

Stone Circle News

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Sad News



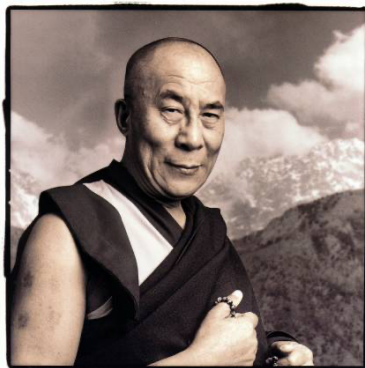
Eleanor May Overdeck
May 4, 1938 - January 22, 2025

I had a sad phone call from Lori in Indiana last week. She called to let me and the ladies of Stone Circle know that her Aunt Eleanor had passed away. She died of smoke inhalation, along with her two beloved dogs, from a tragic fire in her home. She was the recipient of the 2024 Woman of Wisdom Award and a generous benefactor to Stone Circle. At the family's request a donation was made to the Hobart Humane Society in her honor. A detailed obituary is available online at Rees Funeral Home in Hobart, Indiana. Link: [Obituary | Eleanor May Overdeck of Hobart, Indiana | Rees Funeral Home and Cremation Service](#)

*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



"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital: satisfaction with just enough food, clothing, and shelter to protect yourself from the elements. And finally, there is an intense delight in abandoning faulty states of mind and in cultivating helpful ones in meditation."

— Dalai Lama

Contentment and Balance

by Jan Herrick



How do we stay balanced and contented with all the ups and downs of life? Staying balanced and content in life, despite its challenges, is all about cultivating the right mindset and habits. I may know what to do, but like everyone else, I may not do it all the time. But, that is no reason to stop making an effort to continue to seek after finding that sweet spot in life we call contentment. It is an achievable goal no matter what challenges we face.

I have learned over time, and many challenges, that the acceptance of the inevitability of change is the first key to maintaining balance within ourselves. Life is naturally full of highs and lows. Instead of resisting change, embrace it as part of the journey. When tough times come, remind ourselves that in time this too shall pass. Trying to stay present also helps prevent overthinking about the past or the future. It doesn't help to rehash what has happened before or what might happen in the future. The past is gone and the future is not here yet. We only have now. I have found that things like meditation, deep breathing, or simply focusing on what I'm doing in the present can help ground me.

No matter how challenging life gets, there's always something to be grateful for. I remind myself regularly of the good things, even the small things in my life. It seems to shift the focus from what's lacking to what's abundant. Another way I try to release the pent up emotions that accumulate in stressful situations is to be physical, going to the gym, taking a walk, swimming, or just moving in some way. Talking to a friend, writing down our thoughts, or engaging in some kind of creative outlets can also help release emotions in a healthy way.

Healthy boundaries, meaningful connections, self-care, and a positive routine are also important for staying balanced and contented. Learning to say "no" and protecting our mental space is crucial for maintaining balance. Strong relationships provide support during difficult times, and a balanced lifestyle including adequate sleep, nutritious food, physical movement, and activities that bring joy are essential.

It has taken a long time for me to truly recognize and accept that not everything is within my control, and I've spent too much time worrying. I try to focus on what I can influence, my mindset, my actions, and my reactions. And, all the while I try to remind myself to take life less seriously, and allow myself to laugh, play, and relax. It can make the journey much smoother. So, it is worth working on balance every day!

Learn To Celebrate

by Dorie Croissant

“I never lose. I either win, or I learn.” This is a quote by Nelson Mandela. What a great attitude, a worthy goal, and a positive outlook on this journey we call life. While I am sure I have not always celebrated small wins, I recognize that I’ve learned to do just that at some point in my adult life.

Creating a sense of balance, and I know we’ve had several newsletter topics relating to balance, is a constant goal for me. It requires awareness and flexibility. If a day or an event doesn’t go as planned, then I try to figure out the best new path to take. I try to figure out the best new outlook in order to move forward.

You know, as I am getting older, it seems plans change due to circumstances beyond my control. For example, almost three years ago, a health issue derailed a much-planned, greatly anticipated trip to visit friends. And I didn’t know if I would ever be able to make the trip. However, last summer, it finally happened. I am thankful and grateful the visit finally became a reality. It was great to celebrate this “win” with positive thoughts, gratitude, and wonderful friends. I’m thankful to many for taking the time to visit. And for helping to make lasting memories.

