

## Garden & Grace

*Growing our girls in Biblical truths and God's grace.*

Finding your place, nurturing healthy relationships, remembering who you are, and remembering who loves you; These are all guiding truths that grow us at any age. And they are especially important during the middle-school years. But where do we start? I read a quote not long ago that said, “And when you get to where you are going, turn around and help her too. For it was not long ago when she was you.”

As mothers, we are the gardeners. We plant and tend to, water and weed. The work never ends for a harvest we may never see. Parenting requires faith. The physical and emotional needs of our children are ever present, as well as our own. How do we slow down and identify intentional ways to connect with others and share the journey of parenthood through seasons of our daughter’s growth and change?

Beginning Fall 2022, Saint John’s Parish Family Ministry will host Garden & Grace, a small group, faith-based study and support ministry for mothers and their growing daughters. Inspired by the very garden we came from, this support ministry was created to remind us of the unfailing love of God throughout the ever-changing seasons of life, and in a faith community, we are never alone. Mothers and daughters alike will be asked to invest and commit to a weekly meeting group that rotates between study and support, structured on the biblical truths of scripture and the grace in which we grow.

**Topics of study and support include:**

- Home as a safe haven,
- Healthy balance and boundaries,
- Environments and influences,
- Growth and change,
- Healthy relationships,
- Love of God, love of neighbor, love of self,
- Self care,
- Social groups and growth,
- Character development and respect for others,
- Love is where you came from, and love is where you are going.

## When?

Classes begin after Labor Day and rotate weekly between Gardeners (Mothers) & Grace (Mothers & Daughters). Gardener groups meet weekday mornings and Grace groups meet weekday evenings. The purpose of Garden & Grace is to provide a safe and supportive space to reflect on our life in faith together and create meaningful relationships through study and encouragement.

There will be informational meetings offered prior to the start of the school year for those interested. We ask that your attendance together be a commitment and discourage “drop-in and drop-offs.” We will host one off campus overnight retreat, several fellowship socials, and will celebrate the end of the year with a mother-daughter tea. Breaks in meeting times will be observed according to the schools and church year calendar.

We look forward to featuring guest speakers, counselors, and educators in the fields of spiritual, physical, and emotional growth and faith development.

## Who?

ALL Mothers and daughters who hunger for inspiration, support and guidance are welcome! This means, the more the merrier: invite your friends & neighbors!

## Why?

Because parenting is hard, and growth is a process. We were made to support one another in community, and we were made for relationships.

## How?

The very nature of Garden & Grace grows from trust, support, and love. We ask that you make a commitment to attend our meetings and support each other by your prayers & presence. Saint John’s Parish Family Ministry facilitates the meeting space, leadership, and organization for this group, while participants are responsible for expenses to cover speaker stipends, retreats, and fellowship events. *\*This cost should not discourage participation, rather be a means to fuel creative possibility and agreed upon by mutual consensus.*