



....In The Meantime With



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

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Hello,

Perhaps you've come across or heard of the acronym F.L.Y. (First Love Yourself). It's nowhere near a new concept this idea that we need to love ourselves, and although F.L.Y. maybe be relatively new on the scene in terms of self-love reminders, literature, movies, print, pop-culture, etc., have been heralding this idea for decades. At the same time, all of the above have also been responsible for the antithetical messages that *we are not enough* and then attempt to sell us tips and products for improvement. Maybe you have been in a relationship--familial, intimate partner, or platonic friendship, where you were led to believe you were difficult to love and internalized your supposed unworthiness. Maybe, too, you've carried this 'shame of un-lovability' around like an albatross for some time now.

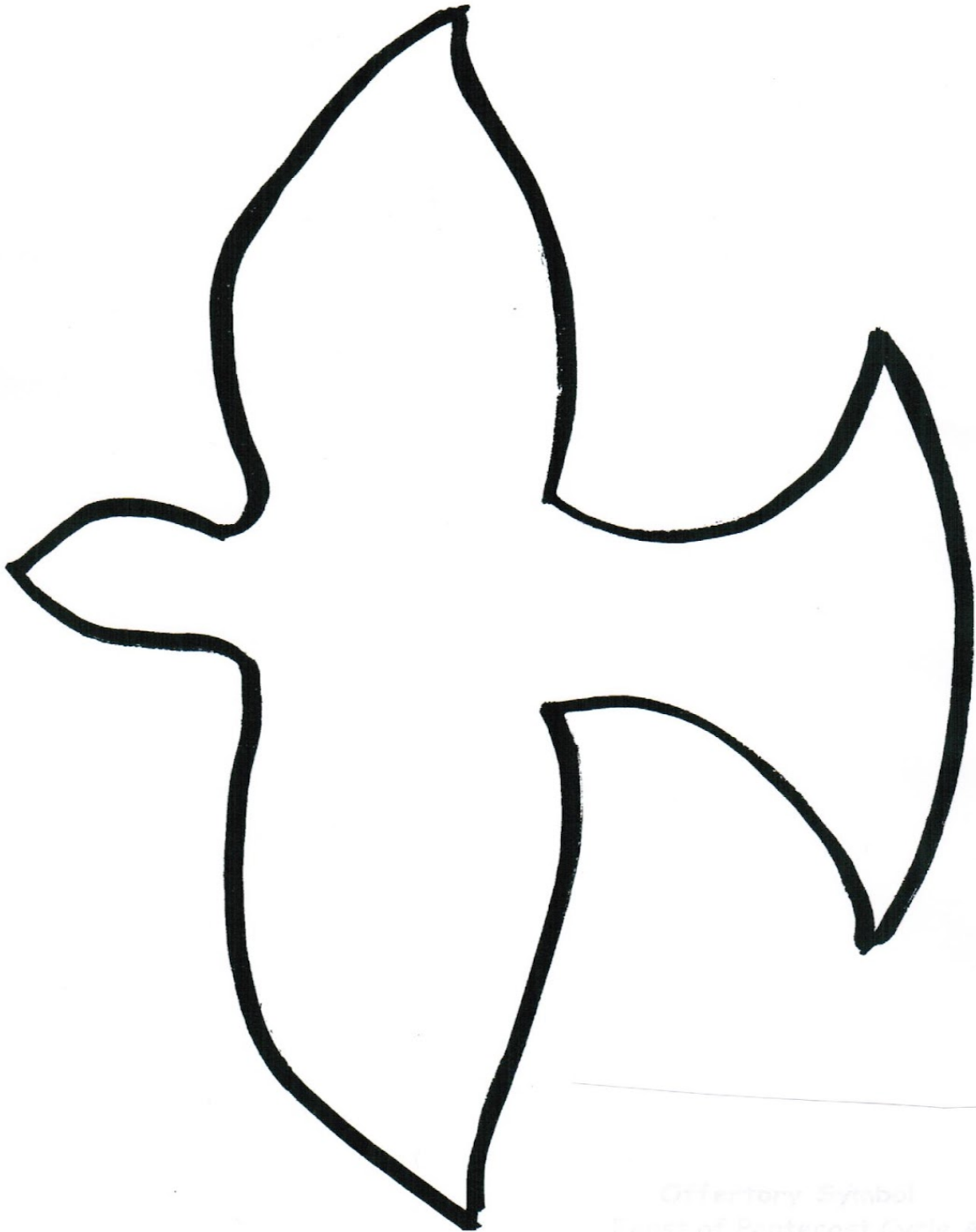
The quote: "*Know yourself, love yourself, be yourself*", simplistic as it may be, is the triad of steps to self-love success. First, *know yourself*: To truly know ourselves is to be grounded and unshakable in who we are. It's owning our story (the good and the bad), recognizing our strengths and weaknesses, mistakes, contributions, talents and skills. *Knowing ourselves* is being unapologetic and at peace with ourselves. Knowing ourselves is following our intuition and hearts. Second, *loving ourselves*, means acknowledging our humanity and forgiving ourselves when we err. *Loving ourselves* means pursuing our goals and dreams and developing our talents because we know we are deserving of a good life. *Loving ourselves* means being confident in what we 'bring to the table' and walking away from anything or anyone who treats us poorly or wishes us harm. Third, *Be yourself*, is the manifestation of *knowing ourselves and loving ourselves...we know who we are, we love who we are...so we are free to just 'be'*.

