

Spiritual Exploration: March 2017 for April Board Meeting

March was a fun and busy month in SE.

Highlights include:

- 1) Mother Up Gathering on March 7th. Although we didn't have great turnout, we did re-connect with a family that has not been attending regularly and enjoyed a good conversation. Emily Burkholder offered Children's Enrichment which also went very well. We will do a Doodle Poll for the next Mother Up Gathering so that we can hopefully get more families involved.
- 2) Geraldine added two Vermont Family Based Approach Meetings. One with the full group and one in a smaller task force working on volunteer background checks, orientation and such. The North Chapel was commended for the good work being done in promoting family wellness through our various programs such as yoga and childcare and offering free child care during Guided Imagery.
(All health is tied to emotional and behavioral health. To improve population health, we need innovative approaches to healthcare that target emotional and behavioral health. The Vermont Family Based Approach (VFBA) is a healthcare paradigm that aims to improve population health by improving emotional and behavioral health. Because the family is a powerful health-promoting social institution, the VFBA also aims to shift the delivery of healthcare to the family level. This article introduces the VFBA, and presents the main empirical findings that informed the approach in the context of the early childhood period.)<https://www.ncbi.nlm.nih.gov/pubmed/26980122>
- 3) Michael Zsoldos, Anne Macksoud and Geraldine Fowler met to discuss how to effectively incorporate Music as a Spiritual Practice for SE.
- 4) Geraldine added a Mindfulness workshop at the Woodstock Elementary School and got to meet with the guidance counselor and the principal of the school. We were able to talk about the various activities happening at the church and the resources we offer.
- 5) Geraldine attended Middle School Open House and met with Vali Shultz - middle school guidance counselor. We also had an opportunity to talk about our SE program and how this might tie in with the Middle School.
- 6) Angel and Geraldine offered Children's Yoga and Story Time at the Library. 4 children in March and 10 children in April. We receive great feedback from the parents and its is a great opportunity to share what is happening at the NC. Folks are always surprised.
- 7) CTWK dinners continued. We continued to have full tables of families enjoying meals and conversation.
- 8) Guided Imagery w/ childcare and Thursday Morning yoga continue. At least one regular parent and child attend, but word is slowly getting out. I approached the parents who seem to really enjoy yoga at the library and they seemed very interested.
- 9) Met with Susan and Denise and created a mind map of all that is happening in SE. Presented this at the various Community Conversations. Image attached.
- 10) Created and started to promote a book club - SE for parents discussion group - per suggestion of Amy. New parent.
- 11) Continue to work on creating an after school option that incorporates other local non-profits.

Sunday Program

Sunday March 5

K-6: CTWK and Geraldine (2)

Violet and Owen Spann represented Change The World Kids and they discussed the upcoming Garments for Greater Good Initiative happening on May 26th and 27. See the Quest for more information and watch this space for how your child can get involved.

Sunday March 12

K-6: Jess and Geraldine (7)

Jess and Gearldine led SE on Sunday! We had so much fun - I think the kids did too :) With the cold we were experiencing this weekend, the children were encouraged to think about island life and create a space of their own on the island.

This was such a fabulous process that led to great discussions such as who will lead? Voting to make rules! Solar power and windmills! What our flag would look like and represent. No cars allowed and we can only travel by unicorn and dragon! Good times!! Of course we found a way to tie in our principles throughout the discussions!

Thank you to all the parents and kids who braved the cold and come out to SE!

Sunday March 19

K-6: Music as a Spiritual Practice with Michael and Geraldine (10)

We had a great turn out of children in Spiritual Exploration this last Sunday. Michael Zsoldos is teaching the children "Spirit of Life" and we are hoping to perform this for the congregation in June. Stay tuned for a rehearsal schedule.

Sunday March 26

K-6: Art & Drumming as a Spiritual Practice with Murray and Ben (8)

Sunday had a wonderful eight-fold crew ready to share, play, and create in the 'spirit' of spiritual exploration! Murray led a creative arts project which hopefully will complement an upcoming worship service. We're looking forward to melting snow and starting in on the CWTKR garden outside Artistree.

Sunday April 2

K-6: Change The World Kids & Geraldine (4)

Change The World Kids were with us. This month was our turn to talk about what Social Action we as the North Chapel children are participating in. We discussed the Mother Up! Lobby Day some of the children were attending and also spent time working on a visual aid to show all the incredible opportunities happening in our Spiritual Exploration for Children and Families Group.