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*For there is always light  
If only we are brave enough to see it.  
If only we're brave enough to be it.*

Amanda Gorman  
US Youth Poet Laureate

Dear CircleTalk™ Colleague,

I am humbled. I watched Amanda Gorman's stunning poem come to life at the January 20th Inauguration, feeling awe and delight in her words and wisdom "at her young age" .... Then I caught myself. Was this reverse ageism? Why couldn't a 20-year-old be able to express her world view and life experiences at the same depth as me? Well.... she did, and better.



On the tail of this beautiful experience of youthful wisdom, I had the honor to experience an intergenerational CircleTalk™ group of savvy younger adults. What a moment in bridging the generation divide. We all considered a “seminal moment in history that changed us”. The layered and deep conversation that emerged from our group of 17 through 84-year-olds was all the proof I needed to see that there is a shared humanity in all of us if we just dig a little. We may have different world views because of the times we were born into, but we can’t escape our commonalities; feeling compassion for others, feeling grateful for our lives and the people that surround us, or feeling passion to improve on what is an imperfect world.

How glad I was to have these 2 experiences of hearing from young adults and being rocked by their insights. I know that a better world is coming because of these young adults. I hope we are all brave enough to “see it and be it”, as challenged by Amanda Gorman. No matter how many years we have, we are all inevitably changed by profound events. If we allow ourselves to examine these events carefully and then take the risk to honestly process them, what amazing conversations we can have!

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Here is some food for thought (from the CircleTalk™ Intergenerational Circle):

- Is it easy or hard to “see the light” on any given day?

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- what is it that Amanda Gorman is saying about being brave in life that is empowering? Scary?
  
  - What was a moment or a time in your life that you felt and acted boldly? Courageously? Fearlessly?
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## Join Us! CircleTalk™ Virtual Training Starts March 9

CircleTalk™ continues with our successful virtual training courses - next course is in March and runs 3/9 – 4/6/21.

We receive feedback such as this (from a CircleTalk™ Leader trained early 2020) on a regular basis -

*“I am starting my fifth circle this morning. Everything is going wonderful. My residents love the meetings and respond so beautifully. They enjoy the true sense of belonging to a group that is growing together. How awesome! I am so excited after every meeting to see what happens!”*

For more information and to register [click here](#).

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## Retooling Workshop Additional Workshop Added - May 19, 1-2:30 MST

Our February and March Re-Tooling Workshops filled up quickly. We have opened up another 90 minute Zoom complimentary workshop to our trained CircleTalk™ Leaders. We will discuss converting the face-to-face CircleTalk™ program to video and/or phone platforms. We all know that the many older adults now need to physically isolate and they can still meet new people, have new conversations, and feel like they are connected and relevant.

For more information and to sign up for the Retooling Workshop,

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## Open Office Hours for CircleTalk™ Leaders

Starting in April, we will have monthly "Open Office Hours" for our community of trained CircleTalk™ Leaders to join, hear from each other, and get updated on new ways to hold Circles. These will be held on the 4th Wednesday of each month (April 28, May 26, ...) at 1pm MST.

Contact [Fawnda@circletalk.org](mailto:Fawnda@circletalk.org) for the link.

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Please get in touch and let us know if there are other ways in which we can support the excellent work that you do. May we all find sources of peace, health and love each day.

Warmest Regards,  
Deb



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Proud recipient of a NextFifty Initiative grant.





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