

Stone Circle News

Volume 24, Issue 4/4

November 2024

Mailing Address: 2549 Clarinet Drive
Orlando, FL 32837

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

Accepting Change

by Janet Herrick

All I have to do is look in the mirror on any given morning and recognize the changes in the reflection I see. I don't feel any different inside. I am seeing through the same eyes. So, why is that mirror showing me this person who looks more like my mother each year? Life, like time, is a forward motion that does not stop even as we protest or try everything we can to resist.

Every stage of life has a task to master. As much as it shocks me at times, I have to admit that the stage I am in now requires me to master acceptance. This kind of acceptance does not mean giving up in any way. All of us can still do what we can to make the most of every stage of life. We can eat well, exercise to keep fit, stimulate our minds to always keep learning, and get an appropriate amount of rest and sleep to renew and regenerate. It is up to us to do our best at every age and every stage of life.

Yes, we can fight change, rail against it, and even refuse to accept it, but the only thing that we can absolutely be sure of is that everything and everyone we know will change. Change is neither good nor bad, it just is. Even sudden change can turn out to be good. Change can challenge us, excite us, and even make life more interesting and better for us in the long run. Yet, we all seem to prefer the status quo, maybe because it is familiar and therefore comfortable. But, knowing and accepting change in all the aspects of our lives can release us from a lot of anxiety and stress. It is like knowing that getting an annual flu shot will reduce the likelihood of getting sick. Acceptance is not a passive word, on the contrary, it gives us power. May we all live with gusto, and always be willing to let go, and go with the flow of whatever lies ahead!

*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



Turn , Turn, Turn

By Dorie Croissant

A well-known bible verse starts with the words “There is a time for everything, and a season for every activity under the heavens.” (Ecclesiastes 3:1) We all know there IS a time for everything. And change is just one of the many things we encounter all the time. Sometimes we get to experience a positive change, and sometimes, not so much. But even the not-so-good changes will more than likely have a silver lining somewhere in them. We just have to be open to finding the good part.

I love the autumn/fall season. I look forward to seeing the colors of the leaves turn to orange, red, or gold. I certainly love the cooler temperatures and the lower humidity. And, of course, it’s a chance to pull out a favorite sweater, jacket, or even a comfortable flannel shirt. Going from summer to fall here in Louisiana for me is a big deal because the summer heat and humidity always seem to last way too long.

In most places here in the United States, we experience the FALL BACK clock change. Daylight saving time ends and we gain an extra hour of sleep (this year it will take place on Sunday, November 3rd, at 2:00 a.m.). I usually change my clocks sometime the day before, so I don’t forget. This also helps me get ready for the sunrise and sunset time change. At least that’s what I tell myself.

I happen to like change. It helps me refocus my awareness of the simple, everyday things. The Byrds have a great song “*Turn! Turn! Turn!*” with lyrics based on the Old Testament’s passage.

To everything, turn, turn, turn

There is a season turn, turn, turn

And a time to every purpose under Heaven

If you are so inspired, take a look at the complete bible verse and/or all of the song’s lyrics. I find myself gravitating to both sets of words over and over again. Maybe it’ll be the same for you.



Change

by Becky Martinez

The topic of “change” brings back memories of a book I read many years ago “Who Moved my Cheese” written by Spencer Johnson. I was asked to present this book to the faculty in an effort to encourage teachers to participate in our school-wide literacy plan. The school was undergoing many changes in the administration and along with those changes was the shift in policies and philosophies. And that is how I define the word change. It is a shift in perceptions, mindsets, and attitudes.

In this book the mice lived in a maze and the cheese was always in the same place, so the mice did not have to think about how to get it. They were complacent. But when the cheese was moved, well, that’s when the action started. A person’s attitude toward change can vary based on your own experiences. Some will say hooray, “finally”; others will say why; others will just go along with it (they don’t want to upset anyone). Maybe some will refuse to change “liberty or death!”. If I had asked the faculty if they read the book, they would have responded the same way.

