

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>

I am sure... By Virginia Strait

I am very sure my angels are very tired from all the “adventures” I have done in my life, and they have protected me so! I would set my mind to do something and that was all I focused on. Cost was a lot of wasted time and energy- but I was so positive I could do it my way. Today when I get inspired – I pray for guidance. “Is this the best activity or thought process for me?” What I have learned is that had I listened to the small voice in my head or heart I could have had so much more. If I had followed the advice / suggestions I would have been *so much better*. I would have not short changed myself with my limited knowledge.

When I *became grateful* for all that I do have, I also recognized how many more blessings I keep being given. I am positive this shift in thinking is what makes my days so much better now.

While I try to work smarter - not so much harder, I know I can do nothing without the Lord, my Angels, and Guides. It takes a lot to take care of Moi...



Thanks Jean!

As Paul and I labored over putting this newsletter together, I was once again reminded of the gratitude we all have to Jean Gold for being the editor of the newsletter for so many years. Jean and her husband Bob recently moved to the beautiful mountains of Asheville, North Carolina. It is a boon for their two daughters who already live there to have them close by to visit anytime. On the other hand we already miss them. They have been my neighbors for over thirty years, and I got quite content having them just across the street. We all wish Jean and Bob the very best in your new home.

*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.*

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Affirmation Corner

By Margie Gray

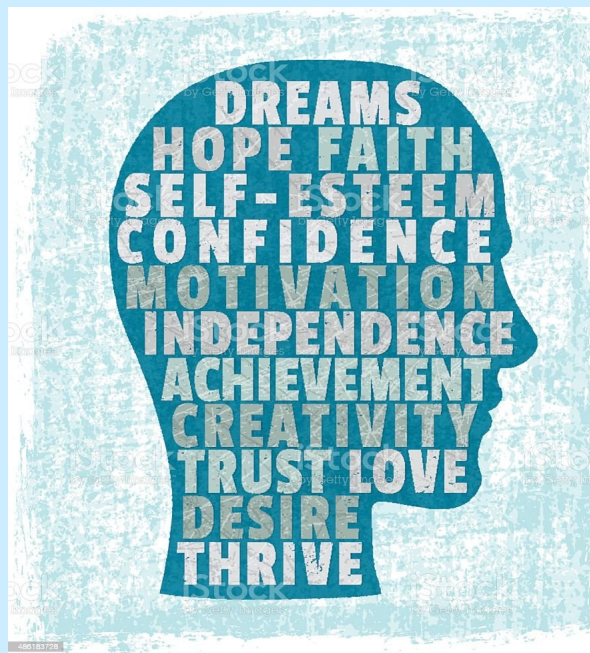
Positive Minds. Positive Thoughts. Positive Actions.....A Starting Point.

If ever there was a topic perfect for an affirmation column, this is it. When I am down or feel myself slipping down the slippery slope of negativity, I have to remind myself that the only thing in this world that I have control of is ME. My thoughts. The meaning I attribute to the things happening to me and around me. My reactions to the world around me. The actions I take.

Affirmations are at the center of that control. If I have a negative tape playing in my head, it is up to me to replace it. Replacing it with an affirmation is a starting point. A favorite recently has been, I am filled and surrounded with light, love and positive energy now and always.

I am surrounded by positive people who lift me up and hold me in my highest good now and always. I am a positive force in the lives that I touch now and always. I create harmony, peace and love now and always.

Over the last two years, I have been challenged to find my footing in a world that feels unfamiliar and frequently unwelcoming. It is a time that requires me and all of us to remain grounded in our truth. My truth is that I am a vessel for healing love. Repeating these affirmations over and over until I feel my roots reenter the earth has been essential in being true to my purpose.



Prayer Circle

Jody
Julie
Jean
Virginia
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.

Aug 20, 09:30: For Women Only

Sep 17, 09:30: For Women Only

Sep 24, 11:30: WOW Luncheon
Olive Garden, International Drive

Oct 15, 09:30: For Women Only

Looking Forward

We are all pretty tired of having to cover our faces with masks and staying home so much. Looking forward, there are many positive things ahead to anticipate. To that point... it may be time to begin to plan some outside activities like lunches. I already put the annual WOW Luncheon back on the schedule for September at the Olive Garden. So, if anyone has suggestions for places to try, let me know.

Jan

How I Survive

By Joan Macias

Positive minds, thoughts and actions are generally how I survive. 80% of our lives are positive and 20% negative. People who are not positive dwell on the negative .

As for me and my house I dwell on the positive mind, thought and action.

From this week's Insights and Energizers

...Mac Anderson

"One... One tree can start a forest. One smile can begin a friendship. One hand can lift a soul. One candle can wipe out darkness. One laugh can conquer gloom. One hope can raise our spirits."



IT'S A MINDSET

Positive thoughts. Positive actions. It's a mindset. There is no fooling around. There are no wishy-washy ifs, ands, or buts. It's a mindset.

I really like hearing songs written and sung by Willie Nelson. I found this quote attributed to him and it goes like this, "Once you replace negative thoughts with positive ones, you'll start having positive results." We all know we must start somewhere if we want something to take root and grow.

