



Research and Training
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the Meadow Lark

informs the mind and tickles the heart

Winter 2010



The heart of every religion is
the religion of the heart.



the charter FOR compassion

On November 12, 2009, CFI honored Joesetta Walsh's memory by launching "The Charter for Compassion." One of Joesetta's last visions shared was the World Peace Village, based on the Golden Rule found in each faith's tradition. Karen Armstrong, prominent religious scholar, has taken this concept global. Over the past year she gathered a group of inspirational thinkers and leaders from all different faith traditions and had them craft The Charter for Compassion. This inter faith Charter of Compassion promotes the principles of the Golden Rule across the religious and global spectrum. It challenges all of us to make the Golden Rule our central religious doctrine.



2010 calendar

JANUARY

- 4 Classes Begin
- 9 Dad's Play Date 9:30-11, 2 year olds
- 14 Meadow Maker Meeting 7pm Circus Club
- 18 Holiday
- 20 Board Meeting 7-9pm
- 23 Dad's Play Date 9:30-11, 3-4 year olds

FEBRUARY

- 6 Dad's Play Date 9:30-11 2 year olds
- 6 Vintners Night
- 15-19 Winter Break
- 25 Meadow Maker Meeting 9:30-11

MARCH

- 13 Dad's Play Date 9:30-11 2 year olds
- 17 Board Meeting 7-9pm
- 25 Meadow Maker Meeting 9:30-11

APRIL

- 5-9 Spring Break
- 17 Dad's Play date 9:30-11 2 year olds
- 22 Meadow Maker New Member Coffee 9:30-11
- 24 Dad's Play Date 9:30-11 3-4 year olds

MAY

- 4 Staff Dinner
- 7 Dad's and Kids Play Date 6:30-8pm 4-8 year olds
- 8 Spring From the Heart
- 17-21 Last week of classes
- 19 Board Meeting 7-9pm

Quotes from Joesetta Walsh

"Winters, even the daily winters of the child, turn into springs of positive growth.

It is only important that the winter child be aware of the sun's rays penetrating the

cold, hard soil, warming it with the belief

that in the winter child is also the spring

and summer child."



WORLD PEACE VILLAGE at SACRED HEART SCHOOLS

By Kelly Power

From October 6th through the 9th, World Peace Village visited the Sacred Heart Schools' (SHS) campus. Students from preschool to eighth grade were able to experience the message of peace from different world religions. The kids loved the village and especially the "hands on" attributes for each religion. The World Peace Village prompted conversations about love, faith, community, and peaceful resolutions.

The World Peace Village worked hand in hand with the goals and criteria set by SHS to encourage inter-religious acceptance and understanding of all the world's religions. Each world faith was represented and presented a table displaying their beliefs and sacred relics. The students were able to go from station to station and read each religion's Golden Rule and learn more about the beliefs that make each faith special and unique. As the heart of their message was presented by each religion, the students were able to recognize the importance and need for all religions to work together peacefully. This philosophy also reinforces the principles of nonviolence, conflict resolution and peacemaking in their daily lives.

Thanks to the combined dedication and time given by parents, teachers and the Child and Family Institute in Menlo Park, the students are still talking about the World Peace Village, and its message of faith and acceptance.

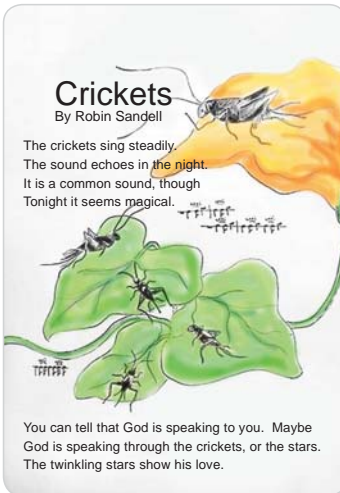


Quotes from Fimel Children:

Kelly, age 9: "I learned about other people's religions"

JP, age 7: "I saw some special things I have never seen before. It was cool."

Will, age 9: "I learned there are a lot of religions and they all have a Golden Rule."



HeartVoices

by Mary Ruth Quinn

How many times have we heard Josetta (in the past) or Kris presently remark what wonders we are, how bright our Light is, what enormous benefit we give the world in our Being and in being mothers, fathers and children on this planet? How much daily attention do we give that fact? If you are like many, not much!

Heart Voice is a class in which we practice being our expansive, magnificent Spiritual Selves, always connected to our Divine Source. This practice and remembrance allows us to let go of fears, insecurities, comparison, past regrets and instead feel lightness, an indwelling peace, simplicity and a graceful station toward ourselves and others. Frequently family members notice the positive change in members on a Heart Voice day!

Heart Voice provides a sanctuary where all one needs to do is show up and breathe. We begin or end with a calming meditation that releases us from the heavy, stuck energy that can accumulate on a daily basis; we are replenished instead with our Creator's unconditional love, healing, joy, relaxation, and purpose. The goal of Heart Voice is to help each participant remember their deeper Truth as a creator in their life story. Listening well to one's Heart Voice allows us to live transcendently in our lives, healing ourselves and therefore the world, helping to bring Heaven on Earth.

