



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

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Hello,

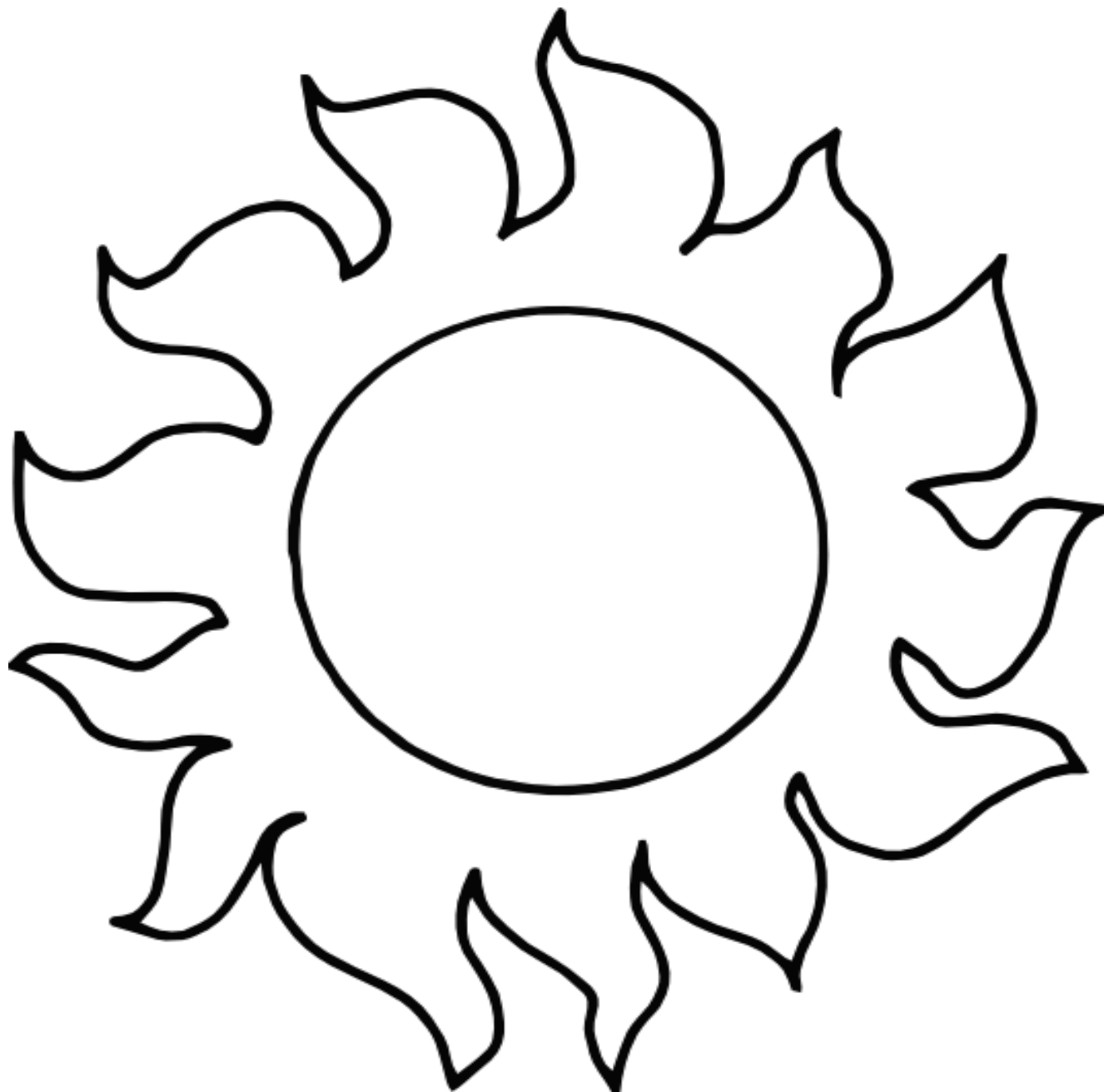
On the heels of the last 4 mini-mags (#51: "The Art of Being Yourself"-Caroline McHugh, #52 & 53: "Choices That Can Change Your Life"-Caroline Myss, and #54: "Belonging to Ourselves"-Montaigne) none of the wisdom and guidance on which the speakers/authors/poet touch-upon can be incorporated into our daily lives, psyches, and ways of being without the conscious act of believing we are worthy of such goodness, peace, and self-efficacy. How many of us have stopped to consider how we treat ourselves on a day-to-day basis? Although, not often spoken aloud, what words do we say to ourselves about ourselves...especially when we've made a mistake? But also, too, when we have accomplished a goal or received a compliment. When was the last time you extended *kindness* (and patience) to yourself? It's difficult to let go of negative beliefs about ourselves. Nor is it easy to believe we deserve kindness not only from others, but from ourselves as well. We may have been raised in unkind homes or been in relationships where we were abused and therefore adopted the self-protective act of *knocking ourselves down* 1st to soften the blows we receive from others. But maybe consider this...that self-compassion and kindness can act as salve and bring about healing, self-love, and renewed self-confidence.

