

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)[View this email in your browser](#)

In Her Own Words At 100

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

# Remembering 100 years of glamour

*Eleanor arriving at her 100th birthday party  
at TRU PACE, Lafayette, Colorado.*

Dear CircleTalk™ Colleague,

There is something magical about writing down what is deep inside you and seeing the words appear on paper. This simple act confirms the importance of that thought in that moment.

At 100, Eleanor, a longtime CircleTalk™ member, had profound thoughts about the person she had become over a lifetime.



**CG Jung**

How have you changed over your lifetime? Can you give one example of a change that you have noticed in yourself from when you were a young adult to now. It could be physical, intellectual, spiritual or emotional....or a combination!

*Eleanor - I have become spiritual. Possessions are only things. I've gone from red hair to gray hair. ~~For~~ When I look in the mirror I see me. I have made peace with my family.*



Our CircleTalk™ discussion on that particular day was a perfect entrée for many to wonder about who they had become over their lifetime, how they had changed and remained the same. The 15 minutes of silence to think and write created a sacred space for reflection and recognition of personhood, growth and even regrets.

Happy birthday Eleanor!

---



RangeCare, a home health care service in Queensland, Australia, is leading the way in Australia, expanding CircleTalk™ into new regions.

Here is a delightful video of Deslie sharing her experience as a CircleTalk™ participant.

Deslie said she relates to our slogan -  
ENTER AS STRANGERS, LEAVE AS FRIENDS.  
She recommends older adults, "Give it a go!"

View [HERE](#)

---

## Join Us! Next CircleTalk™ Virtual Training Course April 5 - May 3, 2022

As a CircleTalk™ Leader, you will become trained to implement the CircleTalk™ Curriculum. This is available as an eBook or printed book, your preference. Our live, scheduled coaching meetings will give you an opportunity to get questions answered and participate in practice activities and view demonstrations of facilitation techniques.

Learn More and Register [HERE](#)

Scholarships Available

[CONTACT](#)

---

May we all work toward a practice of engaging differently and more deeply in these times!

In peace and health, Deb



[Subscribe](#)[Past Issues](#)[Translate](#) ▼[RSS](#)

Copyright © 2022 CircleTalk™, All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).