



# KEEPING IN THE LOOP WITH CIRCLES

September 2019 Issue

Circles Laurel Highlands Region

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## WEEKLY MEETING SCHEDULE

**Connellsville:** Carnegie Free Library, 299 S. Pgh. St.  
Mondays 5:00 – 7:00

**Markleysburg:** Union Chapel Church, Flat Rock Rd.  
Tuesdays 6:00 – 8:00

**Uniontown:** Adult Rec. Center 137 N. Beeson Ave.  
Wednesdays 5:30 – 7:30

**Penn State Fayette:** Eberly Bldg., Corp. Training Center  
Thursdays 4:00 – 6:00

## THE POWER OF CHANGE

Come to Circles to change your life!

We are looking for

VOLUNTEERS

Who want to make a difference in their community

And for

PARTICIPANTS

Who are ready, willing and able to make a difference in their own lives.

## HIGHLIGHT ON GRANDY'S PIZZA CAFE

Grandy's Pizza Café of 2 West Main Street New Salem has recently stepped forward as a major meal donor for our Uniontown Circles location. At Grandy's you can find loaded grinders and Philly steak sandwiches, Italian hoagies besides their wonderful pizzas, and don't forget their famous pierogis pizzas during lent. Their hours of operation are limited. Please call them at 724-245-0245. Also find Grandy's food truck currently located at the old Kmart location Monday through Saturday beginning at 11:00. You may follow on Facebook at Grandy's Food Truck. Thanks to owner Rodney and the entire staff at Grandy's for all the delicious meals!

## MARKLEYSBURG COMMUNITY DAYS PARADE

Every year, Markleysburg holds community days to celebrate their community and to raise funds for the local fire department. This year, Circles was represented in the parade on Friday evening, August 16<sup>th</sup>. We met a lot of people and found out it is just as much fun to throw out candy as it is to receive it! Thank you to Markleysburg Fire Department for including us this year!



So many happy faces and sooooo much candy!

## ALL IS WELL WITH MY SOUL

What have you done for *you* lately? As Jean Shinoda Bolen put it, "When you recover or discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life." We must discover the element of life from which we can positively grow. These are things that reawaken our passions, put a smile on our faces, and perhaps a "pep in our step." Taking this personal time is not selfish but vital. How can we help others if we don't even know how to help ourselves? Start as simple as taking an hour out of each day to do something just for you. And, sometimes, we don't know what brings us joy. That *is* okay. How about what doesn't? Eliminating what (and who) are toxic from our lives is an alternate way to begin practicing self-care. Last year, I realized my environment and relationship was extremely unhealthy. After 16 years in that awful position, I faced the harsh reality that the only key to a better life was to walk away. There were many times when I doubted myself. I often wondered if I had made the right choice. I was so used to my old lifestyle, that my vision of what a happy life should be was vastly clouded. Once I removed myself (and daughter) from that unfortunate situation, I began to see just how much better our lives could turn out. This freedom has propelled my road to self-discovery and self-love. I learned to be happy we have to remove the things that contaminate our blissfulness. As much as it might hurt to walk away and as scary as change can be, always make sure all is well with your soul. By April Yeager



## RECIPES NEEDED

A Circles Cookbook is in the works! Over the next few months we are collecting recipes along with a one sentence "story" about your favorite dish. Our point person for this project is Marie, a Leader at Uniontown Circles. She says the focus is to provide a cookbook with easy, family favorite recipes that are made with basic ingredients. Please consider submitting recipes. You may email them to Sue Ann at [spriemer@fccaa.org](mailto:spriemer@fccaa.org), or simply bring them to a Circles meeting.

## THANKS TO OUR DONORS

A special THANK YOU to our donors who helped support Circles Laurel Highlands last month:

Grandy's Pizza Café, Bethel Church in Farmington, Kim and Jim Hawk, Debbie Mills, Anette DeNardo, Debbie Pyle, Stan & Joyce Wolfe, Dave & Connie Herring, Dave & Sue Ann Priemer, Pam McKay

We are pleased to receive a unique donation of time and talent by Anette DeNardo. Our Circles Leaders now have a Quilting Circle to learn new skills and produce beautiful products. Thanks Anette for all your hard work and dedication to Circles Laurel Highlands Region!

Welcome to our newest donor.



Thank you for your generous support to Circles Laurel Highlands and for the continued support to our community!

Look for their newest location opening in Uniontown.

## RECIPROCITY

Reciprocity is a word I often use in our Circles meetings. Ask anyone.



Webster's defines it as : the quality or state of being reciprocal : mutual dependence, action, or influence - a mutual exchange of privileges

You see, in Circles, we are there to support one another, to exchange resources and network with each other. Volunteers, donors, participants all learn quickly that by mutual dependence and giving not only promotes one another but our community as a whole.

A wise woman once told me "Sue Ann, the more I give, the more I receive in return." That's so true!

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Pennsylvania  
Children's Trust Fund

