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Dear Readers:

“Life is short. Focus on what matters and let go of what doesn’t.” ~Unknown

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.



When I read this important, common sensical quote, I thought...”What am I doing to stay focused on what is most important?”

I then thought about the many, many wonderful people we have trained to lead CircleTalk™ Programs and how often we get feedback declaring how much they love guiding groups into deep and meaningful conversations. This deeper level of engagement and sense of belonging to a group (that really cares about each other) seems to be an especially unique and important, dedicated activity in today’s world.

Won’t you join us and become trained to lead these soulful circles? Information is below.

What else matters? Love matters, and I always grab a chance to talk about it in

In that spirit, I will leave you with a poem from my favorite poet, Billy Collins. Is it possible that one can cry every time they hear a delicious poem (even if they have consumed it 100 times or more)? It is possible. Enjoy.



The Lanyard By Billy Collins

The other day I was ricocheting slowly
off the blue walls of this room,
moving as if underwater from typewriter to piano,
from bookshelf to an envelope lying on the floor,
when I found myself in the L section of the dictionary
where my eyes fell upon the word lanyard.

No cookie nibbled by a French novelist
could send one into the past more suddenly—
a past where I sat at a workbench at a camp
by a deep Adirondack lake
learning how to braid long thin plastic strips
into a lanyard, a gift for my mother.

I had never seen anyone use a lanyard
or wear one, if that's what you did with them,
but that did not keep me from crossing
strand over strand again and again
until I had made a boxy
red and white lanyard for my mother.

She gave me life and milk from her breasts,
and I gave her a lanyard.
She nursed me in many a sick room,
lifted spoons of medicine to my lips,
laid cold face-cloths on my forehead,
and then led me out into the airy light
and taught me to walk and swim,
and I, in turn, presented her with a lanyard.

And here is your lanyard, I replied,
which I made with a little help from a counselor.

Here is a breathing body and a beating heart,
strong legs, bones and teeth,
and two clear eyes to read the world, she whispered,
and here, I said, is the lanyard I made at camp.

And here, I wish to say to her now,
is a smaller gift—not the worn truth
that you can never repay your mother,
but the rueful admission that when she took
the two-tone lanyard from my hand,
I was as sure as anyone could be
that this useless, worthless thing I wove
out of boredom would be enough to make us even.

Take a moment to think about this....

- What expressions of love did you show your mother and/or father growing up?

 - What inspired the choice of gift? How were these gifts received?

 - Are there any gifts from your children that you have kept?

 - What are other gestures that say "Thank you" or "I love you" to a friend or parent?
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Connection, Belonging, Relationships. **They still matter.**

CircleTalk™ Leader Course

LEADING VIRTUAL CIRCLES

Start Date: October 20, 2020

In each week of this six-week course, CircleTalk™ faculty teach the lessons critical for learning how to facilitate small groups using the CircleTalk™ Curriculum.

- Over 5 modules, participants will be guided in an online journey of presentations, engaging learning activities and demonstration videos.
- In live (scheduled) video calls we coach you in skill practice. Course faculty provide important resources and demonstrations.
- Course includes materials to launch circles immediately: Instructional Guide, fun materials and CircleTalk™ Curriculum Set 1-13.

Limited Space

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