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# the Meadow Lark

informs the mind and tickles the heart

Summer / Fall 2009



**C**FI's 8th annual Spring from the Heart event was held on Saturday, May 9th. It was a wonderful afternoon of over 20 families with their cars filled with donations gathered together to make a difference in our community. After meeting at CFI, we all caravanned to St. Francis Center in Redwood City. Sr. Christina was eagerly awaiting our arrival and greeted us at

the curb to help unload the cars of our donations. When all the unloading was finished, I think we would all agree it was an overwhelming sight to see the room overflowing with our donations! We then gathered in the courtyard and Sr. Christina gave us a brief history of the St. Francis Center and the services she provides to our community. We were then able to tour the new facility and see where all this amazing work happens.

**T**he CFI families had the opportunity to ask questions and really understand the incredible outreach this Center offers from food and clothing distribution to providing laundry services to job search

mentoring to ESL classes.

**S**t. Francis Center is available to serve those in need.

**I**t was then back to CFI for crafts and games for the children and time for the adults to socialize a bit. We then gathered for a blessing and delicious buffet dinner which we all enjoyed. It was a fun filled afternoon for the whole family and a great way for each family to give something back to the community we all share. As Thomas Rohlen, age 7, said so appropriately, "The families at St. Francis Center are homeless, not homeless. They carry their homes in their heart."

## SEPTEMBER

- 9th** Wednesday/Friday Toddler Orientation 9:30am-10:30am, parents only
- 10th** Tuesday/Thursday Toddler Orientation, 9:30am-10:30, parents only
- 15th** Toddler classes begin, 9am-11:00am  
Afternoon classes begin, 1:00pm-2:30pm
- 24th** Meadow Maker meeting 9:30-11:30am, Angus Hall

## OCTOBER

- 1st** Afternoon teas begin 4-5:15pm
- 3rd** Dads and Toddler Play Date 9-11:30am, ages 15 months to age 3
- 6th** Staff Dinner
- 15th** Meadow Maker meeting 9:30-11:30, Angus Hall
- 23rd** Dads and Kids Spooky Stories 6-9pm, 5-10 years old

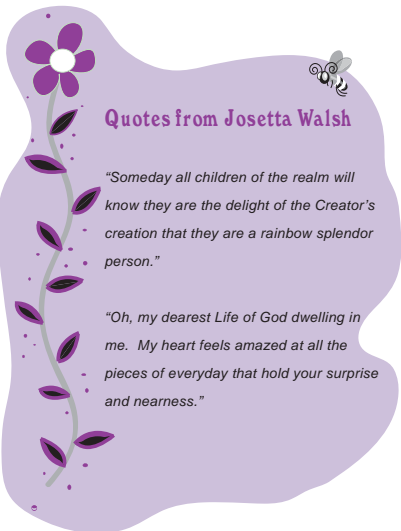
## NOVEMBER

- 7th** Dads and Toddler Play Date, 9-11:30am, ages 15 months to age 3
- 12th** Meadow Maker Meeting, 7-8:30pm, Marion Suarez's home
- 25-27th** Closed for Thanksgiving Holiday

## DECEMBER

- 10th** Star Retreat
- 21st-Jan 3rd** Closed for Christmas Break

2009 calendar



### Quotes from Josetta Walsh

*"Someday all children of the realm will know they are the delight of the Creator's creation that they are a rainbow splendor person."*

*"Oh, my dearest Life of God dwelling in me. My heart feels amazed at all the pieces of everyday that hold your surprise and nearness."*

## CFI's New Web Site is Up and Running!

CFI is thrilled to announce the completion of its new website!

Thanks to the dedication and creativity of a few of the board members, we now have a new look! As board member, Susie Frimel shares, "We hope parents will use it often to stay in touch with happenings at CFI, get information about classes and registration, and we hope they will let us know if there is more information they desire."

Committee chair, MaryPat Power, who spearheaded this project also hopes that "the sight will be informative and relevant to the current CFI community and be accessed by those that are interested in learning about CFI as well. The site has information about the founders, programs, etc. and access to the newsletters to delve deeper." Be sure to check us out online at <http://www.cfamily.org>!!



