

[View this email in your browser](#)



Dear Readers,

Here is something to talk about when you are Zoom'ing with family and friends! When we have used ROLL CALL as a lead-in to a discussion with CircleTalk™ groups, it has raised many excellent, soulful memories of people we haven't thought about for long time, yet occupy a place in our hearts. Try it with others or take time just with yourself to see what comes up!

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.



ROLL CALL

Here is a little known tradition in the New Orleans musical community: When musicians are warming up for a performance (aka "gig") they frequently do a "roll call" by shouting out the names of legendary musicians from the past just before they begin playing for an audience. In calling out the name of these ancestral artists, musicians activate the memories of those who inspired *them* to become a musician in the first

This roll call brings to the present moment important musical legends, friends or family members who made contributions to the musical arts, composed music or played an instrument with skill and passion. The roll call reveres those who inspired our confidence and our dreams and aspirations.

Let's Think About This:

Who is on your roll call? Who are the ones who set the bar high for you in life and instilled self-confidence in you?

Who backed you up and held you up when you needed it?

Who encouraged and supported you , showed unconditional support for you-no matter what?

Who guided you to attain a dream?

Name those ancestors, significant ones, wise ones and steady ones in your life.

Looking for some uplifting news?
[Check Out](#) **SGN (Some Good News) put on by John Krasinski.**

Copyright © 2020 CircleTalk™, All rights reserved.

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