Because when we are faced with a change, whether it be personal or professional , we have to battle with preconceived perceptions, our embedded judgements, or our history. It is difficult to change without first recognizing the need (hence the “why”).

Many people are set in their ways and content so anything that requires a small shift will upset them. Maybe it’s the fear of what’s ahead, or the lack of self confidence that holds them back. But the truth is that we are continually making changes, consciously or unconsciously.

What triggers our reactions depends in part on our general attitude towards change. These can stem from more profound or serious underlying issues. The feelings that arise can be of fear or guilt, but they can also be of joy and happiness.

To me “change” is an opportunity to discover new ways of thinking or living. Sure, it might be scary to not know fully what you will see, but if you feel confident in your abilities to tackle whatever comes your way, then go for it.



Prayer Circle

Kathi
Jody
Eleanor
Arline
Sonia
Liz

2024 Calendar

Nov 16 For Women Only, 9:30 AM
21 Thursday Lunch at Bahama Breeze
12:00 Noon

Dec. 21 For Women Only, 9:30 AM
22 Winter Solstice, Sunday, 5:30 PM, Jill's

Change???

by Nery Delgado

What a good question... it makes me think because I don't like change, but then again sometimes it is a good thing. I'm very stable, always have been. I was married for 27 years, and had my husband not forced my hand by taking on a girlfriend, I might have stayed married for many more years. I worked at the same school for 30 years. That's stability for you! I've been a parishioner at the same church for over 30 years. We can safely say I'm not a fan of change! However, as I got older (and wiser!) I have come to embrace change. After a 40 year career as an educator, I can say I enjoy the "change" retirement brings, especially the lunch dates with friends!!! I'm happy... I'm changed!

FAVORITE QUOTES

The only way to make sense of change is to plunge in and join the dance.

by Alan Watts

(From Insight Timer app) **submitted by Dorie Croissant**

"I don't know a perfect person. I only know flawed people who are worth loving."

John Green(from free app Insight Timer"

submitted by Nery Delgado

"Don't ever be ashamed of loving the strange things that make your weird little heart happy." ...Elizabeth Gilbert

"Learn to embrace change." ...Melody Beattie

submitted by Dorie Croissant

1) "Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each." – Henry David Thoreau



submitted by Melinda Vazquez

Change

by Sonia Diaz

We become more active as we are growing up. We are learning and deciding, making plans for our adult life. We study. We decide to join with a partner and raise a family, or not. We start to see changes in our lives. Our parents get older, and some are no longer with us. The changes continue to happen. Some changes bring grandchildren to our family, and as we age, we start to see more changes in our own lives and in us.

Autumn comes along with more challenging changes, and just as the leaves change, so do we. Autumn becomes a time of reflecting. Like the many colors of the leaves, they can make us think of the decisions we have made in our personal lives. Change continues in our bodies as the years creep up. Our models, like our older cars, begin to develop aches, and pains. Sometimes the changes in our bodies are harsh. The energy of our spring and summer years are now slow and tired. When I think of fall and autumn it brings to mind slowing down like waiting for a hurricane. We can't go outside or do anything. We can just sit and wait for it to pass. Autumn can also be a time to appreciate the previous springs and summers that have given us opportunities to change.

Autumn turns to winter. Sometimes it is a time of discomfort and sickness, even suffering, sadness, and worry. And then suddenly, we are in the winter of our lives. Cold, chill, and frost along side forgetting, accepting, and ending a cycle. But, the cycle continues.

FALLby Jody Farley Donovan

Born, raised, and raise your family in New England was the best. To have four distinct seasons made for a literal quest. Each Fall provided unbelievable images all its own. Leaves slowly turning to shades of red, yellow, orange, and some unknown. Falling to the ground, to be raked, piled and jumped in. Then start again, in a spin.

Holidays and colors within each season drove the wheels that turned the year. The month of October made it abundantly clear. As our family grew and grew and grew! A trip to the pumpkin patch each Fall was renewed. All picked a pumpkin of his/her own. We'd bring them home and remember the poem.

