



....In The Meantime

With



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

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"People with stamina aren't made any differently to anyone else," she was saying. "The only difference is they have a clear goal in mind, and a determination to get there. Stamina is essential to stay focused in a life filled with distractions. It is the ability to stick to a task when your body and mind are at their limit, the ability to keep your head down, swimming in your lane, without looking around, worrying who might overtake you..."(93).

"If you aim to be something you are not, you will always fail. Aim to be you. Aim to look and act and think like you. Aim to be the truest version of you. Embrace that you-ness. Endorse it. Love it. Work hard at it. And don't give a second thought when people mock it or ridicule it. Most gossip is envy in disguise. Keep your head down. Keep your stamina. Keep swimming" (93 & 94).



Hello,

The above passages are from Matt Haig's "The Midnight Library" (2020), which *The Guardian* heralds as "A celebration of life's possibilities". And the usage of the word 'possibilities' here is a play-on-words as female protagonist, Nora, is in the liminal space between life and death and visits a library of sorts where all the books, except one (which is titled "The Book of Regrets"), are different versions of the lives she could have lived. Some of the lives Nora 'tries out' are: she pursued her swimming to become an Olympic gold medalist (which was her father's dream); she followed her passion for the environment and became a glaciologist; she married her high-school sweetheart and they owned a Pub (which was her boyfriend's dream); she married a doctor and was a mom; and she pursued her love of music to become a famous rock star. In the various lives Nora tests, one or the other of her parents or brother have died or is ill. And what becomes clear to the reader as Nora jumps from one life to another is that she is searching for 'the perfect' life...where nothing goes wrong and where everyone she loves is alive and happy, as is she, herself. But as we all know that there is no such thing as 'the perfect life'. And yet, we, like Nora, may sometimes find ourselves in that same liminal space of regretting past decisions, playing out different scenarios of the life we could have led, had we made different choices, because maybe some of the choices we did make were not our own, but ones we were talked or cajoled in to making with promises that were never kept.

Every day and numerous times throughout our days, we are faced with choices. At times our options may be limited, depending on where we are presently, but we have choice nonetheless. And the seemingly benign choice of how to respond to someone who is disrespecting us is just as important as the choices we give more credence to, like the choice of a job/career, or who to spend time with, or whether to enter into an 'exclusive' intimate partner relationship, etc.

However, a solid sense of who we are is vital to the confidence that is necessary to make these sometimes difficult choices that will keep us on the path to achieving our goals. Because as we all know, life is not without its obstacles. And we would be wrong to think that an obstacle is a sign that we are flawed or unworthy. When obstacles may in fact be opportunities...to reassess, to recommit, and/or to restructure our plans. And as Nora discovered, there is no perfect version of our lives that we missed out on because we are somehow defective. There is only the life we are living now. There is only the person we are now. And if we know who we are and are always *the truest version of ourselves*...whatever that may look like on any given day, we can never be wrong.

While Nora read various book-versions of her life and jumped from one life to the next, essentially ‘trying them on for size’, she always returned to the Midnight Library where she eventually selected a book whose pages were blank...a life yet to be written. And, realizing they contained the power and potential of the universe, she wrote these 3 words on the 1st page:

I AM ALIVE (271).

We’d be hard-pressed to find a better opening line to each and every one of our days.

Best,
Monique
&
Nicolle

Expectation

Nora had always had a problem accepting herself. From as far back as she could remember, she’d had the sense that she wasn’t enough. Her parents, who both had their own insecurities, had encouraged that idea.

She imagined, now, what it would be like to accept herself completely. Every mistake she had ever made. Every mark on her body. Every dream she hadn’t reached or pain she had felt. Every lust or longing she had suppressed.

She imagined accepting it all. The way she accepted nature. The way she accepted a glacier or a puffin or the breach of a whale.

She imaged seeing herself as just another brilliant freak of nature. Just another sentient animal, trying their best.

And in doing so, she imagined what it was like to be free (143).

Who Are You?



When we consciously acknowledge and accept who we are to our core and what we desire most in this world, we find that we can be more open, honest, and truthful to those who we surround ourselves with.

Who are you? That is sometimes a really difficult question for many of us to answer. You are on your very own journey to becoming more self-aware, and you deserve to be heard. Fill out these prompts in anyway you like, think about the first thing that comes to mind.

I AM A HUMAN BEING THAT . . .

