

the Meadow Lark

informs the mind and tickles the heart

Winter / Spring 2008

SONGS FROM THE MEADOW

CFI Alumni Updates:

Updates from The Tight Family, Elliot, Andrew, Riley and Peter:

Elliot just returned from eight months in Shanghai where he worked for a start up and did one quarter of school in international finance. His is now in his senior year at UCSB. **Andrew** is a sophomore at UCD and on the varsity rowing team. He is also doing an internship for the Sacto Kings in their media group. **Riley** is a sophomore at Menlo and playing football, soccer and tennis and keeping up volunteer work at Clara Mateo that he started w/CFI many years ago. **Peter** is an eighth grader at Hillview and plays his jazz tenor sax at every opportunity.

Updates from the Livermore Family, Diana, Brad and Charlotte:

Diana is living and working in San Francisco and is looking forward to going to medical school in 2008. She is responding to her "secondary letters" and has heard from some wonderful med schools. Her first interview is next week at George Washington School of Medicine in Washington D.C. She graduated in 2005 with a degree in anthropology from Brown University, where she was also captain of the women's water polo team. **Brad** is enrolled at Azusa Pacific University in southern California and is taking philosophy, psychology and religious studies courses. **Charlotte** is a junior at the Cate boarding school in Carpinteria, CA. She is in honors history and english, a co-captain of the JV Volleyball team, and is hoping to get an important role in the upcoming school musical in April.

Updates from the Stolpa Family, Jason, Amanda and Katherine:

After graduating from the University of Redlands, **Jason** spent one year teaching English to elementary and middle school students with the JET program in Japan. The experience was a very memorable one. After completing a year of teaching, Jason began a journey around Asia with friends from college and will soon return to apply to graduate schools. **Amanda** is currently completing her last quarter at UC Davis and plans to graduate this December with a Bachelor of Science Degree as an Animal Science Major. She hopes to attend veterinary school in the near future and although it would require another four years in the same city, would love to earn her doctorate in Veterinary Medicine at UC Davis. **Katherine** is approaching her final semester as an undergraduate student at USC, and has applied to a master's program in Communication Management/International Communication. She is currently President of the Student Athlete Advisory Council (essentially the student-government of the athletic department), USC representative to the Pacific-10 Conference, and a member of several advisory boards within the university. Her "travel bug" was sustained this past summer with an internship in the travel industry, as well as a solo-backpacking trip to Panama in the early spring.

Meet Teacher Betsy Bowden

Betsy Bowden



Each fall I feel blessed as I watch families begin to share in the magic of the Child and Family Institute. It's a joy to witness the wonderment in both mother and child, knowing first hand that these will be happy memories that will forever stay in their hearts.

For more than twenty years, CFI and the families I've met have been a treasured part of my life. My son, Peter, now 24 and working in Chicago, and my daughter, Elizabeth, now 22 and working in Washington DC, were part of the first Mornings in the Meadow program. As a family, we enjoyed many of the programs, one of which was the Mother/Child Tea. Later, I was asked to help for a month or two with the Teas. That was 10 years ago! For many years the Teas were held in my home in Palo Alto. My then pre-teen children each helped with the mother/son and mother/daughter Teas. It was a family event and, most especially, a family blessing. Today, Margaret More and I are thrilled to host the Teas in our new Tea House and love watching as mother and child enjoy their special time together.

This past summer, I experienced a personal blessing when I married the love of my life, Don Bowden. Miracles do happen! But, why should I be surprised when I see miracles in each of your faces when you and your children come through the door. Love is all around us, indeed!

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OUR REGISTRATION GETS A MAKE-OVER!

This year, we are changing our registration process to make it more convenient for all of you. Instead of staggering the registration process over three months, we will be sending (at the end of January) one form for all the programs. These forms will be due by Monday, March 3, 2008.

As always, priority will be given to returning families, siblings and children of Meadow Meadow Makers. Our goal is to be able to find a spot for everyone but sometimes we need to create waiting lists. Hopefully, this new registration format will serve us all better!

Josetta Quotes

Don't be afraid. I'm here. I'm for you. Grow to be the unique person life intends you to become. And in your growing, let me bless you over and over again with love.

Welcome to the Land of Can Be, where with God, all things are possible.

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OUTREACH

Photos below highlight a few of our Outreach events including: Halloween treats for Holy Family School, Thanksgiving Food Drive for EHP, Christmas gifts from the CFI Giving Tree & the Family Connections Holiday Party.



