



Significant women are women of strength and grace.



Miracles Happen
3721 West Michigan Ave., Suite 301 A
Lansing, Michigan 48915
Tel: 517-290-8930

Exploring the Power, Wisdom and Spiritual Strength of Motherhood

Welcome to the Spirituality of Motherhood Workshop.

Carla Barnhill, editor of Christian Parenting Today, has written in her book: *The Myth of the Perfect Mother: Rethinking the Spirituality of Women*; "that Motherhood isn't about the work involved in raising children, she says. It isn't a set of tasks or expectations, either..." it's about relationships. Her book speaks to something many of us have known: That motherhood is not a job, a calling, it is far more profound. I am so glad you are considering the workshop, *Spirituality of Motherhood*. This four week workshop was created for women just like you, who feel they are on the verge of great things but just need a guide to help them get there. I have created this workshop so that it can be taken either On-line individually, or "off-line" as a group experience. However you may wish to do this workshop I will be your guide as together we explore how you feel called to create the life you wish. Now let's look at each week.

During this workshop we will explore many aspects of the Spirituality of Motherhood. We will look at how our motherhood strengths us, renews and helps us create profound lives if we understand how to recognize the signs along the way.

In our first week we will be looking at how to move forward and what tools we need, and already have, to create our best lives. We will learn how parenting helps discover ourselves. We look at our own stories of our lives before children and after. We examine the patterns of change that parenting has created see how parenting has alerted us to what is strong in us already. We will see how our strong emotional ties to others, through hospitality, nurturing, and wisdom helps us understand all our relationships.

The work of the first week guides us to our second workshop week where we will be looking at our talents and gifts. We will be taking a talent and gift inventory along with a personality analysis. We will be exploring the myths of mothers: Which is best stay-at-home or working moms; and find that both are equally good. We look at why in our busy lives we must find time to nurture our goals and dreams.

Week three is a natural follow up as we explore creating healthy and helpful support systems, finding ways to achieve our dreams along with our responsibilities, and what tools do we need to begin helping our children do the same.

Our fourth week we will look at depression, both spiritual and clinical, and see what we can do to overcome and possibly prevent it, when to seek help when and which professional might be best to go to when we are depressed. We will also examine ways to keep ourselves healthy: What can we do to fight the blues

Each week of the workshop you will receive weekly newsletters covering a specific aspect of the spirituality of motherhood and containing worksheets with exercise questions to ponder, all the material and resources for the specific topic being covered, up-lifting and encouraging things to read, and websites of interest to explore.

Finally visit the website miraclesalwayshappen.com. While you are there you can download the Spirituality of Motherhood mediations, "Spirituality of Motherhood cards." Consider subscribing to the pod cast for Spirituality of Motherhood, becoming a member to receive even more. I hope you will visit: miraclesalwayshappen.com to learn all that spiritual direction can do for you. I think you will be amazed at all we have to offer you.

Until we met again: May God hold you in the palm of His hand.

--- *Wilson Perkowski*

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The newsletter of Miracles Happen

www.miraclesalwayshappen.com

Wilson Perkowski, certified Spiritual Director

Learn more about Miracles Happen by visiting: www.miraclesalwayshappen.com