

JourneyWoman™

Taking time for you over the holidays

Dec 21, 2022

Dear Goddess,

I've just watched a stunning sunset in Malaga, Spain. Today, on the Winter Solstice, the Earth pauses and shifts in a new direction. It reminds me of the journey we're on together — a constant movement forward of discovery and adventure.

But there's more to the Solstice — it's also a time of great stillness before the Sun's strength builds again. It's a time to rest and reflect, and remind ourselves that our time on this Earth is precious.

This holiday season, I hope you find time to stop moving. Time to breathe. Time to sleep in. Time to do nothing. Time to turn off the news. Time to read a good book. Time to tell your family and friends you love them. This is our time, after all, to do what serves us.

But, when you're ready, we're here for you, to help you dream about all the good things that will come your way in 2023. (If you need a little boost in the meantime, watch last week's Holiday Social here.) (*See below for more!*)

JourneyWoman January 2023 Events

Here's a glimpse of what's planned for January:

Community Call, Thursday, January 12, 7 pm ET: Our monthly call where we'll talk travel tips, talk about the positive changes we want to see in travel for 2023 and share our hopes and dreams.

January Book Club, Wednesday, January 18, 8 pm ET: Our January 2023 book is "The Memory Keeper of Kyiv", set in Ukraine. I'm absolutely thrilled to share that author Erin Litteken will be joining us. To show our gratitude to Erin, we're asking for donations to Nova Ukraine, a non-profit **dedicated to providing humanitarian aid to the people of Ukraine.** [Read more here.](#)

Limitless Accessibility Group, Thursday, January 26, 7 pm ET: In our second meeting, we'll be talking about the ways accessibility and mobility can be improved to help us travel more safely and easily.

[Sign up for our January events here](#)

As we head into 2023, I want to express my deepest gratitude to you — thank you for reading these emails, for showing up at events, for recommending JourneyWoman to your friends, for sharing your wisdom, ideas and feedback, and for supporting the small businesses in our [Women's Travel Directory](#). Thank you for all the joy you give me all year round.

I'm humbled by the passion and energy you bring to the world and to this community. Whether you're travelling at home or abroad, please do so safely!

Happiest of holidays to you and those you love, from my family to yours!

Carolyn

Carolyn Ray, CEO + Editor, JourneyWoman

carolyn@journeywoman.com

JourneyWoman™: Inspiring women to travel solo safely since 1994

PS: Did you miss our holiday social? You can watch it here!

[Watch our Holiday Social Here!](#)

Our Holiday Social was last Thursday - over 250 women from around the world registered for this - thank you! An extra special thanks to Dr. Mary Clark and Rosemary Neave for facilitating the evening's festivities, to Melissa DaSilva from [Trafalgar Travel](#) speaking about the importance of the women 50+ solo travel market, our Women's Advisory Council for moderating our breakout rooms, and to Joy for the beautiful song!

Congratulations to our prize winners and gratitude to those who donated items to our giveaway! A big thank you to the [Chelsea Hotel Toronto](#) and [Trafalgar Travel/Insight Vacations](#) for their incredible prize giveaways!

Please support these small women-owned businesses this holiday season:

** [Kim Allan Silk](#) knit silk underwear

** [SoYoung](#) wellness products

** [Pomp and Sass](#) Turkish travel towels

** look for more featured small businesses in our monthly "Things She Loves" emails

STAY UPDATED: FOLLOW US ON OUR SOCIAL CHANNELS