



....In The Meantime With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

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“I couldn’t have explained then how the oak tree lives inside the acorn or how I suddenly realized that in the same enigmatic way something lived inside of me” (20).

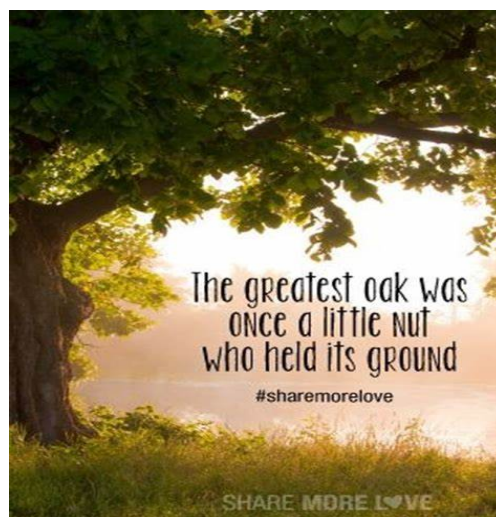
Hello,

The above passage is from Sue Monk Kidd’s *The Invention of Wings* (2014) and the speaker is Sarah Grimke. Sarah is the youngest daughter of a wealthy, slave-owning family. When the story begins, Sarah is turning 11 years old and refuses the birthday gift of a 10 year old slave girl named *Handful*.

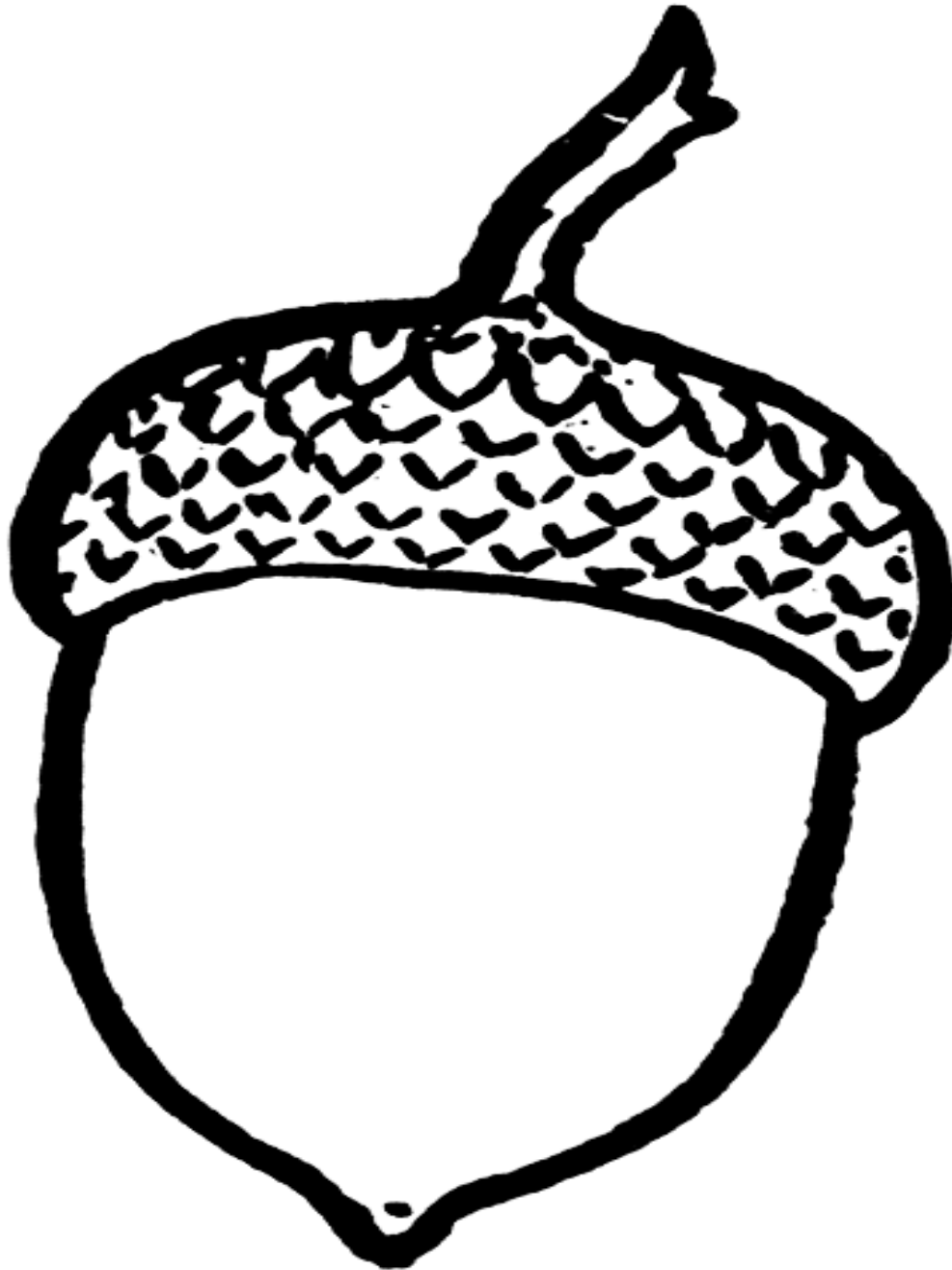
Here is some of what we know about oak trees: their bark is said to have medicinal properties and they can withstand the powerful winds of tornados and the rage of hurricanes. They survive because of their strength and their magnificent root systems. ‘Mighty’ is an adjective often used to describe oak trees. Is it not mind-boggling to think of all that greatness and strength encapsulated in one little, leathery shelled, nut?

