

December Reflections

When I first started doing HEAL work back in 1991, I had no idea what it really meant to be in 'healthy relationship.' How was my newfound passion for healthy relationship work supposed to look in action? What I thought I was being called to do was to identify and to write about specific information people could use to interact in more healthy ways with themselves and each other.

What I was to discover is that there are an incredible number of ways to actually create and be in healthy relationship. One of these ways is to connect with other people in a group relationship experience commonly referred to as 'small circles.' These simple human gatherings have been around since the creation of campfires. Here is a little of my experience with one of these life rafts of healthy relating and spiritual connection which I found right around the corner from my house. Small circles are available to all of us in some form, and all one has to do is show up. [Click here to continue reading Stephan's December Reflections.](#)

Newsletter

May your walls know joy, may every room hold laughter, and every window open to great possibility.
Mary Anne Radmacher

Our new holiday promotion is now live! All books in the [HEAL Bookstore](#) are now only **\$10** each. These books for lifelong learners will make great stocking stuffers, host or hostess gifts, or just because. Our holiday promotional ad is attached and also available on our [home page](#).

Explore our updated website at healfoundation.org.

To view this newsletter online, [click here](#). Email your events to info@healfoundation.org. Our [online calendar](#) is updated regularly.

Community Events

[The Commercial Appeal](#) and [The Memphis Flyer](#) each have a listing of local holiday events for the entire family.

Silent Meditation Retreat

December 13-14

Dragon Seat Meditation Center

The retreat will be a silent one that begins at 10 am on Saturday morning and end at 10 am on Sunday. It is a practice only retreat. Meditation sessions will be broken up with walking meditation and working meditation. Participants will take turns being time keeper. For more information, contact Chuck at memphistcm@gmail.com.

Mind/Body Healing Community Meeting

December 17

6:45 pm

808 River Park Drive

This meeting's topic will be "Health and Happiness over the Holidays." For more information, call Madge at 901.921.2059.

School of Servant Leadership Dialogue

December 19

Caritas Village, 2509 Harvard Ave.

The School of Servant Leadership's mission group and staff will gather at Caritas Village for a meal and conversation. If you are interested in sharing a meal and participating in a dialogue about the School, its community activities and direction, please join us on the third Friday of every month that your schedule allows.

This will be an informal gathering where we can exchange ideas, ask questions and discuss School issues and opportunities. We want to involve as many of the servant leadership community as possible so we will alternate each month between a lunch or supper gathering. 901.320.7005.