Best,
Monique
&
Nicolle

LOVING
YOURSELF
IS THE
GREATEST
REVOLUTION

F.L.Y.

What are some things you *truly love* about yourself? Write them in the soaring dove.



Offering Symbol
First of Pentecost Cycle A

I am...

The first three words you find are
your positive affirmations for today!

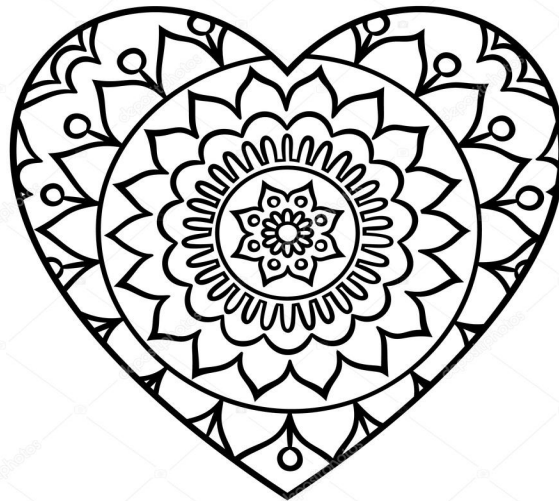
C J C O N F I D E N T H X E K
C O U R A G E O U S J N I H M
X I T D E T A I C E R P P A D
T K G W U W W T H R V S U O X
N F R K V E D E D N U O R G H
E V S E I N T E L L I G E N T
I G M S M W O R T H Y X C N B
L C V M Z C C R E A T I V E E
I K T P R C Q M R T L D F Y W
S C N X V B E A U T I F U L U
E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

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Be Good to You!