In addition, and as we have learned in several recent mini-mags about the power of story and storytelling, which applies to fiction as well, if we pay close enough attention, stories can plant ‘seeds of ideas’ inside us. Maybe we can see something of ourselves in a particular fictional character or their words can stir us to the point that we may feel they are speaking directly to us. It is therefore quite possible that Monk Kidd, via Sarah’s rumination, can be asking the reader that if there is all that potential inside a tiny acorn, how can there not be the very same inside each one of us?

Best,
Monique
&
Nicolle



Coupling Elizabeth Gilbert's belief that the universe plants jewels inside each one of us (mentioned in past mini-mags) with Sue Monk Kidd's acorn analogy, what interests, talents, passions and plans lived inside of you when you were young? Write them into your acorn as a reminder.



And remember, none of these things come with an expiration date!

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Writing Prompt

In *Writing Ourselves Whole* (2017), author Jen Cross writes: “What we hold inside us impacts every aspect of our lives” (8). What might you be holding inside you and how has this impacted your life? If you do not feel comfortable writing on this subject, perhaps instead of words, you could use the space below to sketch your response.



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7 Day journal Challenge



MONDAY: Something I did well today...

TUESDAY: I felt good about myself when...

WEDNESDAY: I had a positive experience/encounter with...

THURSDAY: 3 good things about me are...

FRIDAY: Something I did for someone...

SATURDAY: Today I achieved...

SUNDAY: Today I overcame...

Healthy Relationships

From: *Ashes of Her Love* (2019) Pierre Alex Jeanly

****Note the male "he" pronoun was changed to the more neutral 'they/them/their' which required also removing the plural of some nouns or verbs.**

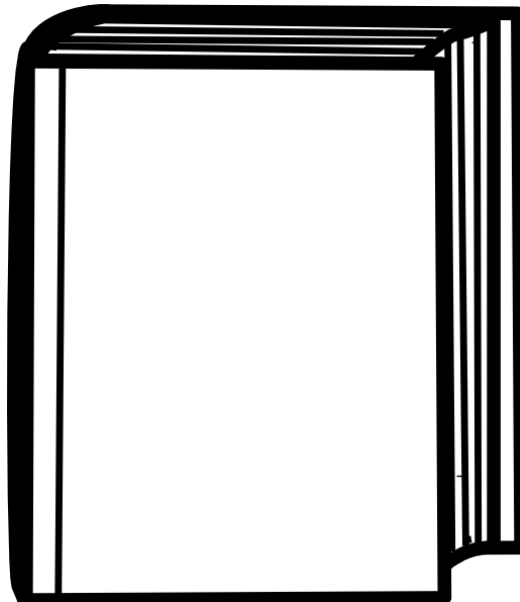
Do not Bite

"I miss you," is bait. Stop biting.
As they look for other fish in the ocean, they will
throw those words to reel you back in by their
side.

Do not bite.

Do not let those words swim from your ears to
your heart.
Random texts are meant to keep you flipping
the same page back and forth.
They are hooks with the same promises,
replaying the same story as they promise a
different one this time around.
As long as the line of communication remains
open, you'll be having conversations with them.
You'll be getting new chapters, but finding
yourself trapped in the same book, continuing
the same story.

