



Stone Circle News

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HAPPY HOLIDAYS TO ALL!!!

Such an Honor

It has been the honor of my life to have founded Stone Circle with my friend Salome in June of 1999. Neither of us could ever have imagined the longevity of our organization or the number of amazing women who have taken part over the last twenty-six years. We wanted Stone Circle to be a resource for women's spirituality and personal growth. With that goal in mind, I think we have accomplished that and much more along the way.

All that being said, I know how important it is in a world that continually seems to divide and isolate us, that groups like Stone Circle bring women together. We can form new friendships and create support systems that are even more needed. I am proud to say that we are a diverse group of all ages and many backgrounds. We may not agree on every subject, but we respect one another and listen to each other's opinions. It is a safe space in which to be ourselves. No matter what our beliefs are, we are all still connected by our womanhood, our sisterhood, and our desire to be our best selves. We have come to accept and love one another while setting aside all our old baggage of preconceived ideas.

Over all these years, women have come and gone, but everyone has left a bit of themselves with us and hopefully they have taken something positive from us with them. It is my hope that Stone Circle can live on and continue to be an open and welcoming source of support and growth to women near and far. For this we need women to step forward and help carry us into this future. They say, if you build it, they will come. We have built it. Let's keep it going. We need you to bring us into the future!

Jan Herrick

*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

Have you ever asked yourself why join a group like Stone Circle?

When Stone Circle was announced at Holy Cross it was named For Women Only. During that time I was involved in raising three girls, their involvement in sports, band practice, thespian activities for their beloved theater, a job and a husband. Therefore, I neglected to join, but it was always at the back of my mind.

When it was time to let go of a lot of things, I was ready to jump into the activities of Stone Circle. I never doubted it was an excellent decision. The sense of belonging was wonderful and my experiences as a member of Stone Circle has allowed me to grow, to listen, voice my ideas, not be judgmental, to love the ladies and to cry when one has gone. It is a sisterhood. It gives me an opportunity to be there for each other.

There is actually a psychological theory of needing to belong. Humans are social beings and groups fulfill a drive to form and maintain lasting positive relationships. I hold deep in my heart those positive relations.

I remember the first sympathy card when my Mom passed during Covid was from Virginia, then a visit from Nery, a mass card from Jan, many cards and calls followed from my sisters. I knew they were aiding me in not feeling alone or abandoned. So, therefore I envision our group as a circle of stones holding each other up against trials, tribulations, and YES happy times. Thank you, Jan, for your leadership.

Sonia Diaz



Oct 22
Train to Sanford, Lunch at Hollerbach's German Restaurant



Connections & Personal Growth

By Dorie Croissant

Stone Circle and all it has to offer has been so very beneficial for a lot of women. This women's group that Jan and Salome started twenty-six years ago has provided many opportunities for learning and sharing, traditions, rituals, gatherings, and a wonderful space for personal growth.

I know that I've shared before that my first connection with Stone Circle was attending a Winter Solstice event. The gathering was definitely outside of my wheelhouse. There were scarves, ribbons, greenery, and several choices of "props" to adorn ourselves with for the solstice ritual. I don't even dress up for Halloween, and I remember wanting to run and never come back. But I'm glad I didn't. I tried to go with the flow and see what the evening would look like. My first Winter Solstice event and many others over the years, as well as other events and rituals, have helped my wheelhouse expand and blossom. And I have all of the women I've met to thank for this.

Through Stone Circle I have been blessed to have met a lot of wonderful women who are now friends. However, time takes a toll. Some of the women have sadly passed on to their heavenly reward, a good number of us have moved out of state, and others have stopped in for only a gathering or two. The Insights and Energizers email that gets sent out mostly on a weekly basis hopefully helps keep the women informed in case they decide to show up again. Jan's Blogs are another connection by covering a wide variety of topics and helpful suggestions on how to move forward on specific issues. The newsletters have been fun and entertaining and very worthwhile.

Every bit of Stone Circle over these last two-plus decades has been rewarding. I know I have experienced first-hand personal growth and cherish all the connections. However, I also know that I am slowing down. An organization like this takes time and attention, it takes work and organization. I'm hoping that the new members who are benefiting from the group will have new ideas and the energy it takes to figure out what comes next.