Even today, new little pumpkins all in a row, sit on the shelf in my view. Not picked from the pumpkin patch with great might, but I continue to 'see' my five little pumpkins, Joe, Jeff, Julie, John, Jeremy, and I remember with unrelenting delight.

The Pumpkins

Five little pumpkins sitting on a gate,
The first one said, "My, it's getting late."
The second one said, "There are witches in the air!"
The third one said, "I don't care!"
The fourth one said, "Let's run! Let's run! "
The fifth one said, "I'm ready for some fun!"
WHOOO went the wind,
OUT went the lights, and the five little pumpkins rolled out of sight!

Affirmation Corner

by Margie Gray

Change can cause excitement or anxiety. The change of seasons from Summer to Fall has always invigorated me. I love the cooler weather and the changing color of the leaves. It is exciting to move into the new season. This Fall has brought many other changes as well. These changes have less definitive outcomes. In reflecting on the difference in the feelings it stirs up for me, I realize that it is far easier for me to embrace change that has a predictable outcome. Change that has an unpredictable outcome is much more likely to induce anxiety. Affirmations support my ability to embrace changes that initially make me uneasy.

- ☀ I am open to all possibilities that support my higher good now.
- ☀ I lean into the flow of life and embrace opportunities to reach my potential now.
- ☀ I easily recognize the path forward and my next natural step in life now.
- ☀ I celebrate all change as it propels me toward a future more fulfilling than I can imagine now.

I do my best to celebrate change. I look for the potential in each moment. It may not be what I imagined but I stay open to the possibility that it will be even better than I imagined. I don't always have that vision, but it is certainly easier than resisting the change and fighting against the flow of life when it doesn't look like I thought it would. So, go with the flow.

Change in Fall

by Arline Conklin

This was a favorite time of year for me when we lived in New Jersey. The leaves on the trees turned orange and gold. We lived one block from the mountains in north Jersey and the gorgeous leaves made a beautiful view. A drive up to Greenwood Lake in New York was a must at this time of year. Driving through the country going there was lovely and is a great memory.

Leaves in the Fall

Louise Frizzell Ambrose

*Dead leaves? I think not!
I see them fluttering down skimming across my deck
Brown, pale yellow, muted reds, faded orange
They have lost their vibrant color
It is November now
Their journey is over their work is done
Many months ago, they opened their delicate pale green eyes
In the gentle April sunshine
They worked all Spring and Summer living their life of photosynthesis
Taking in the sunlight, drinking the water
Changing it all into solid green chlorophyll
And giving off to the world the breath of oxygen
Now cool nights give them rest, they no longer have to work
They have done their amazing job
No longer green, they let their true colors show
A few brilliant weeks, to let the masses wonder at it all
And then they are done
They give up, and drop to the good earth
Their beauty and usefulness spent
Ah, but that is not the end
Fragile and light, like feathers, they are blown together
Against roots and stems, their tired bodies providing
Insulation against winter's chill, frost and snow.
In March, they give their last full measure
Fertilizing the new spring growth blossoming forth.
A lifetime of giving*



Change

by Shari Simpson, Kitchener, Ontario, Canada

In 2010, we started spending two months in Florida every winter. During that time, I met a wonderful group of women at Stone Circle, and I thoroughly enjoyed our gatherings, exchanging stories and experiences.

However, in 2020, the COVID-19 pandemic hit and everything changed. We had to leave Florida earlier than planned. There were concerns that the Canadian government might close their border, making it impossible for us to return home. In our anxiety, we rushed back, even though I later learned that a country cannot refuse entry to its citizens. Still, it was a real concern for us at the time.

Since then, we haven't returned to Davenport. The rental prices have skyrocketed, making it too expensive to continue our winter tradition. It's been a significant shift in our lives, as we always enjoyed Florida for its warm climate, friendly people, great golf courses, excellent shopping, and fantastic restaurants. The change left us disappointed as those trips were a cherished part of our lives.

