreciate the beauty they add to my life. It is a time of new beginnings that refreshes my spirit. I am inspired to slow my pace, focus on awareness of the world around me and breathe in peace and love.

***Affirmations support that process for me.***

- I am aware of my breath as I release the old and take in fresh air, peace and love, now.
- I am aware of nature as it renews the world and me, now.
- I am aware of beauty in the world around me and allow it to fill me, now.
- I am present to the fresh start in each moment, now.

Fresh Start gives us the opportunity to have a clean slate moment to moment on which we can write our love story. Our love for Spring, for nature and for ourselves.



## Prayer Circle

Jody  
Julie  
Eleanor  
Jean  
Virginia  
Nerri  
Kay

Please let us know the names of those you would like to have included in our prayer circle.

### Calendar of Events

Below are the dates for the next few gatherings. You will be notified if we are able to resume on those dates. As before, everyone needs to be vaccinated and bring along a mask for your safety and the safety of others.

**April 23, 10:00 AM:** In the Company of Trees

**May 21, 09:30:** For Women Only

**June 18, 09:30:** For Women Only

**June 25, 06:00:** Summer Solstice

## In the Company of Trees

Join us in Mennello Park Orlando under the magnificent old Live Oak Tree.

Meet us at 10:00 AM on Saturday, April 23.

Bring a chair or blanket, a bag lunch.

We will be with nature and ponder her wonders on this mini-day retreat.

Call Jan for reservations, questions, and direction.

## Funding Donation Request

**Stone Circle is totally dependent on your donations for all our operating expenses, the newsletter, the website, monthly gatherings and additional events. If you benefit from any or all of these items, please consider supporting us in some way. Mailings, website servers, printing costs add up very quickly. All donations are welcome and greatly appreciated. Please make checks payable to Stone Circle.**

## TREES

I THINK that I shall never see  
A poem lovely as a tree.  
A tree whose hungry mouth in prest  
Against the earth's sweet flowing  
breast,  
A tree that looks at God all day,  
And lifts her leafy arms to pray;  
A tree that may in Summer wear  
A nest of robins in her hair;  
Upon whose bosom snow has lain;  
Who intimately lives with rain.  
Poems are made by fools like me,  
But only God can make a tree.

by: Joyce Kilmer (1886-1918)

## Spring

*by Janet Herrick*

Since I was a child the coming of mild spring weather meant getting out of heavy clothing and moving outside to play. Here in Florida we can be outside ninety percent of the time if we wish. Still the same old feeling comes over me and my interests seem to gravitate to nature. I might brush the dust off my kayak or pump up the tires on my bicycle to be ready for a spur of the moment outing. I notice birds building nests and the crepe myrtles starting to sprout. I see new life all around as the showers make the grass turn that beautiful shade of green.

Springtime as a child used to mean that my Mom would take me on a shopping trip to get a new Easter outfit, dress, shoes and the most important hat. Unfortunately, hats, for the most part, seem to have gone out of style, but it was fun while it lasted. I have held on to a few real hats, not just ball caps, just because. You never know when an opportunity to don one might come up. I can shop whenever I want now, but still the promise of getting out my pastel spring looking items and sundresses is always something to look forward to.

The month of April also meant that school was only a month or two from summer recess. This was the best promise that spring could offer. It meant freedom to have long days of adventures, be with friends, and splash in the pool. As an adult living in a place where spring and summer are on the menu most of the year, most of my childhood dreams have some true. Being mostly retired and having my own schedule puts a cherry on the cake. Here's to spring and the uplifting cleansing renewal it can bring.



## **Bright Lights**

*by Dorie Croissant*

The Spring season reminds me of bright lights. We have longer daylight hours and that adds to the brightness. Some people are working in their yards, refreshing their landscaping, clearing out winter debris, and anxiously waiting for all the colorful flowers to emerge. It feels like the season when things are new, fresh, alive, and bright.

If we are lucky, the weather is in between being too cold or too hot. And, especially here in Louisiana, the dreaded summer humidity hasn't climbed too high...yet. Springtime weather just makes it more pleasant to be outside, to run errands, to take a walk, or to take a drive. Of course, we have rain and storms, but even they feel refreshing. The grass and the leaves seem to take on a more intense shade of green after the rain has come and gone.

Spring is a promise. A promise of what's to come. But more so, it is the season to be content to stay in the moment, to enjoy the day, to step outside and enjoy the bright light of the sun. If we are lucky, we can catch a glimpse of a butterfly or two or a really cool cloud formation. It's a time to dream and a time to be renewed. An author by the name of Jessica Harrelson has a quote that echoes the sentiment of the season, "Spring adds new life and new beauty to all that is." So, here's to the bright lights of Spring.