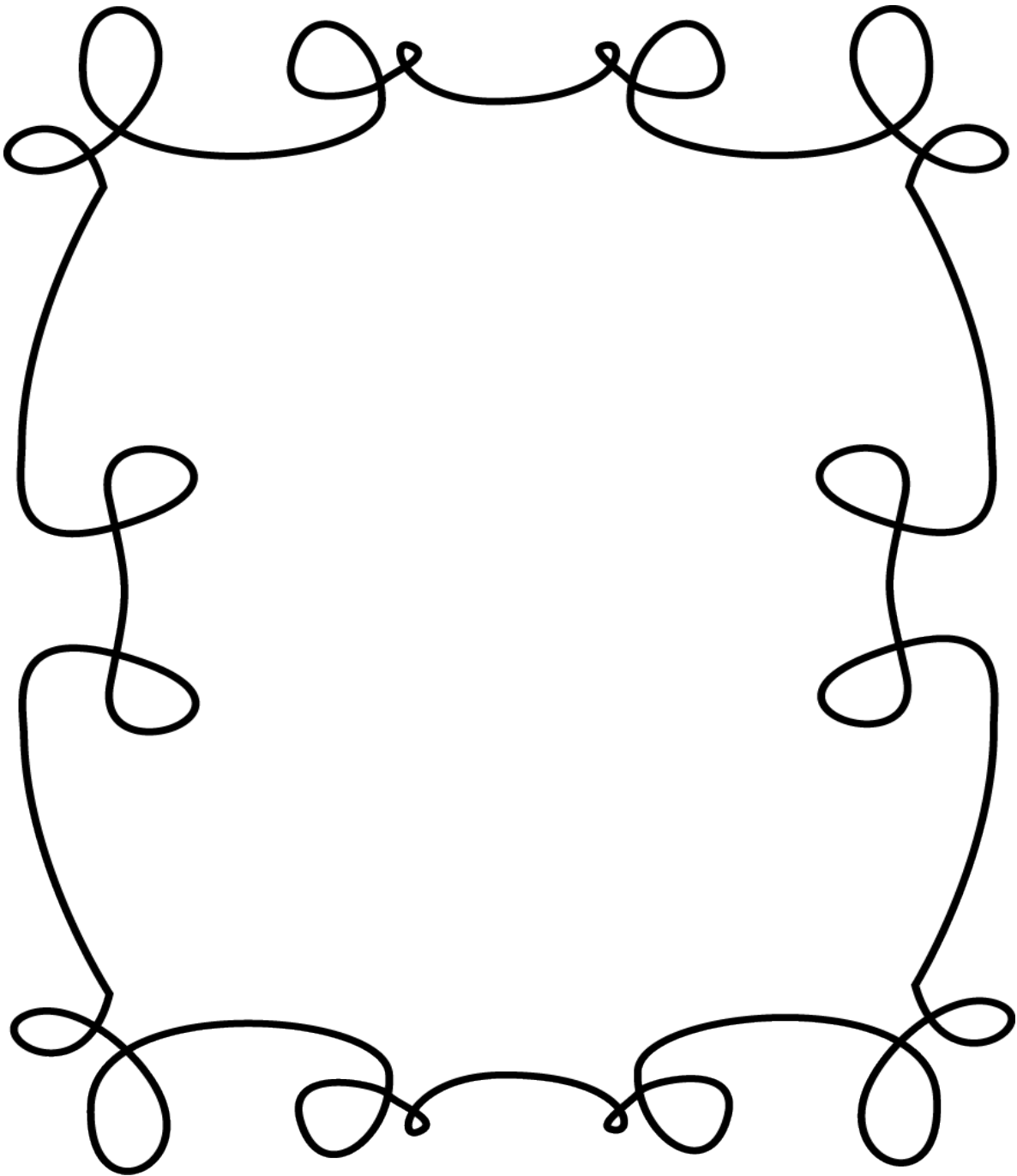
Be yourself, truthfully.
Accept yourself, gratefully.
Value yourself, joyfully.
Forgive yourself, completely.
Treat yourself, generously.
Balance yourself, harmoniously.
Bless yourself, abundantly.
Trust yourself, confidently.
Love yourself, wholeheartedly.
Empower yourself, immediately.
Give yourself, enthusiastically.
Express yourself, radiantly.

1st aid for the Soul



WRITING PROMPT

Write a short poem about yourself





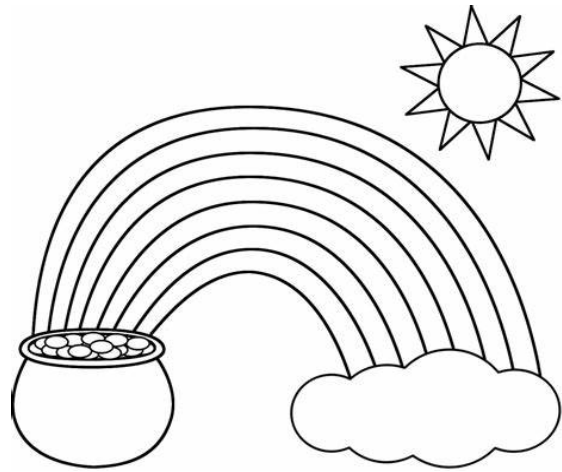
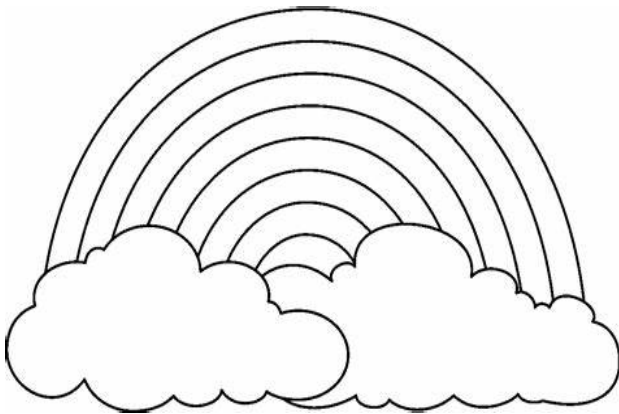
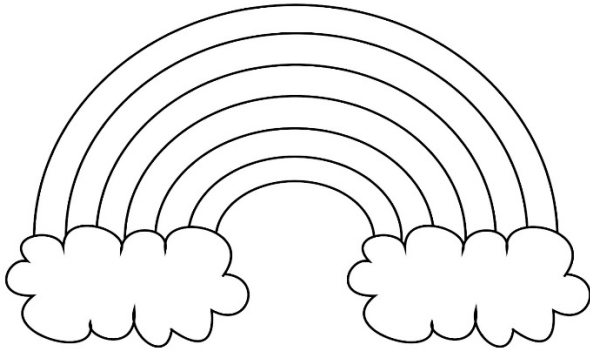
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WAYS OF SELF LOVE

