

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

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Yes, I know that officially, Mother's Day has come and gone already this year. But "Mommy Moments" don't always arrive on a predictable schedule. I had a poignant one the other weekend that I'd like to share.

Sunday, May 16th marked our 15-year-old son, Alex's, Coming of Age ceremony, the Unitarian Universalist equivalent to confirmation or Bar or Bat Mitzvah. After parking near the church that morning, Alex bounded out of the car because the youth were instructed to arrive early to review the details of the service. My husband and I made our way more slowly toward the church. I turned to my husband and mentioned that I wanted to stop by the church's meditation garden before the service to see the hanging chalice that the Coming of Age class gave to their mentors and leaders. Then I looked up and saw a man walking up the steps to the sanctuary and wondered for a moment who it was. I realized with a start, that it was our son! It was a good thing that there was time to collect myself before the service, because this choked me up and got me fumbling for tissues even before the ceremony began.

It's important to recognize and acknowledge the growth of our children. As parents, when we see our children every day, the changes in them are almost imperceptible. Often it's the weighing and measuring during an annual physical, the outgrown shoes (Alex now wears a size 12!), or the increase in the grocery bills that make us realize there's been a recent growth spurt. It's taken quite a few years, but I'm now thrilled to say that, except for our pets, I'm finally the one who weighs the least in our household.

Sometimes, there's a rite of passage to commemorate a transition into a new stage of life, other times, in the words of my poet mother, "The mind singles out moments to ordain in ceremonies all its own." We were asked to write and read four lines about our child during a celebratory dinner the night before the ceremony. It was a challenge to narrow down to the words that best described our son. We enjoyed the exercise and the chance to publicly acknowledge him for who he is and who he is becoming. Our older son Sam is graduating from high school in two short weeks, and we'll welcome the chance to acknowledge him and celebrate his growth as well. I'm sure there will be a Mommy moment or two during or leading up to graduation. In preparation, I've stocked up with a new multi-pack of tissue packets and am pondering the following:

What is the growth you'd like to acknowledge?

What strengths would you like to highlight?

How can you best express your feelings?

What will encourage and empower your youth as they enter a new stage?

I'm pleased that my son is interested in learning Reiki. He's received numerous Reiki treatments from me over the years and now wants to be able to give himself and others Reiki. That will be my personal gift to him for graduation. It will be a wonderful tool to equip him to handle the physical, mental, and emotional challenges of college life and beyond. Putting the power in his hands will be quite symbolic and may make letting go

easier for me. Given how teary I'm getting as I write this, I can see another Mommy moment in the making.

Upcoming Programs

Reiki I Training

Friday June 25

North Parish Children's Chapel
190 Academy Road, North Andover, MA
9 a.m.-5 p.m.
Fee: \$160

Reiki II Training

Saturday, June 26th

8:30-5 p.m.
North Parish Children's Chapel
190 Academy Road, North Andover, MA
9 a.m.-5 p.m.
Fee: \$240

Reiki Retreat

Immerse yourself in the learning and healing of a Reiki Retreat in the tranquil setting of the Rolling Ridge Retreat and Conference Center in North Andover, MA. Enjoy the double labyrinth, meditation benches, and lakeside trails of this 38-acre Georgian estate. A delicious lunch, healthy snacks, coffee and tea is included. You are welcome to join us for one, two, or all three days. Enhance the retreat experience by booking overnight accommodations directly through www.rollingridge.org.

Dates: Friday, Sept. 24-Reiki I
Saturday, Sept. 25-Reiki II
Sunday, Sept. 26-Coaching with Reiki Training

Time: 8:30 a.m. -5 p.m.

Place: 660 Great Pond Road,
North Andover, MA

Meals: Lunch, healthy snacks, and beverages included

Pricing: Reiki I - \$170

Reiki II - \$250

Coaching with Reiki I - \$90 - morning session

Coaching with Reiki II - \$90 - afternoon session

Save \$100 when you register for all three days for \$500.

Registration: Space is limited. Email or call to reserve your spot.

Reiki Refresher

If you've already taken Reiki I or Reiki II, you are welcome to repeat either or both trainings as a refresher. Each refresher training is \$90.

Group Mentor Coaching with a BALANCED approach

This group meets by phone three Thursdays a month 8:30-9:30 a.m. Cost and commitment: \$200 a month for a minimum of three months with a one-time \$25 materials fee for *Success with Grace: Grow a Profitable and Fulfilling Coaching Business*, a 97-page practice-building workbook.

Other programs

A good friend and coaching colleague of mine is offering the following:

++ The Paradise Path Women's Walking Retreat ++

During The Paradise Path Women's Walking Retreat you and 5 other women will spend three hours enjoying nature, as you give yourself the time and space to relax, rejuvenate and reconnect with your dream life! This retreat is held in an amazing part of Cape Cod. For more information or to register, please visit:

<http://www.betterthanevercoaching.com/retreats-paradisepath.html>

The EARLY BIRD rate of \$39.95 is available through May 29, 2010! Space in these retreats is limited and pre-registration is required.

Helen Kosinski will be your retreat leader. She is an ICF Certified Coach and owner of Better Than Ever Coaching. To learn more about Helen, please visit:

<http://www.betterthanevercoaching.com>

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