Despite the end of our winter escapes, we hold onto the cherished memories we made during those years. The friendships, laughter, and shared moments remain with us, even though our circumstances have changed. While we no longer return to Florida, we've learned to appreciate new experiences and adapt to life's unexpected turns. Though the Stone Circle and those sunny days feel far away, they will always be a treasured chapter in my journey.



To



Fall

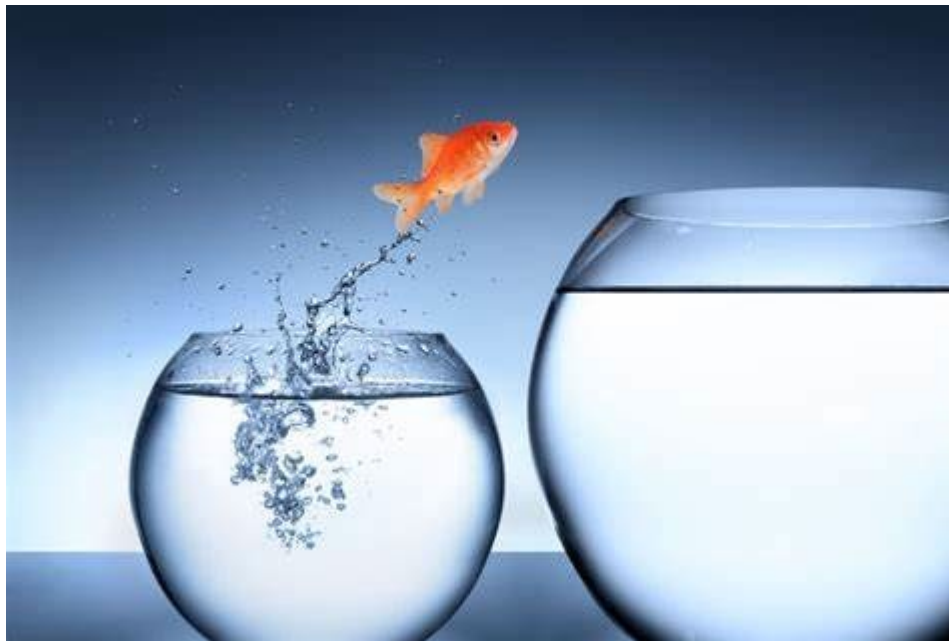
by Joan Macias

Fall to me means cool nights and warm days. It is sometimes called "Indian summer". Leaves change into beautiful shades of orange, yellow and red. Then raking fallen leaves begins.

For my family, we always hold a "Chili Cook Off", where we have 10 to 12 batches of chili made by cousins and second cousins, with hot dogs and s'mores.

Although it is very sad when all the leaves have fallen off the trees, we know that Thanksgiving is right around the corner!

We're gonna need a bigger tank



Women of Wisdom Award Luncheon

This year as in previous ones the WOW (Women of Wisdom) Luncheon took place at the Olive Garden on International Drive in Orlando on Saturday, October 26th. It is always a popular event, but this year our award recipient was not with us. She lives in Indiana. Our 2024 woman of wisdom, who exemplifies sage-ing not merely aging, is Eleanor Overdeck.

Eleanor has been a devoted and generous supporter of Stone Circle for many years. She was introduced to us by her cousin Salome Harasty who was the other original founder of our organization twenty-five years ago. Even though Eleanor has not been able to physically participate in our local events and gathering, she keeps up with us through our newsletter. She has made generous donations in honor of Salome each year. Her donations have enabled Stone Circle to better carry out our mission to be a resource for women's spirituality and reach out to support other women.

Thank you, Eleanor! Even though we cannot thank you in person or place this award in your hands, please know that you are with us in spirit, and hope that in return we are being a support to you. When the award arrives in your mailbox, know that it comes with our love and gratitude. Congratulations Eleanor! We wish you the best. You are an inspiration to us all.



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.