

[View this email in your browser](#)



Dear Readers:

This year, let's look for the light everywhere we can!

In Peace and Health, Deb

Be in touch, and let us know if there are other ways we can support the excellent work that you are doing.

May we all find sources of peace, health and love each day.



Trained as a poet and ordained as a Buddhist monk, **Leonard Cohen** (September 21, 1934–November 7, 2016) is our patron saint of sorrow and redemption. He wrote songs partway between philosophy and prayer, like *Anthem*, 1992:

*Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in*

Cohen, who didn't like explaining his music, reportedly made a rare statement about "Anthem". He explained that the lyrics to this beautiful song ask us to stick with what is hard and realize nothing is perfect. In fact, we can't make things perfect, neither in

Think about it ... if we look at these cracks and imperfections as part of "what is", we can also see that that's where the light gets in. Does this show our resilience in being able to hold both of these at the same time?

In this crazy season when the weight of 2020 and these darker days could get the best of us, may we all see through the many imperfections in our lives as cracks with light pouring through. Let's "Ring the bells that still can ring".

Some questions to ponder this year:

- How can we help those around us see that what looks broken can also be seen as light? Who do you know that would benefit from this perspective?

- What is something in your life that seems broken? Have you been able to see opportunities for repair, also?

- Are you taking care of yourself right now? Does it feel okay to see both light and dark at the same time?

- Can you see the possibilities for letting go of what "should be" and opening up to what "could be" to let more light shine into your relationships and communities and the world?



Our next CircleTalk™ Virtual Leader Course will begin February 2, 2021.

Our CircleTalk™ Leader Course is a virtual, 6-week training program to bring older adults together on the phone or video circles on tablets or laptop devices. We teach you everything you need to know to bring rich engagement right into an older adult's living room!

Our new Virtual Course provides leaders with the resources of CircleTalk™ Master Trainers for coaching to get your Virtual Circle started. Leaders are trained on how to bring participants together through virtual means – via video chat or phone. CircleTalk™ training helps you learn how to determine if your group is better equipped for phone circles or if they are able to access computer connections. We will prepare leaders to identify appropriate virtual channel for your group, to schedule and begin leading 'Virtual Circles'.

Learn more about CircleTalk™ [HERE](#)

Register [HERE](#)

The three ways to CircleTalk... Face to face, phone conferencing and video



