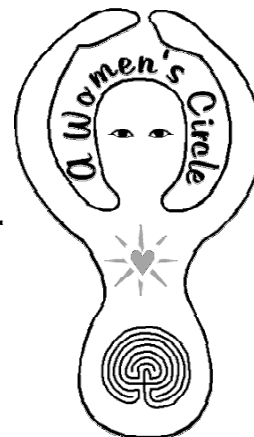


Women's Circle Newsletter

Reaching out each month in joy and sisterhood to keep us connected as we circle together as women.



January 2007

Welcome to our first newsletter concerning caregiving and other women's issues. Our intention is to share with you little things you can do for yourself, poems to reflect on, words of wisdom, quotes, jokes, newsworthy women's issues and anything else that pops into our heads or hearts. If you have stories, information and would like to share bits of your journey with us, we want to hear from you. If you get an idea send it out to the email below.

This Month – “The Arctic Cold”

We have found that a lovely thing to do on cold dark internal winter eve (or morning), either alone or with company, is to brew a cup of tea.



A Little Tea Ceremony!

Tea has always held a certain ceremonial or comforting factor, because in its best sense it becomes a ritual, which includes the preparation as well as the drinking.

So, gather your favorite blend of tea, or bag of choice, your favorite cup and put on the kettle. If you feel a little snuffle coming on, use some peppermint and ginger. Honey soothes the soul and lemon perks you right up. As the water boils get comfortable and savor the moment. Pour the water into the cup and cover the top. Let steep for 2-5 minutes. Put your feet up, light the fire or a candle, say a prayer and enjoy the aroma of that first sip either by yourself or with a friend.

Don't forget the chocolate or a cookie if you are so inclined.

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