LOVES	_____
WANTS TO	_____
HAS THE GOAL OF	_____
USED TO BE AFRAID OF	_____
IS DRIVEN BY	_____
IS INSPIRED BY	_____
WHO NOTICES	_____
HAS A HABIT OF	_____
IS HAPPIEST WHEN	_____
GETS DISAPPOINTED BY	_____
WISHES I COULD	_____
BELIEVES IN	_____
WOULD GIVE	_____
WILL ONE DAY	_____

When you finished writing, think about all these wonderful parts of who you are, share these things with those closest to you. Maybe ask them some of the same questions to help get to know them a little better too

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GOAL worksheet

MY GOAL	WHY DO I WANT THIS?

break it down

STEP 1	STEP 2	STEP 3	STEP 4

WHAT OBSTACLES WILL I FACE?		HOW WILL I OVERCOME THEM?
1.	→	1.
2.	→	2.
3.	→	3.

accountability

HOW WILL I KEEP MYSELF ACCOUNTABLE/MONITOR MY PROGRESS?

WHAT WILL I DO EVERYDAY?	WHEN WILL I ACCOMPLISH MY GOAL?

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First Aid for the Soul

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*.



-Unknown

And this reminder:

THINGS YOU CAN CONTROL

YOUR BEING
YOUR BELIEFS
YOUR ATTITUDE
YOUR THOUGHTS
YOUR PERSPECTIVE
YOUR BEING CHOICE
HOW HONEST YOU ARE
WHAT BOOKS YOU READ
HOW OFTEN YOU EXERCISE
HOW YOU TREAT YOURSELF
HOW MANY RISKS YOU TAKE
THE TYPE OF FOOD YOU EAT
HOW KIND YOU ARE TO OTHERS
HOW YOU INTERPRET SITUATIONS
HOW YOU EXPRESS YOUR THOUGHTS
WHETHER OR NOT YOU ASK FOR HELP
HOW MANY TIMES YOU SMILE TODAY