## Spring

*by Virginia Strait*

Spring is always amazing to me as I once again get to witness the renewal of growth. All that has hibernated shakes off the stillness and brings budding leaves or blossoms. I try to take this as a reminder to clean out or straighten up various parts of my home or desk at the office. I am always amazed at the items collected - some is passed on to others, some has to be disposed of with the question "why did I save this?"

Spring is when the house windows are opened up to let out the staleness and welcome in the freshness. I do appreciate this time of year to see what has made it thru the severe winter season. I enjoy being apart of several groups that gather because spring brings fresh perspectives and plans for the rest of the year.

All of this activity makes me appreciate how blessed I am to be here and able to still take care of everyday life. I know I have more yesterdays than tomorrows and I attempt to make each one as full as possible - that is what I desire for everyone!

## Spring

*by Jackie Fitzgerald*

Spring. Two words come to my mind, fresh and rebirth. I always think of my years living up north in Vermont. With our long winters and temperatures as low as 20 below, it seemed like spring would never arrive. When it warmed up, it was pure joy and gave me hope for more relaxing days ahead. The spring season is beautiful with plants sometimes blooming through the last snow of the winter season.

We moved to Virginia and all I can think of is the lovely cherry blossoms blooming and their scent in the warm air. Wherever you are, it's a time of rebirth and freshness, like clean laundry. The birds return and it's like music in the air. Easter will be here soon and we will gather to celebrate and pay a visit to the cemetery to visit family members that have passed on.

It's a time to hike, work in the garden, take a road trip to a local festival or just being outside in my own space with a good book or my needlework makes me very happy.

## Spring *by Jody Donovan*

The “suggested” theme for this newsletter, “What Does the Season of Spring Mean to You?”, sent my mind in many directions. So, I’m writing in many directions - random thoughts really!

I am 84 years old. I have lived through many Springs. I was born and raised in Framingham, Massachusetts and we raised our family in Hopkinton, Massachusetts, where in the Spring the Boston Marathon starts. The seasons there were four very distinct times of the year. That was a gift indeed, one I never really understood or appreciated until I lived out of the Northeast.

- Spring meant warmer weather, no need for mittens or winter hats.
- Spring meant the rhyme:

‘Spring has *sprung*, the *grass* is ris’, I wonder where the *birdie* is?’

*Sprung* because all of a sudden it was Spring; *Grass* because all of a sudden it needed mowing; *Birdie* because all of a sudden, we’d see the first robin of the year.

The rhyme went on but not for little ears. After “...where the birdie is...” ‘There it is up in the sky, he dropped some whitewash in my eye. I’m alright, I won’t cry. I’m just glad that cows can’t fly.’

- Spring meant Easter with the Easter Bunny. As I grew older and got beyond young children, grandchildren, and great-grandchildren in my home, I changed my tactics. Now, there is an Easter Chicken in the middle of the dining room table (bunnies do not lay eggs, chickens do), with green grass, and pastel eggs. (That I have no explanation for, unless as one of my son says, they ate too many Skittles??)
- Spring meant birthdays of some very important people in my life.

Spring also means April of 1996 when a disastrous workplace terror incident occurred that changed our lives forever. April is the month of the first seizure I had in 2018 that robbed me of many of my past memories. **Now**, in 2022 we are constantly reminded of the horror in Ukraine. Reality. God bless them all and give them strength.

Some people consider me a pessimist for remembering such Springs. I consider myself to be a realist, able to handle the good and the bad, the joyous and the sad.

This newsletter is a great way to share with your sister Stone Circlers, who do care who you are and what you think. For the next Newsletter, no matter what the theme, or no theme, why not write a little something yourself...truth or fiction! You don’t need to feel you are ‘competing’ or that you have nothing to share. We all have stories and opinions. If there’s anything at all you would like to share but don’t feel up to writing it yourself, just call me, text me or snail mail me. You tell me the story and I’ll become your ghost writer. I’ve always wanted to be a Ghost Writer!

Jody Donovan, 3204 Hanging Moss Circle, Kissimmee, FL 34741  
(C) 407-608-9627 jdonovan1@cfl.rr.com

## Decade Day 2022

Finally back in person we were able to celebrate Decade Day 2022. We combined Decade Day into the regular February Saturday morning gathering. Even without the candle glow of evening it was a beautiful ritual honoring all women's birthdays and in particular those we welcomed into new decades.



Stone Circle c/o Jan Herrick  
2549 Clarinet Drive  
Orlando, FL 32837

**ADDRESS CORRECTION REQUESTED**

Stone Circle operates as a nonprofit entity whose presence seeks to enhance the feminine milieu for women of the 21<sup>st</sup> century. We truly rely on the generosity of friends and those who participate in programs.