For Women Only.....Yankee Swap



Nov.15

Attending Stone Circle

I started going to Stone Circle back when it was For Women Only. I remember that at the time I was wishing there was a group of Catholic women to meet with - and Jan started a group. It was nice to meet with women with a similar faith background as mine. Then life got really busy - and I stopped going to the monthly meetings. I did receive the emails and newsletters from Dorie, so I knew the group was still meeting, but I just never made it to the meetings. I especially enjoyed the newsletter about the trip Stone Circle took to Ireland in 2014 and saved that newsletter. I used to want to visit Ireland as my paternal grandmother was born there. However, I realize that's probably something I'll never do - but it was nice seeing the pictures of women I knew visiting Ireland.. Then the pandemic hit - and I re-tired. One of the tips for retirement I've read says it's important to have a social network. I'm a bit of a loner at heart and can be content to stay home and read - but I recognize that that may not be the healthiest way to live. I happened to contact Jan again and she invited me to the meetings, so I started going again. It's no longer only Catholic women, which is great. The 'old timers' welcomed me back and introduced me to the women who had joined since I dropped out. It is nice to visit with a group of women once a month to talk about our lives and exchange ideas and feel welcomed.

Mary Ann Shaffer

From the beginning of time women have gathered...With hands grasped, we gather our collective wisdom, energies and strengths binding us and guiding us into the future... these words usually begin our Stone Circle meetings. I have learned so much about the powerful influence women have on each other. We gather to celebrate, remember, rejoice, and share our lives with friends.

I especially enjoy "In the Company of Trees" annual event. The majesty of the trees reminds me of how sturdy, strong, and powerful relationships can be.

The Decades ceremony is also a favorite. I had never celebrated being in my 70's until we had this ritual. I felt happy and grateful for such a handful of years!!!!

The time we spend together when we eat, travel, share is also a way of taking a piece of each other with us.

We leave a "stone" and take with us a better understanding of whatever the topic of the day was. I'm sure we leave as a better person after our gatherings!

Nery Delgado

AFFIRMATION CORNER

Sisterhood

By Margie Gray

I have been blessed by Stone Circle in so many ways. But the greatest gift has been the gift of sisterhood. It has been almost two decades since I left Florida and the warmth of the monthly gatherings, the rituals and simply getting together with the women of Stone Circle. Yet I still experience the sense of connection that grounds me in this sisterhood. Whether we've met in person or not you and I are bound together by this living, breathing, evolving organization. We are all Stone Circle. We carry it with us. Just as we are connected to the women of our individual lineages, we are also connected to each other. We are all one. When I left Florida I didn't leave you all behind, I brought you with me. Even in those moments when I felt alone, I was not. You were always there with me. I hope you also feel that I am with you. I celebrate your joy. I mourn your losses. This is the gift that being a part of Stone Circle has given me and all of us.

Affirmations can strengthen that connection by reminding us of this sisterhood.

- ★ I am connected to my sisters in Stone Circle now and always!
- ★ I send love and light to the women of Stone Circle now and always!
- ★ I gratefully accept and receive the gift of love from my sisters now!
- ★ I am grateful for the gift of support from the women in my life now!

Thank you to all of you who have continued to bless Stone Circle with your presence. You are a gift to all of us near and far. Remember that you are never alone. We are all connected and hold each other up in love.



Memories

I have about a gazillion fabulous memories for and about the Stone Circle Ladies...the wisdom shared is invaluable. The details of everyone's life experiences and solutions made my thought process way more enhanced. I have pictures of some great women. Certain fragrances or aromas of foods just make me giggle and smile. The imprint of all the great women on my life lets me know how blessed I am.

Virginia Strait

In the Company of Trees

Mennello Park Orlando

April 26

In the Company of Trees is one of the most popular events during the year. It is always close to Arbor Day and Earth Day. We make a circle of lawn chairs and blankets under these sloping arms of the ancient live oak tree in Mennello Park. Our friend Virginia apply named her, "The Forest of One." We sit in the fresh air, talk, and ponder the beauty of Mother Nature around us, then venture out on our own meditative walk in the beautiful park.



Labyrinths have been in existence for hundreds of years. They are a means of stepping out of daily life to release, reflect, meditate, and find illumination. The Labyrinth at Woodlawn is thirteen circuits and is like the one on the floor of the Cathedral in Chartres, France. It represents many things to different people. The four quadrants can reflect the four stages of life, among other things. We notice as we walk with others that, as in life, we can walk next to someone for a time and then they are a distance away, or they may walk with us for the entire time. We may notice how we encounter others. Do we pass them, or do they pass us? Do we walk slowly or quickly? We may shed our cares on the way in, and even find answers on the way out. Even though the paint on the Woodlawn Labyrinth is fading from the Florida sun, it is still a beautiful form of walking meditation.

Sept 27 Labyrinth Walk Woodlawn



Prayer Circle

Kathi
Jody
Arlene
Liz

2025 Calendar

Winter Solstice and Potluck Meal

This year we will celebrate the Winter Solstice on December 21 at 2:00 PM. We will begin with a shortened For Women Only gathering with a mid-afternoon potluck meal. The afternoon will end with a celebration ritual for the Winter Solstice and ritual.



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ADDRESS CORRECTION REQUESTED

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