Sound too good to be true? Listen to some Heart Voice participants. One ongoing group has met for eight years, another for five years, and a third group has met for three years. On any given day you could enter and either see tears, hear laughter, or be moved by the courageous heart sharing of anyone. Heart Voice class invites people who are spiritual seekers with a desire for depth, community, and growth to gather together.

Its purpose is to provide elements of refreshment, awakening and support that ripple out in positive ways to the families and communities connected to its participants. This world needs more "heart" and CFI Heart Voices is one supplier of that critical essence. Here are a couple examples of what Heart Voices has meant to some of our CFI moms:

Jan Sager: Heart Voice is...community, loving support, laughter, springboard for spiritual growth, ever-deepening relationships, meaningful conversation, a place to focus on what's really important, cherished time with cherished friends, an opportunity to learn and grow.

Robin Taylor: Eight years ago, I leapt at the chance to join the newly formed Heart Voice class lead by Mary Ruth Quinn. As a relatively new member of the community, and a stay at home mother of a three year old, I wanted to deepen my roots, make new friends, and expand my spirituality. Also, CFI's tradition of respect for all faiths was immensely appealing. For the past 8 years, Mary Ruth has taught our Heart Voices class with her joyful enthusiasm for spiritual growth, her depth of religious knowledge, feisty sense of humor, and gracious patience when we inevitably get off the topic. We have been encouraged to strengthen our "Heart Voice" with the discipline of meditation and we practice this at every class. I feel enormously blessed to have this resource where it is safe to be candid about life's challenges and triumphs, and I am also extremely grateful to all of the women in the class, each of whom has brought a unique spiritual perspective and welcome friendship to me. I like to believe that God has an infinite capacity for expression, and I thank Mary Ruth and CFI for providing "Heart Voice" as a way for me to better experience God.



MEADOW MAKER

Stephanie Rudd and Marion Suarez

MEADOW MAKERS UPDATE, FALL 2009

The new session has gotten off to a great start! We all had such a lovely time at Susie Fimel's beautiful home for our Kick-Off party in September, and we welcomed many new members as well as lots of dear, familiar faces, with Meadowtwin and some yummy food. Thank you Susie!

Stephanie and I have loved our first two meetings of the year. At our first one in September, we were delighted to have Jane Tight lead us in a great discussion all about Putting the Breaks on Childhood and keeping our little ones "little" in this often fast-paced environment. October's meeting was directed towards putting back into our community. We were so fortunate to have Sue Davison speak to us about all of the great outreach opportunities which she coordinates at CFI, as well as Katie Fantin from New Creations Home in East Palo Alto, who talked to us about the home as well as how we can help the young mothers and their babies who live there.

We passed out several sign-up sheets and we are so pleased that we have so many great volunteers to help us with this month's Canned Food Drive for the St Francis Center, as well as many other projects which are upcoming.

November's meeting will be in the evening at Marion's house on the 16th. The topic will be all about nurturing ourselves and our relationships, and Jane Tight will be there again to guide our talk. And finally, another fun upcoming event will be our Fall Fund-raiser on December 3rd, when we will have a shopping evening at Alys Grace boutique on Chestnut Street in Menlo Park. Thank you Tiger Bachler for hosting this event - details to follow soon!

All the best to everyone and we wish you a wonderful New Year.

Marion Suarez & Stephanie Rudd

MEADOW MAKERS Meeting Topics 2010

- January 21**
7:00 pm **Evening With the Associates** at The Circus Club
Come and learn from a panel of expert mothewhich memories do they cherish? What's next down the road for us as mothers? Sample wines from upcoming Vintner's Night!
- February 6** **4th Annual Vintner's Night: SAVE THE DATE!**
- February 25**
9:30 - 11:00 am* **Eating Right & Staying Healthy**
- March 25**
9:30 - 11:00 am* **Each One is Different**
Learning to develop and cater to our children's unique personalities. Understanding them as the individuals they are, rather than who we want them to be.
- April 22**
9:30 - 11:00 am* **New Member Coffee and Tea**
Bring a new friend and introduce them to our wonderful group! This is our last meeting of 2010.

(* All morning meetings to take place in the Tea Room at CFI)



Hands Helping Hands Canned Food Drive for the St. Francis Center

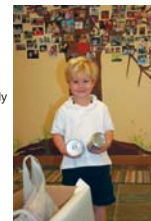
Thanks to all the CFI families who helped with our annual Canned Food Drive this year, benefiting the St. Francis Center. The Center was greatly touched by your generosity and support.



Back row: Priti Morey holding Tejas, Krista Potvin and Marion Suarez
Front row: Rohan and Devan Morey, Olivia and Luca Suarez
Not pictured: Kristen, Katie and Sara Quinlan



Devan Morey



Luca Suarez



Rohan Morey