The above is just one example of being flexible. For me, celebrating changes with a positive attitude is key to my peace of mind and a sense of serenity. It balances me. A quote I found on the internet states, “Celebrate every win, no matter how small.” What a great reminder that brings a smile. So, let’s learn to celebrate and smile. We can’t lose.



How do you honor yourself? How do you celebrate success and wins in life?

by Becky Martinez

Recognizing who you really are might be a long process for many. It requires introspection (looking inside). For the most part it's not a solitary exercise because the universe provides situations that will help you along the way. For example, you meet up with someone you don't like or "rubs you the wrong way"-that's an opportunity knocking at your door. When you reflect upon your feelings you realize that person's actions, feelings or thoughts is a reflection of your own -he/she is your mirror. If you look inside long enough you become awakened.

Honoring yourself is precisely looking inside intentionally and realizing that you are enough. Life is made-up of many successes. Every time you overcome a hurdle or when you learn something about yourself, that is a success and the celebration is the awareness. With the awareness comes joy and that is a win!



Self Care

by Joan Macias

I honor myself by taking to the time to exercise and eat healthy. Belonging to a book club keeps me in touch with supportive friends. On Wednesdays I bowl with my cousins. I have a good balance of friends and family.

This July I am planning a trip to Australia to see my daughter and family. My plans have been in the works this past year. I haven't seen my granddaughters for 7 years, and now I actually have three great grandchildren.

All these plans revolve around my trust in God, my prayers and my health. I trust that God will help me through my short and long term goals.



Affirmation Corner

by Margie Gray

The Ongoing Journey

To say that I am a work in progress might imply to some that I will eventually be “finished” or “complete”. There may have been a time in my life when I hoped that would be the case. I can become so focused on a goal that I try to force my will on the world around me rather than taking a deep breath and being at peace in the flow of life. For me to be content in the ongoing journey relies on reminding myself of the peace of “going with the flow.” Make no mistake, being at peace does not mean sitting back and waiting for life to “happen” to or for me. I can continue to take steps to move toward the goal AND let go of trying to control what is outside of my control.

I do my best to apply this perspective to all aspects of my life. Whether working toward a new job, a new place to live, or even working toward a sense of wholeness within myself there are things I can control and things I can't. Letting go of the things that are not in my control is the key to being in the flow.

Affirmations remind me to breathe and accept where I am without judgement.

- ☀ I am at peace with my life now!
- ☀ I move forward with my goals now!
- ☀ I trust in the bounty of the universe now!
- ☀ I am grateful for the gifts of the universe now!

I am grateful for the journey of this life. I am grateful for the companions on this journey. Resting in a sense of peace as I work toward my goals and letting go of a desire to control that which is not in my control are the greatest gifts I receive.

Useful information regarding Fraud

Below you will find resources and reporting institutions for your identity theft issue.

- Visit www.IdentityTheft.gov to report identity theft and create a personal, step-by-step recovery plan
- Check your credit reports. Visit www.Annualcreditreport.com or call 877-322-8228
- Consider placing a fraud alert or freeze on your credit report. A freeze prevents anyone (including yourself) from opening a new line of credit in your name; an alert requires prospective lenders or creditors to verify your identity
- The CREDIT FREEZE is a free service at each of the credit bureaus. (Each agency will have options where they would be more than happy to charge you a monthly fee, but my personal opinion is that you are not gaining much my paying.)

Credit Bureau Contact Info

- Experian - www.Experian.com/help or 888-397-3742
- Equifax - www.Equifax.com/personal/credit-report-services or 800-685-1111
- TransUnion - www.transunion.com/credit-help or 888-909-8872
- If someone has filed a fraudulent unemployment claim with your information, report it to the Unemployment Office in that state. To view a directory of where to report for each state visit www.dol.gov/agencies/eta/UIIDtheft#state-directory

If you have additional questions, don't hesitate to call us back at 877-908-3360 (indicate you would like to speak with a fraud specialist) or respond directly to this email aarpfraudwatchhelpline@aarp.org.