WORLD PEACE VILLAGE

WORLD PEACE VILLAGE (WPV)

CFI has two incredible invitations to display the World Peace Village, one of CFI's cornerstone creations. The World Peace Village, available as both a large display and as a tabletop one, offers viewers the opportunity to understand and explore the world's 6 major religions. One invitation is here locally and the other later this spring in Indianapolis. We are very excited about both these events, and it is one of CFI's continuing goals to promote the World Peace Village.

MENLO SCHOOL

One of our alumnis, Richard Harris, has arranged for the World Peace Village to be displayed at Menlo School in Atherton January 14 to January 25. The Middle school children will all have an opportunity to visit it. There will be a special time set aside for educators from other schools to visit it also.



NATIONAL CATHOLIC EDUCATORS CONFERENCE

Kris Goodrich has been invited in March to present the WPV at this national conference in Indianapolis. Educators attend from all over the United States. This will be a wonderful opportunity to expose more people

from parishes and schools to the educational possibilities of the World Peace Village.

Meadow Makers

WE KEEP GROWING AND GROWING....

We are so thankful for all of the people who have decided to join Meadow Makers this year. We have about 25 new members and we are excited about the enthusiasm for our group and CFI. Thank you to all for your support of CFI and your dedication to an amazing organization!

We are blessed to have Jane Tight with us each month to talk about important topics. So far we have learned to use a balance wheel to try and balance our lives; we've had a candid discussion on talking to our children about difficult subjects; and we shared our thoughts on spiritual wellness and how we can each grow spiritually. We look forward to the second half of our year with Jane and our lively discussions. Thank you Jane!

We have also focused our efforts on outreach. We would like to support CFI's goal of reaching out to those in need. The Meadow Makers donated an abundance of backpacks, school supplies and car seats to the Saint Francis Center in Redwood City in October. Sister Christina was smiling from ear to ear when she saw all that had been delivered. In November, we brought canned goods and other items to Ecumenical Hunger in East Palo Alto. We have more planned for the year and are grateful that we have the opportunity to give back to our community.

2ND ANNUAL CFI VINTNER'S NIGHT IS COMING FEBRUARY 2ND

Please mark your calendars for our annual fundraiser on February 2nd. Come with your spouse or some friends and enjoy delicious food and unique wines. It will be another memorable party with an exciting silent auction, hearty food, prizes and some amazing wines to sample and enjoy. We hope to see you all there!



The following are our scheduled meetings for 2008

MEADOW MAKERS 2008 SCHEDULE	
January 10th 7:00-8:30 pm	Family Timeline Develop a timeline to create a plan of what is coming in the next year and the next 10 years for your family. Sample wines for the upcoming Vintner's Night!
February 2nd	2nd Annual CFI Vintner's Night Come enjoy a night of delicious wines, gourmet hors d'oeuvres and a silent auction.
February 7th 9:30-11:00 am @CFI	Helping a Friend Through a Tough Time How do you support your friends or family members when they are going through a difficult time? We will discuss ways to help those you love as they go through a challenging period.
April 24th 7:00-8:30 pm	Eat Right & Stay Healthy A guide to planning menus for families on the go!
May 15th 9:30-11:00 am @CFI	New Member Coffee & Tea

PARENT FUN AND EDUCATION

Raising Children Who Care About The World and Can Make a Difference

Alice Greene, teacher, artist and parent, raised two children in an affluent community in Oregon. From the time they were small, she involved them in Outreach. They are now young adults and continue to give back to their communities through outreach projects and living simply.

Alice will share her insights and practical ideas to inspire and equip parents in their awesome task of raising kids who will make a difference on February 12, 2008, from 7:00 - 9:00pm.

OPPORTUNITIES FOR MOMS AND DADS

Just to make sure the kids aren't having all the fun at CFI, we have some great evenings planned for the Moms and Dads as well! Most recently in October, it was Moms Night Out for Playdough making and Margaritas. It was a great opportunity for an adult evening to meet new moms, catch up with friends and relax a bit all while sipping delicious margaritas!

Melissa brought her much requested recipe for play dough and the fun began. Each mom was able to mix the necessary ingredients; stir while cooking on the stove and then kneading the final product! A few manicures had to be sacrificed in the process, but the competition was on to see who could create the perfect color of play dough. We all waited in anticipation as the play dough cooled to see who had achieved this ultimate goal!



We all enjoyed a fun night out and as Sarah Byrne said, "It is a win-win situation. Mom gets a night out and the kids get a special 'date night' with dad!" Join us next time!