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What Was Important About the Queen



Like ritual, the Queen represented one constant in an inconstant world.

Dear Colleague,

In this last news cycle, none of us could miss the passing of Queen Elizabeth II. I was surprised at how drawn in I was to this auspicious

...ing to the past, in a modern society where ceremony may seem outdated and unnecessary, there are potent traditions and rituals which provide people a means to grieve and pass on the baton to the new King Charles.

Why is mourning the Queen relevant and important to our modern society?

We need constancy in our lives as much as change. Example, Britain has been through a fairly turbulent period. There have been four prime ministers in six years and the storms of Brexit haven't yet ebbed. The role of the monarch during this period has been important. As Britain cast itself off from Europe, it really needed to reclaim a sense of national identity. The queen supplied that. The monarch is the stabilizing anchor underneath a rotating cast of prime ministers and the inevitable turmoil of a democratic system.

One of the foundational principles at CircleTalk™ is to create a sense of constancy and continuity from week to week. This is why people come back to the circle; why they feel safe and why they feel connected to something bigger than themselves.

How ritual and traditions serve us:

Through ritual we build families and community, we make transitions and mark important events in our lives, we express ourselves in joy and sorrow, and perhaps, most importantly, we create and sustain identity.

Exercise, prayer, and meditation are examples of calming rituals. They have been shown to induce a happier mood and provide a positive pathway through life's daily frustrations.

There is a comfort in ritual, and ritual provides a framework for stability when you are trying to find answers.

In Queen Elizabeth, we were able to see how a person can represent continuity in an era of disconnections. You could even say her life was an example of behaving responsibly, providing a model for society for obedience to laws, customs, and traditions.

For what it is worth, I can't help but think that, in unstable times, there are many of us who find stability and solace when framed within ritual and tradition.

Do you want to make a difference in the lives of older adults?

Are you already working in the aging industry as an Activities Director, Social Worker, Caregiver, Volunteer, or in some other capacity?

JOIN US for our next CircleTalk™ Virtual Training Course!



CircleTalk™ Virtual Training Course
October 11 – November 1, 2022
Live Calls: 3:00 – 4:30pm MST

How do CircleTalk™ Programs Work?

We bring older adults together for engaging activities and meaningful conversations about life and personal experiences in a regularly scheduled, one hour program. Each week, a thought-provoking theme is introduced with carefully selected poems, short stories, symbol cards, and other props, to inspire a lively discussion of shared memories and important life stories. Our goal is to reduce social isolation and increase meaningful engagement and connection in small groups.

Learn the CircleTalk™ method and be able to create new opportunities for belonging, personal expression, and relationships for older adults in many different kinds of communities.

About The CircleTalk™ Leader Course

CircleTalk™ trains professionals, caregivers, and others who are interested in working with older adults to disrupt the loneliness epidemic that contributes to their decline. Guided by a 13-module field-tested curriculum, these trained leaders facilitate groups in virtual and face-to-face environments of all kinds. This interactive course **includes learning and practicing core leader skills** and coaching by Master Trainers.

For information & registration go to <https://www.circletalk.org/>
Contact: Fawnda@circletalk.org

Thanks for the good effort, Queen Elizabeth!
Cheers and warm regards! Deb





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