I hope the following link works for the Florida Attorney General (Ashley Moody). I copied the address from my web browser and this is what it ty[ed for me.
File A Complaint | My Florida Legal

The website for the
Office of the Comptroller of the Currency (OCC)
www.helpwithmybank.gov
800-613-6743

Consumer Financial Protection Bureau
www.consumerfinance.gov
855- 411-2372

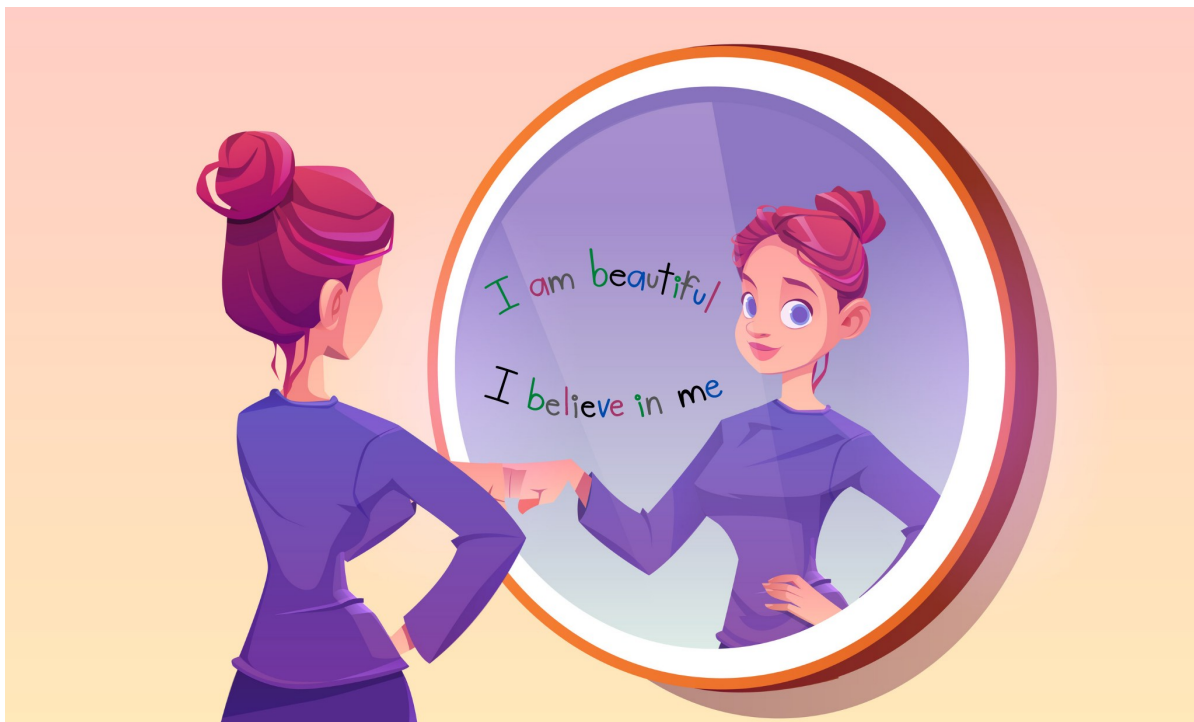
AARP Fraud Watch Network: 877-908-3360 – Helpline:

aarpfraudwatchhelpline@aarp.org

How do you honor yourself?

by Sonia Diaz

Recently, I started following and listening to Mel Robbins pod cast and reading her book Let Them. Her teachings and talks have been a life changing tools for many including myself. In her book I came across this quote, 'There will always be someone who can't see your worth, don't let it be you' by all means don't see only the negative. Learn to celebrate yourself. Even before reading Mel's book I have always celebrated myself in my own way, I don't wait for others to praise me, I praise myself. I talk to myself in the mirror about the good, bad, and let my brain get the message that confidence is not everything. Everything is going to be fine, but even if it isn't, I'll be fine. Life's ups and downs can break you but I remember that I have nothing to prove to anybody and it will be as it is meant to be. When you celebrate yourself, your spirit will feel free, celebrate that every day is a gift. We will never get these minutes again, celebrate family, friendship, and stay true to yourself. Be kind to yourself, buy yourself those shoes or dresses, go to the movies by yourself, go to the gym or yoga classes, or help others in need. Finally, do this with a heart opened to loving others as you love yourself.



Prayer Circle

Kathi
Jody
Eleanor
Arline
Sonia
Liz

2024 Calendar

February 7 Decade Day, Friday, 6:30 PM
Jill's

15 For Women Only, 9:30 AM

March 15 For Women Only, 9:30 AM

22 Soup Meal Saturday, 12:00 PM
Melinda's Home

April 12 For Women Only, 9:30 AM

26 In the Company of Trees, Saturday, 10:00 AM Mennello Park Orlando



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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.