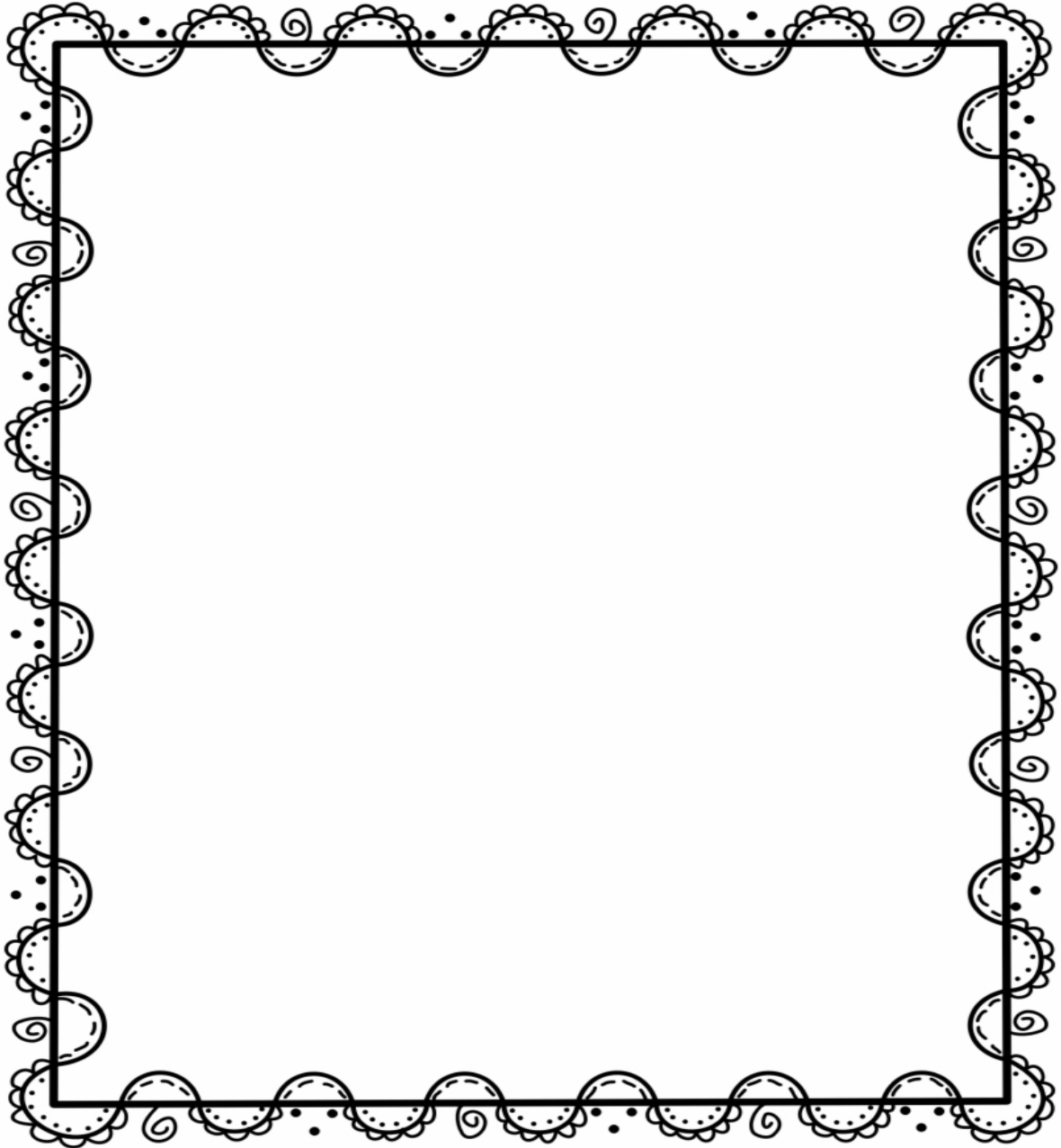


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WRITING PROMPT

In the quote from “The Midnight Library” (Expectation) on page 2, we learn that Nora’s parent’s ‘encouraged her belief that she *wasn’t enough*’. Write about a relationship where you experienced something similar.



In the archery target below, write what it would look like if you, like Nora, aimed to be the truest version of yourself.



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perseverance

P	D	S	P	O	D	S	P	A	S	S	I	O	N
P	E	C	N	O	D	E	I	W	L	D	O	T	R
A	U	W	I	S	D	O	M	G	W	L	W	O	I
I	G	E	E	S	N	O	D	I	L	T	I	E	H
N	N	I	V	A	S	U	C	C	E	S	S	W	E
H	O	D	E	I	C	O	N	T	I	N	U	E	W
A	R	D	D	C	G	O	O	G	H	C	V	D	N
R	T	C	O	N	S	T	A	N	T	C	N	C	S
D	S	A	D	A	N	A	N	G	O	N	D	R	A
W	P	O	N	T	L	E	S	O	P	R	U	P	O
O	G	R	O	W	N	O	I	O	D	O	D	O	S
R	U	C	S	D	E	D	I	C	A	T	I	O	N
K	O	R	I	T	R	O	G	I	N	A	O	A	W
D	D	R	I	V	E	N	O	I	R	I	S	T	T

WISDOM
 DRIVE
 HARD WORK
 SUCCESS
 GROW
 CONTINUE
 PURPOSE
 PASSION
 DON'T GIVE UP
 DEDICATION
 CONSTANT
 WILL
 STRONG

Play this puzzle online at : <https://thewordsearch.com/puzzle/502033/>

HEALTHY RELATIONSHIPS

We all feel bad from time-to-time when we say *no*, but saying *yes* when we really don't want to is a form of self-betrayal. Give yourself permission to say *no* when you don't want to do something that is being asked of you. And remember...*no* is a complete sentence and doesn't need to be followed by a lengthy explanation or a contrived excuse. At the same time, we must also graciously accept a 'no' from others as well.

Reasons To Say No

- You don't want to do it.
- You don't have the time, energy, or resources.
- It's not in line with your values.
- You've said yes before and it didn't work.
- If you say yes to this, you'll have to say no to something more important.
- You're not the best person for the task.
- You need to set a boundary with this person.
- If you say yes, you'll feel resentful or taken advantage of.

Whitney Goodman, LMFT
@sitwithwhit

MOMS HELPING MOMS

(Edited from Angel Tree: A Program of Prison Fellowship)

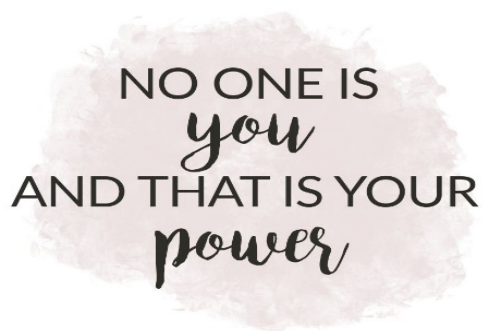
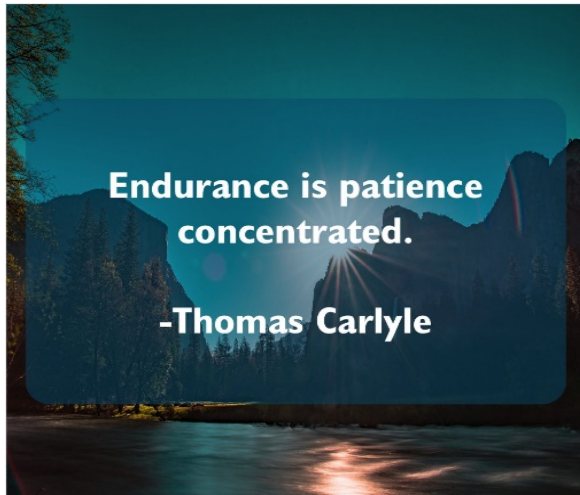
Ways to Stay in Touch With Your Child While Incarcerated (Part 1)