For me, I find positive thoughts in people, pictures, nature, words, and so much more. I even find it in the silence of the day. Oh, don't get me wrong, I can be a master of dwelling on negative thoughts. But I find that is a dangerous path to travel.

Once I catch myself winding down a negative path for too long, I usually get up and do something. I take some kind of positive action. Whether it's to take a walk, start a book, call or email a friend, or play a word game (or two or three or more), I must do something different to shift the mindset. It's like setting the stage or changing the view. It always seems to work. It helps me replace negative thoughts with positive ones.

Willie Nelson also said, "It doesn't hurt to feel sad from time to time." But he also said, "When I started counting my blessings, my whole life turned around."

I can work with that. A positive thought can be found in the beauty or fragrance of a flower, in a smile, or a kind word. The positive action can be very simple and ordinary. It's an awareness. It's a mindset.

Dorie Croissant

Transition

By Mary Columbo Reichert

Several years ago, I wrote an article about how I always seem to be in transition and how I thought that was a good thing because it meant I'm still learning. I still believe that, but now I define my transition as continuing to explore and be curious.

I retired a few months ago and although I thoroughly enjoy my new lifestyle, it took a while for me to adjust to truly being in control of my schedule. Our society puts a lot of value on productivity and the choice to voluntarily step away from a career is perplexing to many (and for a time, that included me).

My retirement was the first time I could remember when I wasn't working toward a goal. I had to redefine myself and rediscover my value. I did that by embracing the present and trusting the future would take care of itself.

Rather than creating a long-term goal, I wrote a list of things I enjoyed but never had time for; healthy meals, dancing, and working with weights to start. Then I added things I wanted to improve or learn: my Spanish language skills, meteorology, nutrition. Finally, I made a personal commitment to explore them a little at a time.

I've been following this plan for the last few months and things are working out just fine. I've met new people, learned new things, and my days are filled with just the right balance of activity and relaxation.





Smile

By Mary Columbo Reichert

My kids introduced me to the app *Finch*. The developers describe their goal as “making self-care fun and mental health accessible to everyone.” Since using it I’ve become more mindful and self-aware.

One of the most compelling lessons has been the power of a smile. When I smile, I automatically relax; any tension I have dissipates and my mood moves toward positivity and confidence. When I smile, I’m more likely to greet a passer-by or engage in conversation. Many times, we both end up smiling as we end our exchange.

Thich Nhat Hanh said it best: Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.



“In the best of times, our days are numbered anyway. So it would be a crime against nature for any generation to take the world crisis so solemnly that it put off enjoying those things for which we were designed in the first place: the opportunity to do good work, to enjoy friends, to fall in love, to hit a ball, and to bounce a baby.”

— Alistair Cooke

tags: inspirational

more quotes from [Alistair Cooke](#)

Submitted by Louise Ambrose

Positivity *by Janet Herrick*

Like the rest of us, I hear about the latest bad news, inflation, mass shootings, political discord, inaction, loss of freedoms, war, lies, and more, and I feel dismayed and angry. However, so far, I have been able to make those emotions momentary. There are still so many things that are positive in the world and in our lives. Unfortunately, news broadcasts traditionally focus on the sensational, it sells, but it can make it difficult to maintain a positive outlook. Yet, even though keeping a positive mind, positive thoughts, and positive actions may take some effort these days, with a little effort and focus, it is valuable and achievable.

We must continually remind ourselves that if we are able to mitigate a difficult situation we must act, but if we have no ability to change or influence such a challenge, the best action is to let it go and not worry. Hard to do at first, but with effort and continual reinforcement, it can work. It decreases our stress, allows for better health, and lets us focus on positive actions. It is proven that shifting our efforts toward others and away from ourselves makes for a happier and content individual. Look to all those individuals you know who volunteer. Their efforts in helping others makes them the kind of positive people we admire. Giving to others has rewards far beyond the effort we put into those acts.

When we are met with a difficult challenge, allowing our negative thought to continue puts us into a downward spiral taking us further into fear, sadness and even depression. If instead, we stop and make an assessment of those challenges and what impact we can have on them, we can keep ourselves from over reacting. Deciding if it is within our power to change the situation or not can make all the difference.

**"The more concerned we become over the things we can't control, the less we will do with the things we can control." -
*John Wooden***

There are so many positive things in life that we encounter every day. We just need to slow down, take a breath, and notice them. Every day is a gift. Our friends, family, animal companions, nature, sunshine, rain, sunrises, sunsets, and so much more, are there for our support and to reinforce our appreciation of life itself. Taking time each day to notice what we are grateful for can keep us in a positive mind set, foster positive thoughts, and activate us to positive actions. Positivity has only positive results.

Summer Solstice 2022

Many things have changed in the past few years, but the desire to greet the sunrise to celebrate the Summer Solstice mid-June, at Cocoa Beach, is not one of them. This year our group was small but mighty, due to moves, prior commitments, vacations, and more. We drummed the sun up above the horizon. Thoughtful Virginia brought along the biodegradable sand dollars she made for us to use to cast our wishes into the ocean. Breakfast at a local spot topped off the trip before the ride back to Orlando. We vowed to come back again next year!



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 21st century. We truly rely on the generosity of friends and those who participate in programs.