

the **N O R T H I D A H O**

# R.A.P. family

SEPTEMBER 2013 NEWSLETTER

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I apologize for the short newsletter this month, but with our youngest daughter getting married in August in Helena, MT, my time to write ran short.  
Glenda Weaver

## ✕ Back To School ✕

### GET ORGANIZED

#### Getting ready:

1. Wake up your children early enough to have plenty of time to eat breakfast and get dressed.
2. Lay out clothes the evening before.
3. Make sure homework, supplies, projects and backpacks are by the door or in the car the night before.
4. Make lunches in the evening or put lunch money into backpacks.
5. Prep some breakfast foods the night before.
6. Keep the television off — at least until the kids are dressed, have eaten and have brushed their teeth.

#### Homework:

1. Set up a designated area for studying.
2. Check your child's planner or his online school site to see what homework has been assigned.
3. Give your kids a break and provide a snack. Depending on age, attention spans and difficulty of assignments, children should work for an allotted amount of time and then take a 10-minute break.
4. Ban TV, video games, cell phones and texting during study time.
5. Projects, reports, presentations and papers need more prep and planning. Children should work on them daily and check off what has been done on the teacher's checklist.
6. Parents should make sure that work is done and completed neatly. Send an email or note to the teacher if your child is taking too long to complete the homework or if the work is too difficult.

**Coeur d'Alene RAP Support Group** will meet on **September 12, 2013** at the **Jewett House** 1501 E. Lakeshore Drive Coeur d'Alene, Id (Potluck Lunch and No Cost Child Care) **Noon to 2 o'clock**  
**Glenda 208-769-7096**  
**Margo 208-667-0320**

## Relative As Parents Meeting September 12th

September 12th will be the first meeting for the school year of our Relatives As Parents group. I think last year was a very successful year with different members taking a meeting each month and providing a speaker or speaking themselves on topics we are all very interested in. At this meeting let's decide if we want to do the same thing this year. We will still do a potluck lunch and no cost child care. We also need to talk about the Tea Fundraiser for RAP that is coming up October 26, 2013 at the St. Pius Church. Anything you want to bring up and discuss please come to the meeting and let us know what you are thinking. After all, this is everybody's group and we all have a voice.



## Parenting the Love and Logic Way

### Learn how to:

- \* Avoid un-winnable power struggles and arguments
- \* Stay calm when kids do incredibly upsetting things
- \* Set enforceable limits
- \* Avoid enabling and begin empowering
- \* Help kids learn from mistakes rather than repeating them
- \* Raise kids who are family members rather than dictators

**September 20th & 27th, 2013 6:00 - 9:00pm**

**Church of the Nazarene**

**4000 N. 4th St.**

**Coeur d'Alene, ID**

**208-676-1515**

**Cost \$30 (Includes parent workbook)**

**Registration required (class size limited)**

**Childcare available for ages 2 & up \$5 per child**



**The RAP/GAP Mascot is the turtle. The turtle, like us and our children, has a hard shell to protect it from getting hurt, but the inside is soft, vulnerable and lovable. We must learn to stick our heads out of our shell and take a chance.**

## Grandparents Day 9/8/2013

Grandparents Day is a day set aside exclusively for your grandfather and grandmother, who have played a very influential role in your family. It is a family get-together time, when every member of your family is present to extend his/her token of love and gratitude for the senior most members. Grandparents Day is an opportunity for grandparents to spend some exclusive time with their children and grandchildren. It is a time to bond and strengthen existing relations that are almost forgotten in today's busy life schedules, thus, giving us a golden opportunity to shower our love and affection towards our cherished relations and relationships. It is also known as National Grandparents Day and is celebrated on the first Sunday after Labor Day, which falls in the month of September. This means that in 2013, Grandparents Day will be celebrated on September 8.

National Grandparents Day was an initiative of Marian McQuade, a homemaker in Fayette County, West Virginia. She started a campaign in 1973 to dedicate a special day for grandparents. She wanted people to honor grandparents and promote intergenerational appreciation and activities. She was supported by her husband Joe McQuade and many others to make this campaign a statewide hit. Due to their strenuous efforts, dedication, and determination, Governor Arch Moore of West Virginia declared the first Grandparents Day in 1973. In 1978, the then President Jimmy Carter proclaimed National Grandparents Day as a national observance in United States. **HAPPY GRANDPARENTS DAY!!!!**



# The Shape of Love

By Elaine K. Williams

I have been thinking a lot lately about Oneness. I have also been seeking a deeper understanding of what Oneness is. I think this is vital because if we are all connected energetically, than the opportunity to influence each other and be influenced by each other is constant. I do believe deeply in our Oneness and I am trying to raise that belief into my consciousness on a daily basis. The main reason for my effort is this: *when I am conscious in my belief that we are a vibrating network of beings connected on the same web of life, I make different decisions about how I am in the world.*

Some examples include: I expand my view of life; I feel more responsibility to contribute and not subtract from the well-being of the planet; I think about you and not just me, and so I am more generous in my decisions. I am also more compassionate with my thoughts, less judgmental of others, and less judgmental with myself.

Think about it, everyday we can choose to put positive or negative thoughts into the world, positive or negative energy; and that decision influences every single being and living organism on the planet. I know this is an unbelievable statement, but to believe in our Oneness is to realize we have the inner power through intention to constantly influence each other and the conditions of life.

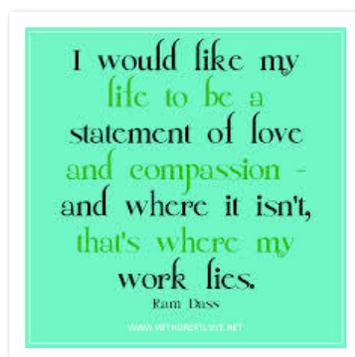
I am attaching a link to a video that I found to be profound. It addresses the many ways our thoughts and emotions affect our world. It is entitled: *Water Consciousness, The Shape of Love and Dr. Masaru Emoto's Work*. It is 8 minutes and 26 seconds long!

I encourage you to set aside some quiet, meditative time, and open your mind to the power that is within you; to the possibility that we each can reduce our own and other's suffering by intentionally holding and sharing with others the energy of love and compassion. We can do this in so many ways including, prayer and meditation, focusing on those who need our generous heart and support. We can through intention begin to believe deeply that peaceful, loving ways strengthen the threads and fabric of our web of life.

<http://www.youtube.com/watch?NR=1&v=LNRB6kqVJ4A&feature=endscreen>

With Gratitude,

Elaine



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