Best,
Monique
&
Nicolle

****You will note that the 'Moms Helping Moms' page has been renamed 'Resilient Parenting'. It was originally named after a peer-parenting group we once offered, but which has since been restructured.****

ART

Use the sun image below as the backdrop or frame for your self-kindness mandala.

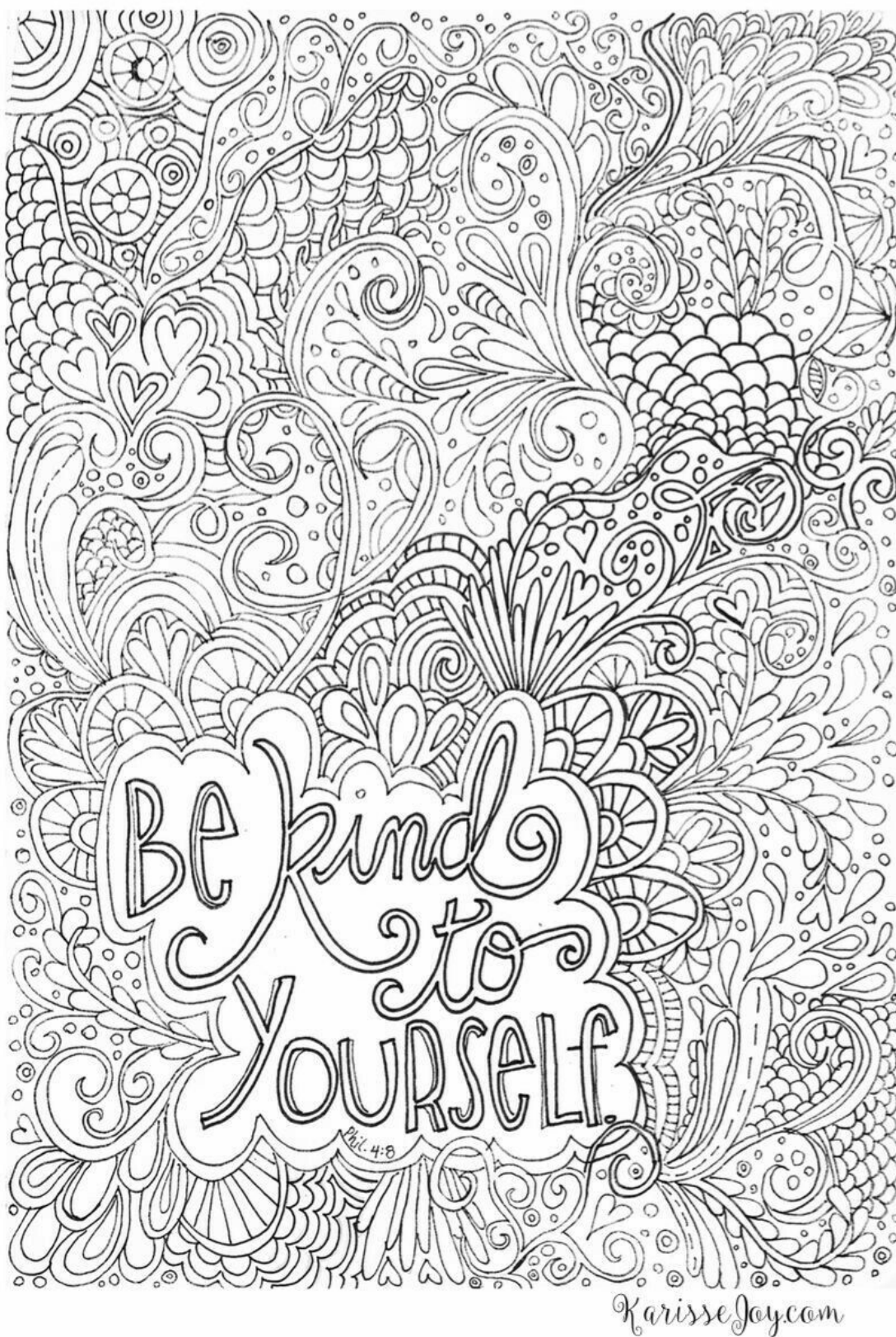


WRITING PROMPT

Freewriting is a strategy developed by Peter Elbow in 1973 and is like brainstorming, but in written form, and increases the flow of ideas while reducing the chance that you'll censor yourself. Free-write on each of the following prompts.