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

LOVE YOURSELF	TAKE CHANCES	HAVE HOPE	BELIEVE IN YOURSELF
NO ELECTRONICS	BE HAPPY	BE TRUE TO YOU	PRIORITIZE
ORGANIZE	SIT IN SILENCE	VACATION	FAMILY TIME
RUN	WALK	NO SOCIAL MEDIA	RISE EARLY
POSITIVE SELF TALK	POSITIVITY	PERSONAL DEVELOPMENT	MEDITATION
MASSAGE	LAUGH MORE	HEALTHY MEALS	GO TO BED EARLIER
GRATITUDES	FIND YOUR TRIBE	EXERCISE	EPSOM SALT BATH
DRINK MORE WATER	ALONE TIME	AFFIRMATIONS	

Color the rainbows and write one self-love affirmation under each one.



HEALTHY RELATIONSHIPS

“We must be our own, before we can be another’s” writes Ralph Waldo Emerson. And what Emerson is essentially saying here is that we can’t be part of ‘a couple’ until we are first, a (solid) ‘self’. To be a self, our best self, we have to know who we are, where we come from, what we want out of life and a what we want out of a romantic relationship, if indeed we are looking to couple. We also need to own our story...the good and the bad, the highs and the lows, and hopefully hold our heads up high in respect for all we’ve survived. If we own our stories, no one can ever hold them over our heads in an attempt to discredit, manipulate or shame us. If we know who we are, we can not be moved, persuaded, cojoked, or enticed to stray from our path, or put up with less than we deserve, because we are firmly rooted in our stance of self-love and self-worth.

To be our own, we must practice self-love. Loving ourselves doesn’t mean we need to be perfect. Loving ourselves means we accept ourselves as we are. Loving ourselves means we respect ourselves enough to walk away from anything or anyone who disrespects us. Loving ourselves means we show up as our authentic selves to any and all encounters and situations as the flawed, yet worthy, human beings that we are. Loving ourselves means setting boundaries. Loving ourselves means picking ourselves up when we falter, to try another day. Loving ourselves means being gentle with the words we use to speak to ourselves. Loving ourselves means having the courage to say ‘this is not for me’...when we so want it/him/her to be. Loving ourselves means not letting anyone talk us into something we know, or sense, is not in our best interest. Loving ourselves means taking care of our bodies. Loving ourselves means laughing and enjoying our lives. Loving ourselves means knowing we can make it through difficult times and come out the other end, better and stronger.

In terms of an intimate partner relationship, loving ourselves means being in tune with our bodies and intuition, all the while asking ourselves...Is this person respectful of my boundaries? Is this person moving too fast? How does this person react or respond to my wanting to move slowly? Is this person making promises for things well into the future? Is this person overly complimentary when he/she doesn’t really know me at all? How is my body reacting to this person’s forcefulness? Loving ourselves might involve walking away from someone who on the surface might seem ‘too good to be true’ or ‘all that we’d hoped for.’ Loving ourselves involves trusting our instincts when they are telling us to be leery or cautious.

In theory, we all put our ‘best foot forward’ when something is new. It’s a harbinger of things to come if someone’s ‘best foot’ is disrespecting our boundaries, ignoring our preferences, dismissing our concerns or cautious natures, trying to talk us into something we are not comfortable with, or arguing with us about vocalized concerns to dating or intimacy. **Be your own** and love yourself enough to walk away.



