



C – Compassion

G – Gratitude

I – Integrity

R – Respect

R – Relationship

O – Observation

C – Curiosity and Clarity

U – Understanding

L – Love vs. Law

P – Purpose

E – Encouragement

S – Safety

S – Sensitivity

Each letter of our name describes our values and the dynamics of our times together.

Knowing these will help you to know what to expect when you visit us. We meet in a variety of places and participate in a variety of activities.

Honoring, celebrating and sharing our journeys in life, the lessons learned and the challenges encountered ... in a facilitated, safe, learning, and relationship environment.

Experience much more than a location, education or activity. Each Circles Groups meeting is in a facilitated environment where together, we discover the lessons in everything – especially in how we communicate, listen, participate, and share our life’s journey.

C.I.R.C.L.E.S.

You will experience ...



COMPASSION – a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

Everyone needs to tell their story, and they need to be HEARD. Compassion isn't just for others, it is also towards ourselves. Learning how to balance, give and receive compassion without guilt, shame or embarrassment ... or co-dependency ... is an art, and a more fulfilling way of healing yourself, others and in living an enriched and loving life.

Along with being authentic, you will see ...



INTEGRITY – adherence to moral and ethical principles; soundness of moral character; honesty.

There are areas in our lives that we have no problem with being in integrity. Unfortunately there are other areas in our lives which have been damaged or have become quite vulnerable. Sometimes people believe that speaking in truth and integrity about a painful event or issue, that they will only produce more harm and heartache. Difficult conversations need to be shared in order for healing to begin. However, they are often side-stepped and pushed aside in denial, or another version is presented. Lies evolve over time ... to others, and to ourselves. The symptoms of this behavior is defensiveness, frustration, anger, blame, and shame.

Circles Groups strive to create and maintain a safe environment for discovery and growth ... without accusations, judgments or negativity. "You will know the truth, and the truth will set you free."

There is room for ...



RELATIONSHIP – an emotional or other connection between people:

There are many types of relationships – and for a variety of reasons. A false belief regarding relationship is that person has to be emotionally connected to, and in the presence of, another person in order to maintain that relationship. Believing this may lead to unhealthy behaviors or nonexistent boundaries.

Circles Groups provide an opportunity to explore healthy relationships and unfortunate perceptions that harm good relationships and enabling behaviors. Uncovering those perceptions, beliefs, fears and “pay-offs”, helps us to live a life with greater integrity and love, without shame, blame, guilt or fear, and with compassion and understanding.

And through experiencing relationships we gain ...



CLARITY – to be clear, or transparent / to free (the mind, intelligence, etc.) from confusion; revive.

To live a clarified life, is to live with greater simplicity without the emotional and mental clutter that comes with NOT being clear. Whether it is within yourself, or in how you perceive others, gaining clarity requires curiosity, as it opens the door to opportunities to learn how to ask better questions, so that you can experience greater understanding and healthy compassion.

When we gain clarity about ourselves, we are better able to say “no”, in order to set goals, dream our dreams and achieve them in love. We experience greater peace, authority and strength as a result.

Clarity exposes the filters of



LOVE versus LAW – Understanding the perception of love based thinking and living, versus law based.

We experience law every day of our lives! We learn what is acceptable and not acceptable from everyone around us. Whether it is from our parents, our culture, our school, church, government or our own self imposed rules ... we are living within the boundaries of law based thinking. Jesus said that He did not come to do away with law (because the letter of the law kills) but to fulfill it ...

Love is the only way that law is fulfilled. Through our conversations, questions, experiences and events, we continually experience and learn the difference between law based thinking and love based thinking, and why we need to know the difference. (One brings death, and one brings life.) Learning how to recognize these two polar opposite forces is vital for a health and fulfilling life.

Understanding those filters opens the door to ...



ENCOURAGEMENT - to inspire with courage, spirit, or impart confidence.

Each time that we meet together in a [Circles Group](#), individuals are encouraged to just be themselves, to express truthfully their thoughts, questions, concerns and dreams.

This encouragement comes through the validation that others give through insights, observations and encouraging words that strengthen one another. We do this by learning how to listen more deeply and how to respect boundaries, timing, personality differences, motivational differences, and uniqueness of each individual.

We also provide support with more than a listening ear and a safe place to “land”, providing tools that you can take with you – to encourage yourself ... when no one else is around. This is a healthier, stronger and more loving way to live – and requires the renewing of one’s mind, will and emotions! Something we do together, each time we meet.

Which in turn, helps us to be more ...



SENSITIVE – having acute mental or emotional sensibility; aware of and responsive to the feelings of others.

Before we can be sensitive to others, we must first become sensitive to ourselves, our way of thinking, our emotions, choices, behaviors and perceptions. To do this, we must first NOTICE. Notice our red flags, our smiles, our frowns, body language, and what inspired them.

When we are consciously sensitive to ourselves, and what makes us tick, we are then able to be more sensitive to others, and more compassionate. Being sensitive in a healthy way helps us to be wise in our responses to others, setting healthier boundaries, living guilt free, and setting our course for the life that God originally intended us to have.

G.R.O.U.P.S.

The freedom from judgment and competition fills us with ...



GRATITUDE – the quality or feeling of being grateful or thankful.

Much of the problems we have in life are not from what we don't have, but from a lack of gratitude. Fear seeps into our lives out of a concern of not having enough, not being protected enough, not being loved enough, etc. The more we focus on what we don't have, the more of that very thing we attract, and the less we see what we DO have. Hearing others tell their own stories, and what they are grateful for, or what the lessons were, helps us to re-frame our perceptions of our own experiences and to see what we had missed, and to give thanks.

And with that gratitude comes deep ...



RESPECT – esteem for or a sense of the worth or excellence of a person, a personal quality or ability, or something considered as a manifestation of a personal quality or ability.

When we chose to put our walls down and lean into listening and observing others, we give them respect. We also receive respect when others do the same for us. Respect pauses and listens, it allows someone to speak, and it avoids judging or drawing conclusions regarding others. When we give respect, we receive it. We give it through how we speak, how we listen and how we show up.

Freeing us to lean into more focused ...



OBSERVATION – an act or instance of noticing or perceiving.

In our interactions with one another, you'll hear a certain phrase often. That phrase is "Good noticing!" We are encouraged to notice everything. Not just in others, but more importantly, in ourselves. Our thoughts, emotions, and reactions. We also observe the red flags that get triggered in us, as well as our fears and joys. Noticing and being present in life is an appreciation of the ebb and flow of life – without putting shame or stories on our events, or people around us. We're just "noticing".

And through our observations we gain greater ...



UNDERSTANDING – to perceive the meaning of; grasp the idea of; comprehend.

No question is too small, and no question is ever silly or foolish. When we are allowed to ask a question in a safe environment, we have the opportunity to gain understanding. When understanding is gained, revelation occurs. When revelation occurs, deliverance happens. We make room for growth by inviting questions and free dialog when we meet.

With greater understanding comes ...



PURPOSE – 1. the reason for which something exists or is done, made, used, etc. 2. an intended or desired result; end; aim; goal.

The purpose of Circles Groups is to allow a safe place for growth, relationship, healing and encouragement. When we make room for growth, change happens, and when change happens in a person's life, great things can be accomplished. Through our relationships and interactions, you discover your own purpose, and then enjoy the support of others as you pursue what matters to you.

And we enjoy this journey together, in an atmosphere of ...



SAFETY – the state of being safe; freedom from the occurrence or risk of injury, danger, or loss.

Need we say more?