

# The Healing, Transformative Nature of Storytelling in Developing Ethical Wills

by Carla Vogel

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McGRATH, Minn., U.S.A. -- I am the first to share. I begin by saying: My name is Carla; I am the daughter of Margaret, granddaughter of Merche and Tessie, great granddaughter of Chaya and great-great granddaughter of Esther.

It is September 9, 2006. I am sitting in a circle with six women. We are at the Dwelling In the Woods, a retreat center in McGrath, Minn., part of a five-day legacy circle writing retreat facilitated by Rachael Freed, author of **Women's Lives, Women's Legacies: Passing Your Beliefs and Blessings to Future Generations**. This morning we are harvesting the legacies from our foremothers. Equipped with pen and paper we get down to business and delve deeply into these questions: What are my values? How can I transmit them? How do I want to be remembered? How can my **[SNIP – End of preview.]**