

*Dear friends,*

*I hope you are all having a great summer so far!*

*I have wanted for a year now to be part of the "Mothers of Young Children" group, and I'm excited that I get to do that this summer! I hope as many of you as can will be able to meet on the three Thursdays in July (see included details). Alyce Haynes will also lead.*

*The plan for the summer is to build relationships and grow as parents and as individuals. The theme is Sacred Space, where we'll discuss how our parenting is a sacred gift. We'll look at how we can have our own internal sacred space and how this community can be sacred space for you all.*

*You'll see that we have built in childcare from 9am-noon and our gathering will be 9:00-10:30am. The purpose is to give you all some time away, from 10:30-noon, to do something good for yourselves—lunch together, a massage, time for journaling or reading—just time for YOU! I know from experience that the "have to" lists are so long, but like they say on the airplane, you have to put on your own mask before you put one on others. We can only give to our children if we are filled!*

*We MUST have reservations for childcare. Please let us know if, how many, and what ages your children are. I look forward to time with you all this summer. I hope you can come to one or all sessions!*

*Blessings,  
Margaret*





*in partnership with*

## Children's Ministry at Idlewild

### *Sacred Space*

**Dates:** July 11th, 18th, and 25th

**Day and Time:** Wednesdays, 9:00-10:30 a.m. for group time; childcare from 9am-noon

**Meeting Place:** CAFE House, 28 S. Evergreen

July 11                    *Sacred Space* to be a Better Parent

July 18                    *Sacred Space* to be Whole

July 25                    *Sacred Space* to be in Community

July 11: To be a Better Parent

- We can't give away what we don't have!
- How are our children growing and what are they intuiting from us?
- How do we self-regulate?
- How do we help our children do the same?

July 18: To be Whole

- Spiritual self-care
- Emotional self-care
- Physical self-care

July 25: To be in Community

- What do we have in common?
- What happens spiritually when we connect vulnerably and honestly?
- Can we commit to a 3 month self-care plan?

Offered by Idlewild Children's Ministry and CAFE

