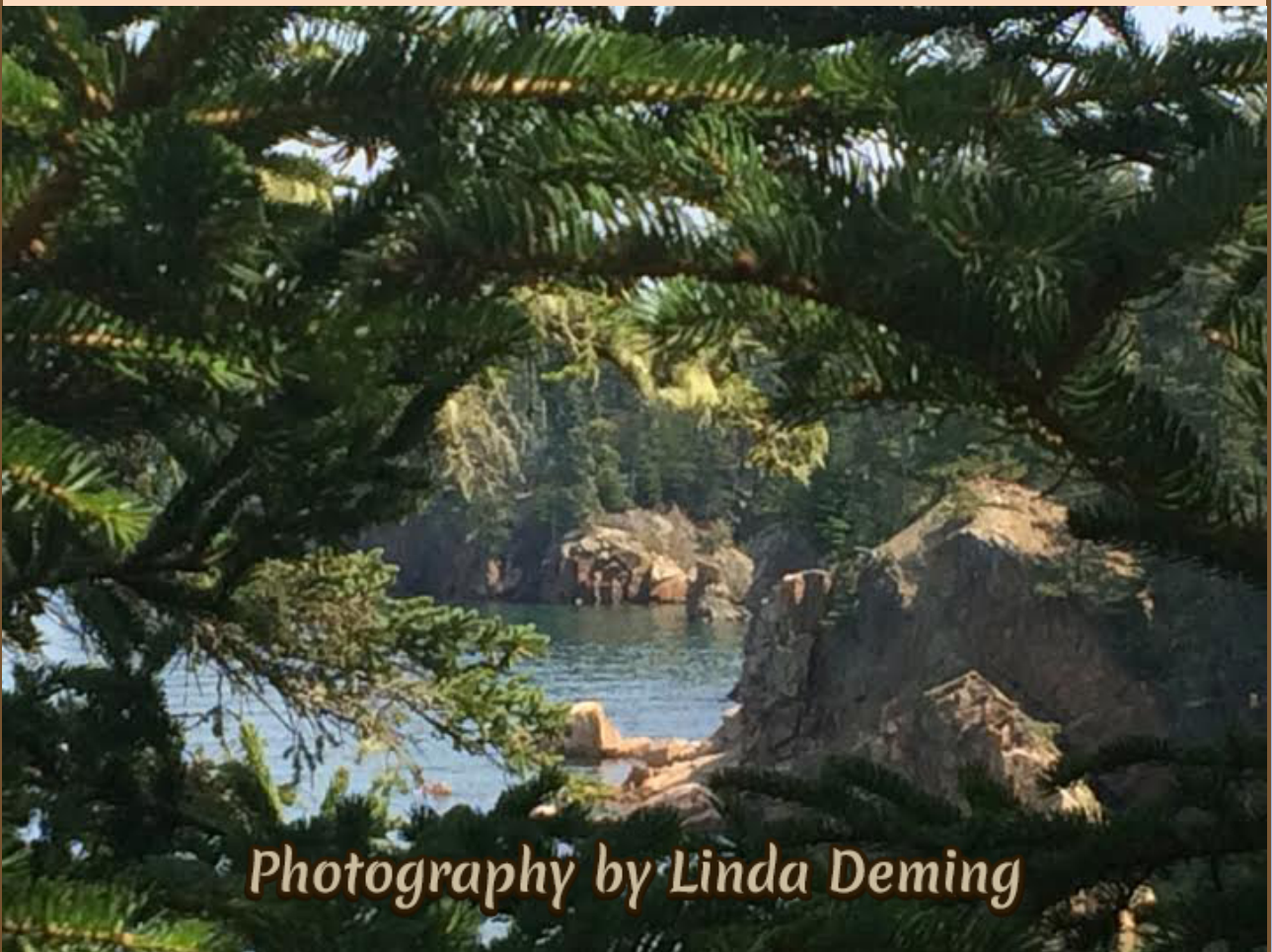




Children, Families & Communities



Photography by Linda Deming

Dear Friends,

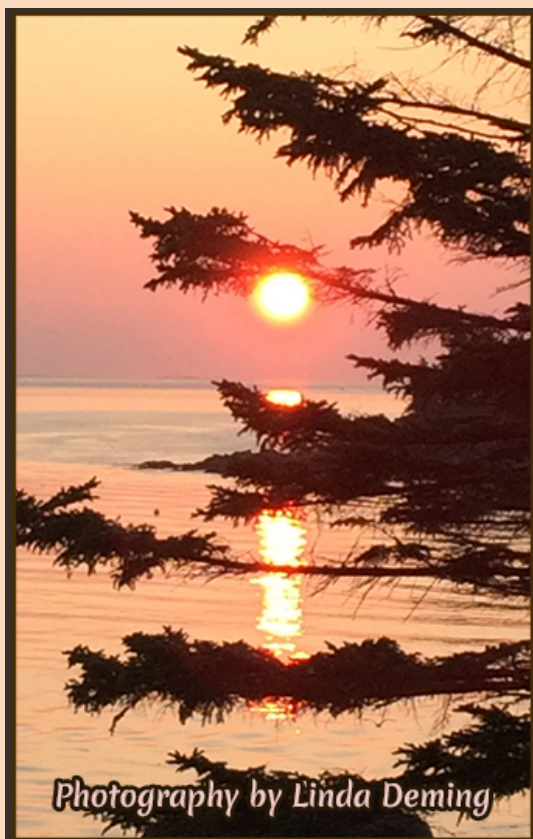
We feel deep appreciation for the stunning summer that is coming to a close. Here in Maine we had ample rain, interspersed with days of glorious sunshine. The trees, gardens, fields and landscape bloomed with energy. More importantly, many of us were able to visit with friends and extended families for the first time in over a year. We gathered in groups large and small, renewing our connections and enjoying the beauty together.

At Children, Families & Communities we are also feeling deep appreciation for the Presence in Healing summer retreat held in August. A small group of us were able to come together in a loving, supportive community on Sutton Island and explore our deepening connections to each other and to nature. Others participated in virtual classes, breathing in the elements, taking in the richness of the world, and acknowledging our strengths and insecurities.

Looking Ahead

As we look towards autumn we can harvest the abundance and gratitude of the summer and use it to face our uncertainties. Sometime in the past year we may have briefly had the thought that we understood the world. Now we are beginning to realize we don't.

There is so much we don't know, and that we can't control. But if we pause, and take a breath, we can feel our resources: our internal energy, our gifts, and the support that is all around us. As we breathe we can feel the movement of our ribs, embracing life. Within the uncertainty there is possibility. So let us pause and take a breath (repeat?). And wherever we gather - in person or virtually - let us take a breath together. - *Faith Perkins*



Photography by Linda Deming

Mini Grants

Is there a project that you've always wanted to do that would benefit children and families? CFC has mini grants available through the Karen Sjostrom Hedger Fund.

The intent of this fund is to support children and families to "get through the rough spots". Grant awards are \$250.00. If you have an idea please [visit our website](#) for more information and to complete a simple, online application.

Part-time and Mostly Remote

Job Openings

We are looking for someone who understands the excitement of sharing CFC with the virtual world to be our social media influencer. Typical work flow would be 1-2 hours/week creating stories and posts for facebook and instagram.

We are also looking for someone who is skilled with A/V to do occasional videotaping of live events.



"The Swan's Journey"
Painting by Greer Jonas

If you are interested in either of these jobs please contact Faith at yourcfccommunity@gmail.com

Save the Dates

Honor Yourself, Balance Your Life October 21-23. Virtual and in-person event. The in-person classes will be held in California.

Winter Grace December 9-12. We'll be sending out more information about this soon.



Many people are supporting us through AmazonSmile and if you purchase from Amazon we invite you to do this [here](#).



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Sure, I'd love to donate



Children, Families & Communities

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