I deserve kindness because...

I do not deserve kindness because...



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BEING HUMAN by Naima

*I wonder if the sun debates dawn
some mornings
not wanting to rise
out of bed
from under the down-feather horizon*

*If the sky grows tired
of being everywhere at once
adapting to the mood swings of the weather*

*If the clouds drift off
trying to hold themselves together
make deals with gravity
to loiter a little longer*

*I wonder if rain is scared
of falling
if it has trouble letting go*

*If snowflakes get sick
of being perfect all the time
each one trying to be one-of-a-kind*

*I wonder if stars wish
upon themselves before the die
if they need to teach their young to shine*

*I wonder if shadows long
to once feel the sun
if they get lost in the shuffle
not knowing where they're from*

*I wonder if sunrise and sunset
respect each other
even though they've never met*

*If volcanoes get stressed
If storms have regrets
If compost believes in life after death*

*I wonder if breath ever thinks
about suicide
I wonder if the wind just wants to sit
still sometimes
and watch the world pass by*

*If smoke was born knowing how to rise
If rainbows get shy backstage
not sure if their colors match right*

*I wonder if lightning sets an alarm clock
to know when to crack
If rivers ever stop
and think of turning back*

*If streams meet the wrong sea
and their whole lives run off-track
I wonder if the snow wants to be black*

*If the soil thinks she's too dark
If butterflies want to cover up their marks
If rocks are self-conscious of their weight
If mountains are insecure of their strength*

*I wonder if waves get discouraged
crawling up the sand
only to be pulled back again
to where they began*

*I wonder if land feels stepped upon
If sand feels insignificant
If trees need to question their lovers
to know where they stand*

*If branches waver in the crossroads
unsure of which way to grow
If the leaves understand they're replaceable
and still dance when the wind blows*

*I wonder where the moon goes
when she is hiding
I want to find her there
and watch the ocean
spin from a distance
Listen to her
stir in her sleep*

Effort gives way to existence

Who am I?

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

witty	unique	strong	spontaneous
positive	passionate	optimistic	musical
loyal	loving	loved	lovable
kind	joyful	intelligent	inspiring
insightful	independent	incredible	imaginative
hopeful	honest	happy	grateful
gracious	gorgeous	genuine	generous
funny	fun	friendly	fearless
fabulous	extraordinary	excited	energetic
dynamic	determined	daring	creative
courageous	considerate	confident	compassionate
clever	caring	brilliant	brave
beautiful	ambitious	adventurous	amazing

BE OPEN TO CONSIDERING THAT MAYBE SOME OF, MOST OF, OR ALL OF, THE ABOVE AND BELOW ARE TRUE ABOUT YOU



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HEALTHY RELATIONSHIPS

10 Steps to Honoring Yourself

1. Prioritize your needs.
2. Let go of the guilt.
3. Get your happiness from gratitude not status.
4. Ask for help.
5. Communicate clearly.
6. Always honor the no.
7. Listen to your body regularly.
8. Let go of what doesn't belong to you.
9. Focus on progress not perfection.
10. Strive to improve rather than seek approval.

CounselingRecovery.com

RESILIENT PARENTING (w/ author: Pam Leo)

Recovering Resilience Through Play, Connection & Reading Aloud Together

"We read to our children because it gives both them and us an education of the heart and mind. Of intellect and empathy. We read together and learn because stories teach us how to love." - Sarah MacKenzie, author, Read-Aloud Family

We all headed into this summer still reeling from the hardest year that most of us have ever experienced. The pandemic left no aspect of our lives undisrupted. The very fabric of our way of life was ripped apart and we are still grieving many losses, of lives and of our way of living.

While we are seeing a glimmer of light ahead, we still have much healing work to do to mend our lives and move forward. In our haste to "get back to normal" we need to remember that our children are not the same as they were before this experience. All children have been impacted by the pandemic in some way. Many in the same ways and many in different ways. There is great concern about "learning losses" and that children have fallen behind due to lack of access to classes and resources.

As tempting as it may be to try to use the summer break as academic catch-up time by having children spend more time on academics and less time playing, children need quite the opposite. There are two important things our children need this summer to help them to recover their resilience and move forward. The first is to have us read aloud to them, no matter what their age. The second is to make sure they have lots of time for unstructured play, no matter what their age.