MOMS HELPING MOMS

Teaching Children About *Consent* (Part 2)

The topic of consent, which was discussed a few mini-mags ago, is such an important topic, and ideally an ongoing conversation between you and your child(ren). To clarify, what is *consent*? Consent is: permission for something to happen or agreement to do something. While conversations around consent will change as your child(ren) grow, it's never too early to start teaching children about consent. It can feel like an uncomfortable conversation the 1st few times as we don't want to scare our child(ren), but we do need to arm them with the confidence of 'body ownership'.

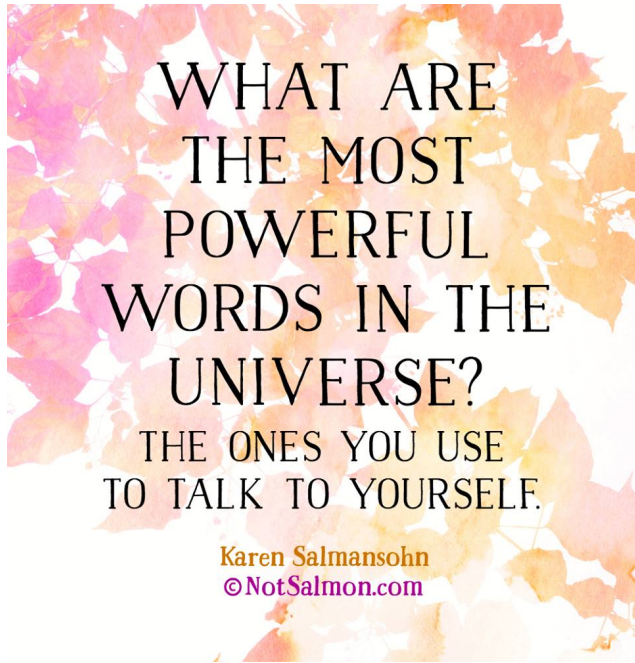
As children grow older, 'consent conversations' can be just another one of a family's 'normal' conversations, if we've been having them all along as opposed to one of those 'we need to talk' conversations that make everyone uncomfortable.

When children are pre-verbal, we can tune into their reactions on how they respond when being held or kissed or played with by others and then respond quickly. If Auntie is tossing little Sally up in the air and the look on her face is one of fright, we can step in and ask her to stop and then sooth little Sally by saying "It didn't seem like you liked being tossed into the air." Even if little Sally is not yet talking, she will immediately be soothed and overtime, she will come to recognize your 'interference' on her behalf as permission to speak-up and claim ownership over her body.

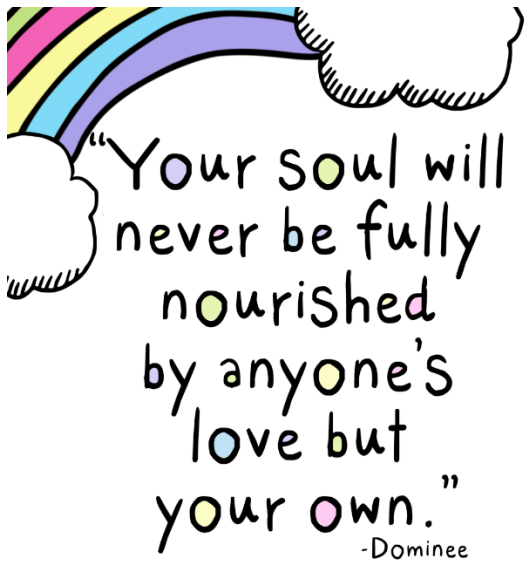
If on the other hand, we as parents don't speak up for our children when they are young, even if it's just because we are uncomfortable or we know it will hurt Grandpa's feelings, the message we inadvertently send is "you have no say over what happens to your body." Which granted, at first glance can seem a stretch, it's just a hug or a kiss from an over-zealous relative. But in reality, children are experts at picking-up on their parents' or care-givers' non-verbal cues...so if little Sally is being smothered by unwanted kisses and reads distress on your face the message sent is "we must remain silent", whereas if you intercede on her behalf, the message sent is "I get to decide."

When this solid foundation of consent and body ownership is set from the beginning of our children's lives, it becomes the norm for them. Moreover, 'consent' conversations are actually 'boundaries' conversations that not only teach children that they 'have say' over their own bodies, but also teaches them to recognize and honor other people's boundaries as well.

QUOTES



You know all
THOSE THINGS
you've always
wanted to do?
You should go
DO THEM.



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