# SpiritualRap

## MEADOW MAKERS Meeting Topics 2009

**September 24** 9.30-11.00am\* **Putting the Breaks on Childhood**  
Back by popular demand! Making age-appropriate choices for our kids. When (and how!) to have the Big Talks. TV, cell phones and video games.

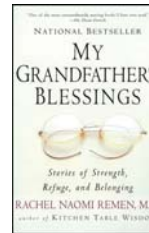
**October 15** 9.30-11.00am\* **Outreach**  
Ways for us to put back in to our community and help those around us who need it the most. Plans and projects for Meadow Makers' outreach for the year.

**November 12** 7.00 – 8.30pm **Nurturing Yourself & Your Marriage**  
If Mama's happy, everyone's happy!  
@ Marion's house

**December 10** 9.30am-12pm **Star Retreat at CFI**

Consider joining a group of women who meet twice a month in October through April to explore the Divine's Presence in one another's lives.

We will take this time to read Rachel Naomi Remen's book: *My Grandfather's Blessings*. After our group discussion, we will conclude each time with a form of prayer and reflection. It is like belonging to a Spiritual Health Club. Mimi Latno and Kris Goodrich will be your guides.



**DATES: Mondays 9:30 to 11:00**  
Oct. 5 & 9, Nov. 2&16, Dec. 7, Jan. 11&25, Feb. 1&22, March 1&15, April 12&19

There is a group of women originally formed by Jeannette Heidrich that has met for over 16 years. One member has shared her feelings: "Spiritual Rap has enriched and deepened our lives by bringing us together and creating the opportunity to explore our spiritual awareness." Over the years, we have read many inspirational books and because we patiently read each chapter and share our interpretations, feelings, and personal experiences, a caring bond has formed that feels safe. It is a comfortable place to discuss thoughts, question feelings, laugh, cry, hug, and support one another through it all. Kris and Mimi's guidance gently keep us growing and meeting new challenges. It has made a difference in our lives and I like to think it has a ripple effect helping others to love it.

Contact Joan in the office: 650-328-2262 or [info@cfamily.org](mailto:info@cfamily.org) if you or friends are interested. **Space is limited, so call SOON!**



## MEADOW MAKER

Stephanie Rudd, Maile Creamer and Marion Suarez

After another successful year, the Meadow Makers thanked Maile Creamer for co-leading the group for the last two years. Marion Suarez presented Maile with a beautiful gold star necklace as a thank you gift from everyone. Marion announced Stephanie Rudd will be the new co-president of the Meadow Makers.

Thank you Maile for your service and positive leadership. Thank you Marion for all you have done this past year. Stephanie, we are so pleased you will be leading us in the future. Thank you Jane for all the interesting and helpful discussions this year. Lastly, thank you Kris for guiding us through a fun "transition" exercise of painting, playdoh and sand play. We are now in the mindset for summer...we will take off our shoes, forget about our calendars, and say YES when our kids want to play with us.

Have a relaxing summer Meadow Makers and we will see you in the fall!

Susie Frimel

It has been a wonderful year for the Meadow Makers. We had our last meeting on May 14th in the Tea Room.

It was sad to say goodbye to Maile who has done such a wonderful job as co-President for two years. I will miss her enormously. She promises to keep coming to all our meetings, though!

We are thrilled that Stephanie Rudd has agreed to step in – she will be a fabulous addition. We also have a good number of new Meadow Makers who came to our New Member Coffee in April. During our last meeting, Kris reminded us that summer is about playing, ignoring the calendar and enjoying the lack of scheduling.

Have a wonderful summer everyone - we'll see you for a great new year in the Fall!



Above: Teddy Ryles 8th grade St. Joseph's and Ellie Zales 8th grade Hillview  
Below: Natalie Occhipinti, 8th grader at Castilleja



## Toddlers to Counselors

LOOK AT US NOW!! ..Former CFI toddlers, now CFI Meadow Camp Counselors!!!

Left: Anna Moorman, preschool intern at St. Joseph's School, pictured with camper Nick Baumgartner



Above, left to right: Gabby Occhipinti, 6th grader at Castilleja, Virginia Lane, 8th grader at Hillview, and Meg Avery, 7th grader at St. Joseph's

Left: Annalise Deal, 8th grade Hillview, Andrea Deal, 6th grade Hillview and Kyle Lee, 8th grade Woodside Priory