

the Meadow Lark

informs the mind and tickles the heart

Fall 2006

SONGS FROM THE MEADOW

20th Anniversary Celebration!

Something very special is about to happen! On September 30th, the CFI community will gather to celebrate the Institute's 20th anniversary.

What words best describe the philosophy of the Child and Family Institute over the last twenty years? Perhaps "follow your heart" or to rephrase it in the words of James Stephens, "if you listen to your heart you will learn every good thing for the heart is the fountain wisdom". All of CFI's programs pulsate with this fundamental principle.

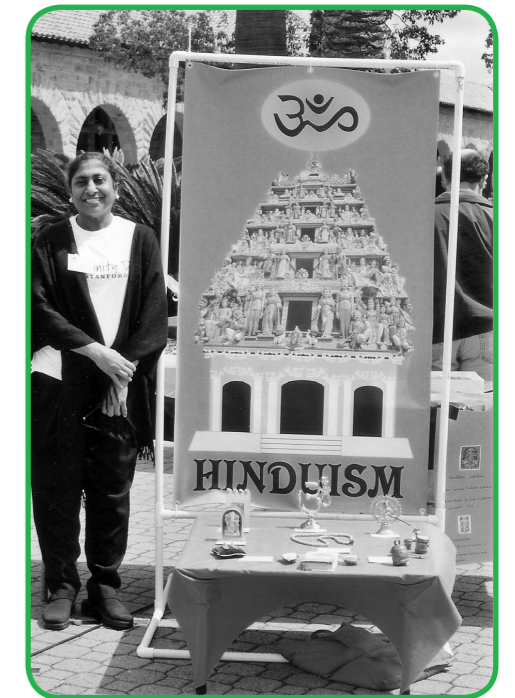
Following its own heart, CFI will introduce its newest program, The World Peace Village, at the anniversary celebration. The World Peace Village is a CFI-inspired learning tool for children and adults alike which visually explains the fundamentals of the world's major religions; Buddhism, Hinduism, Christianity, Islam, Judaism and the Native American faith.

Here the words of James Stephens take on even deeper meaning.

*If you listen with your heart
you will learn every good thing.*



And what is this "every good thing"? Amazingly, the answer is found in each world religion and lies at the core of its faith teachings. The universal cord that binds us together as world family is the Golden Rule. Each tradition recognizes this common bond as the every good thing that connects us to the great heart of love and to one another.



Bhama Narasimhan, Hindu Docent at Stanford

It is exciting to realize that in the four years of developing the World Peace Village it has spread to fifteen states. Over 800 of the tabletop version have been sold to churches, schools, homes and offices across the United States, and now Canada. We have set up a website www.worldpeacevillage.org for educational, informational and inspirational purposes.

Come see for yourself by joining us on Saturday, September 30th from 2 to 4 pm at the Child and Family Institute.

330 Ravenswood Avenue
Menlo Park, CA 94025



CFI FUNDRAISER

SAVE THE DATE!

November 14, 2006

9am to 12pm

The Dressed Room

on Santa Cruz Ave

in Menlo Park

will open up the store

early on 11-14-06

and 20% of the proceeds

go directly to CFI!

PLAYDOUGH RECIPE

- 2 cups flour
- 1 cup salt
- 2 TBL cream of tartar
- 2 cups of water
- 3 TBL vegetable oil
- Food Coloring or paint powder

1. Stir flour, salt, cream of tartar and water over medium heat until dough is smooth comes cleanly away from sides of pot
2. Add coloring and oil, and knead on floured surface until dough reaches a smooth consistency
3. Playdough will last for ages in an air tight container or zip-lock bag

Tickles the Heart

BULK RATE
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Outreach News, Fall 2006

We are going to have another busy fall with Outreach including lots of opportunity to help locally. All donations can be made in your individual CFI class or in the main CFI office.

September will bring our Back to School Supplies Program for St. Elizabeth Seton, an East Palo Alto school in need. Throughout the month of September, we are collecting school supplies ranging from pens and pencils to scissors to back packs for the students. Last year we had wonderful participation for this and delivered enough brand new school supplies to bring smiles to many students!

October will highlight Trick or Treat for books. We will be collecting new or gently used books for the students at St. Elizabeth Seton. Our collection last year brought in an incredible variety of children's books for the library at St. Elizabeth Seton and allowed students to take home new books to share with their families.



November will bring our focus to our Hands Helping Hands canned food drive for the Ecumenical Hunger Program. We will collect canned and boxed foods that go towards Thanksgiving meals made and distributed by the Ecumenical Hunger Program of East Palo Alto. It is always a needed and appreciated effort for those in our community.

This December we will continue two great outreach initiatives that were started last year to bring families in need some Holiday cheer. The first initiative entails CFI Faith-full Family groups 'adopting' two families from Family Connections, a family support service in East Menlo Park. The group will brighten the holidays for these two families with all kinds of seasonal treats including Christmas Trees and gifts. Our second initiative, our Giving Tree, lets CFI members pick different gift ideas off of the CFI tree and purchase those gifts. Those gifts are then distributed to families who wouldn't otherwise have them.

Please look for ways to share your heart and contribute to our community outreach this fall season.