The benefits of reading aloud to children even if they can read independently are many. Reading to children builds their vocabulary, improves comprehension and listening skills. Because they can listen at a higher level than they can read, children become more interested in the story. But the best benefit is the connection that is created and maintained through daily read-aloud time. Sharing stories creates memories just like taking a trip together. Reading books aloud with my grandchildren are some of my sweetest memories of spending time together. Reading aloud is also a model for older children that they can read to younger children.

Besides establishing Little Free Libraries in under-resourced neighborhoods and giving out free books to children, the best way the Book Fairy Pantry Project could support parents to help their children be in the best academic and emotional shape to resume classes when they do, is to offer a summer family reading challenge. Here's how it works. For children ages birth through 3rd grade, the challenge is for each child to "collect" 100 stories by the end of August. The stories can be read or told and recorded in a story log. Older siblings can also count the number of pages they read to younger siblings in their own reading logs.

For fourth, through twelfth graders, the challenge is to read 1,000 pages this summer. It could be two 500-page books, four 250 page books, ten 100 page books or any combination that totals 1,000 pages. Their books may be read independently, or parents and siblings could share in the reading aloud. Both the reader and the listener get to count the number of pages read.

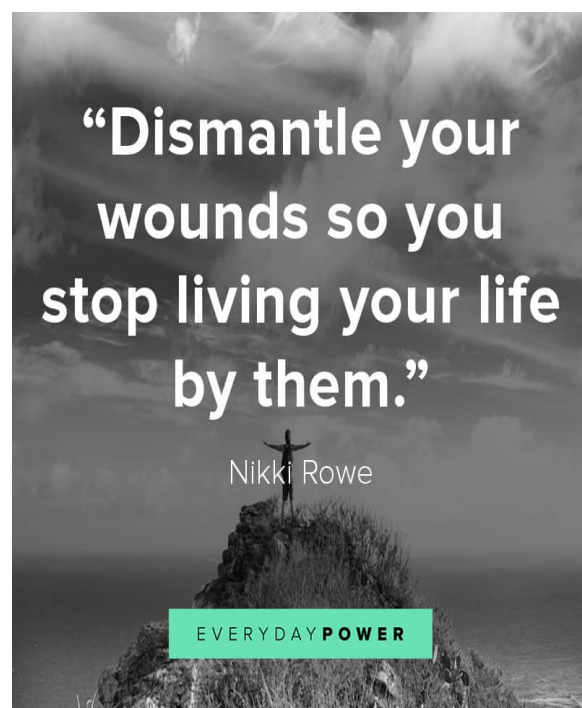
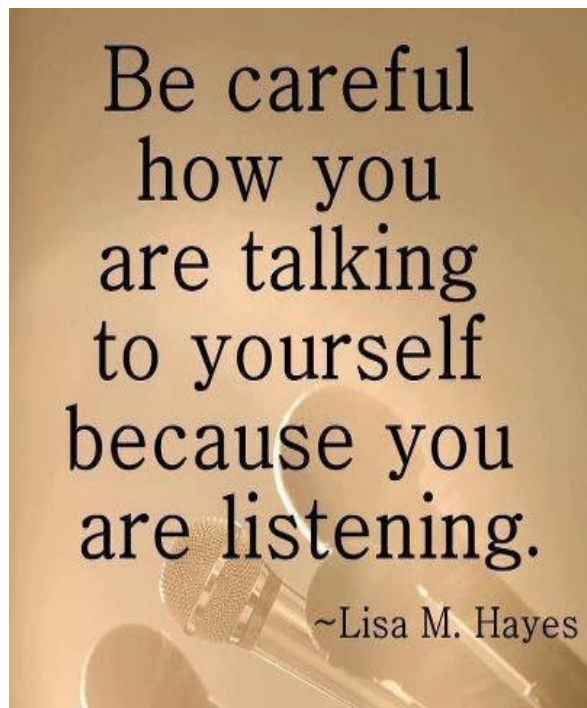
The Book Fairy Summer Reading Challenge materials are free. Families can download and print their story logs and certificates of completion at <https://bookfairypantryproject.org/100-stories-project> or pick them up at Maine Needs, 10-1 Mon-Sat at 332 Forest Avenue in Portland, Maine.

There are no prizes; only the surprises inside every book.

With much of their "catching up" work taken care of through reading aloud it will leave children more time for the unstructured play that is the hallmark of childhood in summer. The more we learn about children's need for a return to education through unstructured play, the more we need to make sure we are making room in our heavily scheduled lives for "play." My absolute favorite book on this topic is Peter Gray's *Freedom To Learn*.

<https://www.amazon.com/Free-Learn-Unleashing-Instinct-Self-Reliant/dp/0465025994>

QUOTES



BE YOU BRAVELY

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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.partnersforpeace.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



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