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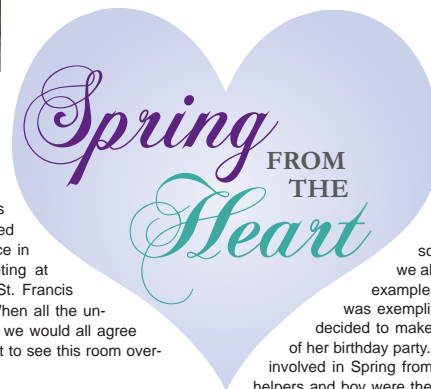
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the Meadow Lark

informs the mind and tickles the heart

Spring 2010



CFI's 9th annual Spring from the Heart event was held on Saturday, May 8th. 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. When all the unloading was finished, I think we would all agree it was an overwhelming sight to see this room overflowing with our donations!

We then gathered in the courtyard and heard a brief history of the St. Francis Center and the services it provides to our community. We were then able to tour the new facility and see where all this amazing work happens. Our 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. St. Francis Center is available to serve those in need.

It was then back to CFI for crafts and games for the children and time for the adults to socialize a bit. We gathered for a blessing and family 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. One of the really amazing examples of giving back to the community was exemplified by CFI alum Meg Avery who decided to make Spring from the Heart the focus of her birthday party. She invited 9 of her friends to be involved in Spring from the Heart as our volunteer teen helpers and boy were they ever appreciated!! Meg says "I told my Mom that it would be fun to have my friends volunteer too. It was fun to have my friends because they are all great with children and are fun to be around which made the event more enjoyable for the children and myself. I also have really enjoyed being a counselor at Meadow Camp, so I knew it would be fun to share CFI with my friends. We all are looking forward to volunteering next year." Thank you to all the CFI families who supported this event. It was a wonderful family day and a wonderful way to support our community.

2010 calendar

JUNE

22-24 9:00 am - 12:00 pm - Meadow Camp
29-30 9:00 am - 12:00 pm - Meadow Camp

JULY

1 9:00 am - 12:00 pm - Meadow Camp
6-8 9:00 am - 12:00 pm - Meadow Camp
13-15 9:00 am - 12:00 pm - Meadow Camp
20-22 9:00 am - 12:00 pm - Meadow Camp

AUGUST

CLOSED

SEPTEMBER

14 9:30-10:30 am - Mom's Orientation Parent/Toddler (Tues/Thurs Moms only)
1:00-2:30 pm - Afternoon Meadow Programs begins
15 9:30-10:30 am - Mom's Orientation Parent/Toddler (Wed/Fri Moms only)
7:00-9:00pm - Board Meeting
21 9:00-11am - Parent Toddler Programs begins

Quotes from Josetta Walsh

"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."

"I ask for this grace of simply delighting
and being "me" graced, beloved and free."





MEADOW MAKERS

Stephanie Rudd and Marion Suarez

MEADOW MAKERS UPDATE, SPRING 2010

It has been a great few months for Meadow Makers. In January we had our Evening with the Associates at the Circus Club, and we were delighted to welcome our panel of 5 experienced Meadow moms and associates of CFI. Their pearls of wisdom inspired us all to know that no problem is insurmountable and that the most important thing to do as a mother is to love our children. And laugh, too!

On February 6th we had our fabulous Vintner's Night fundraiser. All our thanks go to Nancy Evars and Laurie Scott for their incredible hard work, and party-planning skills. What a night! The venue was just gorgeous, thanks to Laurie's parents, Mr and Mrs Miller, and the food and wines were so delicious. Not to mention the auction items and subscription parties that were endless and so appealing. The evening was an amazing success and raised nearly \$40,000! We were so delighted with this result. Thank you again, Nancy and Laurie!



Vintners Night Co-chairs Nancy Evars and Laurie Scott share a toast with CFI Co-founder Kris Goodrich

We then had a great meeting in March with Yvonne Tally, gourmet chef and personal trainer. She came into CFI to talk to us for the second year running about Eating Right and Staying Healthy. Yvonne was engaging, funny and full of great ideas and tips for preparing delicious, healthy, fresh meals in record time for the whole family. And she gave away goody bags to whole group!

Our big news of the year happened on March 21st. Stephanie gave birth to her precious third little boy. William Eldredge Rudd ("Edge") was born, weighing in at 7 pounds 11 ounces! We are all so proud and happy for the Rudd family!

Our outreach efforts this year benefited New Creation Home in East Palo Alto, as we brought meals to their meetings, collected diapers and wipes which Steph dropped off on our behalf. We also ran a Canned and Dried Food Drive for the St Francis Center, as well as running a Valentine Crafts party as part of the Adopt-a-Grade Initiative for the Ravenswood Education Foundation.

We had our last meeting of the year on April 22nd. At our New Member Tea, we welcomed over 10 new members to the group, and Kris led us in a great candle-making activity to remind us to play and enjoy simple activities with our children over the summer.

With hearts full of gratitude, we celebrated the end of Marion's time as co-chair of Meadow Makers. Her organizational skills, gracious hospitality and gentle leadership have blessed all of us. We are so glad that she will continue to share her motherly wisdom as a member of Meadow Makers.