- **Become an expert on your children and their stages of growth:**
What are your kids learning in school? What difficulties do they face? What physical, emotional, and social changes are they experiencing? If you don't know, use the prison library to find a book, video, or other resource that explains the developmental phases of children and gives you a better understanding of what your kids are facing.
- **Stay interested in your children's interests:**
What's their favorite hobby? Their best subject in school? The activities they prefer? Find out what interests them the most, then get interested yourself—and discover new things together. For example, an incarcerated parent whose son was interested in biology wrote to a health organization. Free materials were sent to both the parent and the son so they could learn at the same time and then share what they discovered with each other.
- **Become a long-distance coach and/or fan:**
Do your kids like basketball, dance, or some other sport? Learn all you can about the athletic interests that mean the most to your kids. What skills are needed? What are the rules of the game? Who are the role models your children look up to? When you know more, you can share more and cheer on their efforts in a more meaningful way.
- **Respect your child/children's caregivers:**
It can be hard not seeing your children on a day-to-day basis and having regular input on their upbringing. And you may not always agree with what the caregiver is doing. Even so, be careful to speak about and treat the caregiver respectfully in front of your children. Hearing you criticize the caregiver will only add to their stress and confusion.

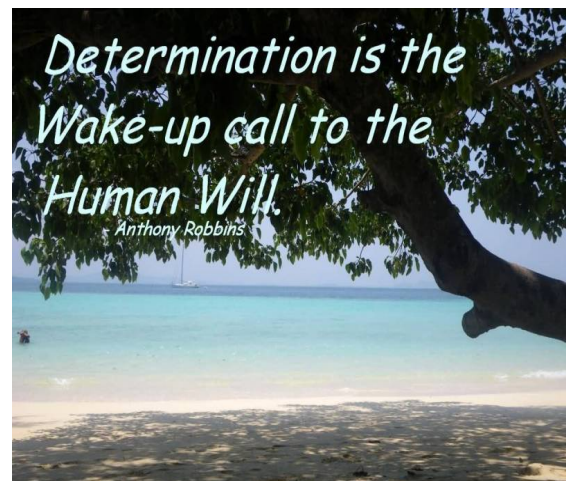
**... taking the risk of being completely open,
honest, and humble with your children
can help you rebuild strong bonds with
them**



QUOTES



WWW.LUCIEKALLIES.DE





MCEDV.

The Maine Coalition
to End Domestic Violence

Help is just a call away.

24 Hour • Toll Free • Confidential

1-866-834-HELP (4357)

Maine Telecommunications Relay Service:

1-800-437-1220

MCEDV MEMBERS:

AROOSTOOK

Hope and Justice Project

PENOBSCOT & PISCATAQUIS

Partners for Peace

KENNEBEC & SOMERSET

Family Violence Project

HANCOCK & WASHINGTON

Next Step Domestic Violence Project

ANDROSCOGGIN,

FRANKLIN & OXFORD

Safe Voices

KNOX, LINCOLN,

SAGADAHOC & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine



mcedv.org

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MCEDV MEMBERS

Aroostook County
Hope and Justice Project
www.hopeandjusticeproject.org
P.O. Box 148, Presque Isle, ME 04769
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeaceme.org
P.O. Box 653, Bangor, ME 04402
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
P.O. Box 304, Augusta, ME 04332
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
P.O. Box 704, Portland, ME 04104
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
P.O. Box 1466, Ellsworth, ME 04605
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
P.O. Box 713, Auburn, ME 04212
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
P.O. Box A, Rockland, ME 04841-0733
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
P.O. Box 590, Sanford, ME 04073
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities
Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
PO Box 397 Lewiston, ME 04243
207-753-0061



Member Programs of the Wabanaki Women's Coalition

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

**Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center**
www.micmac-nsn.gov
7 Northern Rd., Presque Isle, ME 04769
Admin: 207-760-0570 Hotline: 207-551-3639

**Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center**
www.maliseets.com
690 Foxcroft Rd., Houlton, ME 04730
Admin: 207-532-3000 Hotline: 207-532-6401

**Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual
Violence Advocacy Center**
www.wabanaki.com
P.O. Box 343, Perry, ME 04467
Admin: 207-853-0092 Hotline: 1-877-853-2613

**Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center**
www.penobscotnation.org
2 Down St., Indian Island ME, 04468
Admin: 207-817-3164 x2 Hotline: 207-631-4886

**Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center**
P.O. Box 301, Princeton, ME 04668
Admin: 207-796-6106 Hotline: 207-214-1917



**The Maine Coalition
to End Domestic Violence**

Connecting people,
creating frameworks for change.
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