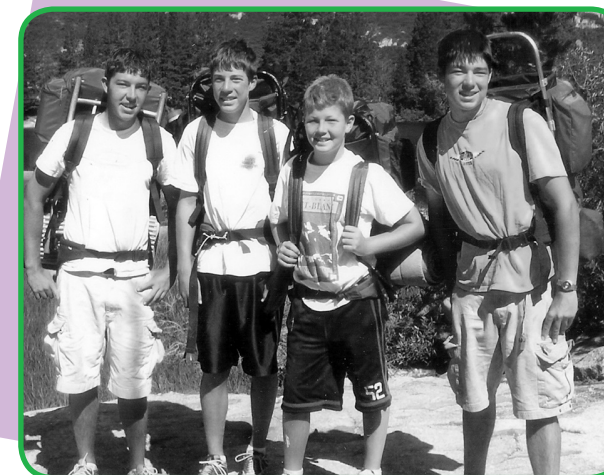
An Evening at the Hearth

"Who makes the rules around here anyway?"
 "What makes our family laugh?"
 "Remember the time mom threw the gallon of milk in frustration?!!!"

These and many other questions and observations have been shared amongst families in the Evenings at the Hearth program throughout the program's fifteen years of existence. Begun in 1991 with a charter of bringing families with pre-adolescent children together for an evening of sharing, the program is more popular than ever with CFI families.

Evenings at the Hearth encourages parents to bring their pre-teen children to the CFI hearth, once a month during the school year, for an evening of facilitated sharing about family communication issues.

The idea is to get the sticky questions on the table before they become a problem. Each evening has a set curriculum with a hand out that is completed individually, then shared in family groups, and finally in the group of families under the guidance of leaders. Families can learn tips and tricks from other families on how to manage basic life logistics like monitoring TV time, allowance management, family community service, and the all important issue of where the backpacks get dropped! In year three, families can also explore either individually or together tougher issues like drugs and peer pressure.



The Tight Family attended Evenings at the Hearth for ten years

Meadow Makers Schedule 2006

As we kick-off our second official year as Meadow Makers (formerly CFI Auxiliary), we are thrilled to announce an addition to our group. This year, along with offering social fun for moms and support of CFI, we will also have a fabulous speaker at each of our monthly gatherings. We will be joined by Jane Tight, a true inspiration and familiar face at CFI. A little more about Jane...

Jane Tight is a business and life coach as well as certified Enneagram teacher who guides clients in personal and professional growth. She works with individuals and groups to help them shape lives and careers that are fulfilling, balanced, productive, and satisfying.

She also facilitates women's groups around topics of balancing work and business and increasing quality of life with family and friends.

Jane, with four sons ages 12-21, has participated in almost all of the CFI programs and knows the organization intimately.

She will be speaking to Meadow Makers throughout the year about the challenges and obstacles that moms face individually and within a family. You are welcome at any time to come and check out Jane's Class or Meadow Makers or both! The meeting times are as follows:

- Thursday, Sept 14th 9:30-11:00 am**
Totally Terrific Tricks Household Organization
- Thursday, Oct 12th 7-8:30 pm**
Totally Terrific Tricks Household Organization
- Thursday Nov. 9th 9:30-11:00 am**
FUNdamentals of Family Holidays: Getting thru the Holly Jolly Obstacle Course

- Tuesday, Dec 5th 9:30-11:00 am**
Star Retreat
- Thursday, Jan 11th 7-8:30 pm**
New Twist to an Old Song:
Emotional Health/Self Care
- Saturday, Feb. 3rd**
Vintner's Night
- Thursday Feb. 8th 9:30-11:00 am**
Heart to Heart Resuscitation: Heart Savers, Guilt Erasers, Heart Warmers
- Thursday Mar. 8th 9:30-11:00 am**
Summer FUNmeter
- Thursday, April 19th 7-8:30 pm**
When Wiggles and Giggles
Rule: Discipline, Local Outings, Gardening, Traveling w/ Kids
- Thursday, May 17th 9:30-11:00 am**
New Member Tea

December Star Retreat



The Holiday Season will soon be upon us, but before it comes whipping through our lives again, please stop and ask yourself... Do you put pressure on yourself every year to create the perfect holiday season for your family? Do you manage to make time for everything and everyone else but yourself? It's not uncommon for caring mothers to fall into these habits. After mailing the Christmas cards, decorating the house, mailing presents, preparing favorite foods for the family, and decorating cookies with the kids, are YOU left exhausted?

If you respond "yes" to any of these questions then this year you MUST attend the Star Retreat on Tuesday morning, December 5, 2006. As mothers we are very good at GIVING but very poor at RECEIVING. As a result, many of you might be tempted to say, "I am too busy to take time out of my hectic schedule to 'reflect.' "

However, this is a morning you deserve to set aside for yourself. Every year, Kris and Josetta (and other angels) create a special holiday retreat. Songs which lighten spirits and help brush off the stress of the morning and the season start and end the day. Kris and Josetta and Margaret Moore, whom many of you know from our CFI teas, through story telling and insightful guidance, lead us in small group discussions, labyrinth walking, and quiet as well as creative reflection.

This very special morning manages to open hearts to the real meaning of the holiday while at the same time leaving you feeling refreshed and ready for all the chaos and magic making that this season presents. The morning is a "time out" GIFT TO YOURSELF, an interlude of quiet and regeneration. Mark your calendars now to reserve this unique time. You won't regret it.

Join us Tuesday, December 5th, 2006, 9:15 – 11:15
 Look for your invitation!