We were delighted to announce our new Meadow Maker co-presidents for 2010-2011. **Ashley Honerkamp** and **Nancy Evars** will both be joining the team, as we split the presidency 3 ways. Ashley and Nancy have been such dedicated CFI moms, who have so much to offer this group. Stephanie and I are thrilled that they were willing to take on the role. It has been a wonderful 2 years for me as co-President, first with Maile Creamer and then with Steph. What great women you all are, such role models to me as mothers, wives and friends! I will see you at all next year's meetings!

Have a great summer, everyone!

Marion & Stephanie

CFI SPRING 2010 RETREAT



Final days in May herald many changes: the approaching end of the school year, anticipation of warmer weather, the smell of beaches and barbecues, summer novels and vacation. It also signals a tradition at CFI: the annual retreat in the Redwoods at Betsy & Don Bowden's cabin in Aptos.

We have met there for retreat in recent years, but this year was special. It felt literally as if angels and Josetta's presence graced the property and embraced us in the towering cathedral of redwoods. The experience of the 17 participants for that 4 hour retreat plus luncheon was (in their words) one of: "awe", "infinity", "expansion", "healing", "love" and "miracle". The theme was: You Are The Light of The World.

We meditated, walked, wrote, reflected, and shared prayerful ritual, conversation and food. It nourished our senses and souls, transcending our daily experience, launching us into summer not only renewed, but 'realized' as Divine Light.....

Thank you again for the wonderful retreat last week! Every year I find myself deeply moved by the powerful truth which is revealed through each woman's reflection and sharing. Always I carry golden nuggets home to mull over and integrate into my everyday. What joy! The combination of being on Betsy and Don's property (which shines with sacred light and love), the intention and care of your planning, the collection of women, and ever precious time to simply 'be' & 'breathe' never fails to renew & reinvigorate. Thanks for sharing your wonderful gifts!

- Ann

I remember getting home from the retreat and feeling very refreshed. The kids came home from school and although the house needed to be picked up, my son, James and I played cards. Later, James wanted to hit tennis balls. It was nearly dinner time and I had not started fixing anything—but I said I would. We hit tennis balls for awhile and there was still time to prepare dinner. As the family was gathered at the dinner table, James announced, "This was the best day ever!" When my husband asked him why, he said, "Mommy played cards and tennis with me!" Thank you for reminding me to be present for my children and myself. Thank you for the "best day ever!"

- Beth

Oh those redwoods, so tall and mighty and yet so peaceful and assuring. One of the most special places on this planet has to be that property you share, Don and Betsy. Thank you for sharing it with us.

- Sara

As usual, the day was enchanting. There is no one else on the earth that can slow you down, force you to take notice of nature and just breath. Nature has a very magical way of transforming you and taking you to places you need to go. Don and Betsy have a secret...but they share it! What wonderful people to open their home to all of us and to share the magic with us!

- Roxie

The day at Betsy's house was simply bewitching ... a majestic ring of redwoods, blue wildflowers along the trails, a crystalline stream, soft and enveloping sunlight, and a fairy-tale cabin nestled in the forest with a curlycue of smoke arising from its chimney.

The retreat deserves a similar set of words ... a remarkably gifted retreat leader, fellow retreatants with welcoming hearts and minds outstretched, comforting and challenging affirmations, and a sumptuous lunch.

- Michele

Anna Moorman

I have been involved with CFI since I was about four years old. I attended Summer in the Meadow classes, but I also remember just hanging around the Institute with my mom. I can still remember licking and stamping mass mailings from the age of about 7. Kris let me start being a helper at Summer in the Meadow when I was 10 years old and I have done it almost every year since. Through helping out at CFI I realized how much I loved working with kids. Even though I graduated with a Marketing degree from Loyola Marymount University, when it came to looking for jobs I realized where my true passion was. I started working at St. Joseph's School part time in the afternoon and CFI in the Mornings in the Meadow program.



Since 2007, I have gone back to school and followed in Josetta's footsteps and received my AMS Montessori Certificate in Early Childhood, and am completing my MA in Early Childhood Education from St. Mary's College. I recently was offered and accepted a full-time preschool teaching position at St. Joseph's and am so excited to start my new career. I am so thrilled to have some children from our CFI families in my class next year which I had in my Mornings in the Meadow program. I am that much more excited! I could never find it in me to leave CFI, so I am still involved in Faithful Families and will be teaching the 5/6 year old Summer in the Meadow Class.

As for hobbies, I love hockey, San Jose Sharks, and never miss either watching or attending a game! I enjoy knitting, hiking, and dogs, and am currently wanting to learn how to quilt. I just love CFI, no matter what is going on in my life, good or bad, coming home to CFI, and Kris, just makes everything better.

-- ANNA MOORMAN, CFI ALUM AND CURRENT TEACHER



Teacher Melissa Turns 50 and her birthday wish was to celebrate with her CFI students and to donate 50 children's books to local charities. Here are some pictures of that special day with her students, her long time best friend and even a visit from her mom from Taos! We collected over 50 books to share with children in our community.



"Happy Birthday Melissa!"