Close the book.



Title the book image above with a healthy relationship reminder of your own.

Name: _____

Date: _____

Words of Self Empowerment

Y Q S H G M C R E A T I V E N X E F E C V X E D
 E R U A X B M O H D A Y O Y E W N C X S F R N E
 E X O P J O C H E E R F U L P H E O Q U O G T L
 R T E P C L M Z N C P Q V L O N R N U O E L H I
 F E G Y M D Z N F A I T H F U L G F I L C O U G
 V I A O P A S S I O N A T E X O I I S E P W S H
 E U R U J E L B A T R O F M O C Z D I V G I I T
 C Q U D K U W E M P O W E R E D E E T R P N A F
 P A O E V I T P E C E R T S X L D N E A R G S U
 A R C P D N I K E L B A V O L U U T Q M O B T L
 S M E B N I M A G I C A L T Y E H F S R U O I Y
 H U A C R A E L C F O C U S E D Y O E L D K C R
 O M O Z I O P T I M I S T I C P I Q U C Q J I A
 P M M I I O D E T I C X E J O N N F D R A M Z N
 E T A K C N U Y I C V Q Q S S B Y E E X S E I I
 F E C G Z A G S L A K K I P Y A N S Z J U Y P D
 U V P K N L R U R L Y T I S L E I G S C O K M R
 L I Z O S I F G O M I R A P T L N F M R L S F O
 C S W W W Y F W Q V E E I H I I E A A D U I G A
 E I T K O E N I E D D L G E V Y H D N A B R L R
 O C B J S G R U C L O I N O V P I M O X A F L T
 S E T V N B A F F E L T L T W A R Y B Y F L A X
 H D Y N A M I C U N N K I T N A I L L I R B U E
 E M O S E W A R E L B T O T A P P R E C I A T E

| | | | |
|--------------|---------------|------------|-------------|
| RESILIENT | RECEPTIVE | RADIANT | QUIET |
| PROUD | PRECIOUS | POWERFUL | POSITIVE |
| PLAYFUL | PEACEFUL | PASSIONATE | OPTIMISTIC |
| OPEN | NOBLE | MARVELOUS | MAGNIFICENT |
| MAGICAL | LOVABLE | LOVING | KIND |
| JOYFUL | JAZZED | INSPIRED | FAITHFUL |
| HOPEFUL | HAPPY | GRACIOUS | GLOWING |
| FUN | FRISKY | FREE | FOCUSED |
| FABULOUS | EXTRAORDINARY | EXQUISITE | EXCITED |
| ENTHUSIASTIC | ENLIGHTENED | ENERGIZED | EMPOWERED |
| EASY | DYNAMIC | DELIGHTFUL | DECISIVE |
| CREATIVE | COURAGEOUS | CONFIDENT | COMFORTABLE |
| CLEAR | CHEERFUL | CALM | BRILLIANT |
| BOLD | AWESOME | APPRECIATE | AMAZING |

MOMS HELPING MOMS

Connection Parenting

Pam Leo

CONNECTING WITH CHILDREN THROUGH RESPECTING CHILDREN

Children learn what they live.

-Dorothy Law Nolte

Children's emotional needs are as important as their physical needs.

One of children's most basic emotional needs is to be treated with respect. The foundation of Connection Parenting is treating children with respect. Children need to be treated with the same respect that we expect if we are to meet their needs for connection. Disrespect hurts. Hurts cause disconnection. Disconnection undermines the strength of the parent-child bond.

Treating children with respect requires a change of heart that comes only from a shift in how we view children and how we define respect. Modeling the behavior we want children to learn is the respectful way to teach them. If we expect children to have manners, to share, to apologize, to be honest, kind, respectful, and loving, we must do and be those. Learning to teach children through conscious, intentional modeling takes time, practice, and our willingness to see and change our behavior.

A tool that can be used to reconnect- ***The 3 R's on Reconnection:***

Rewind-acknowledge our hurtful behavior ("What I said was hurtful")

Repair- apologize and let the child know he did not deserve our behavior

Replay- respond with love and listening

When we model correcting our behavior with rewind, repair, and replay, then we can remind children to "rewind" when they speak or behave in disrespectful or unacceptable ways. They will know from our example that they, too, can reconnect by rewinding, repairing, and replaying their way of speaking or behaving. When we give children the same respect that we expect, we model respect and maintain connection.

We must become the change we want to see in the world

-Gandhi

QUOTES

