

## WELCOME TO THE YOUTH PROGRAM!

We'd love to get to know you and your child better! We believe that we create an active, healing, spiritual and educational space for the children of the Center for Spiritual Awakening. Spirituality happens every day, every moment as we model living in the world to our children. Children watch as we practice patience and gratitude, self-control, as we set loving limits, in everything we do. Spirituality happens too when we open our hearts and minds to learning from them, respecting them as whole people, and in accepting to let go of our control over them. Parenting itself is a powerful pathway to God, to recognition of your unique and beautiful God self. It is our hope that in our teachings at CSA, we can strengthen that process for you and your child.

A powerful take-home practice that we use in Junior Church is **Treatment**, or Affirmative Prayer. Treatment has 5 steps: recognition- know that God is all; unification- know that you are God, statement, gratefulness, and releasing. Here is how to do it at home with your kids:

- Step 1 Recognition: **God is** (hands raised to the heavens)
- Step 2 Unification: **I am** (arms square hands up around the head)
- Step 3 Statement: **I believe** (hands in prayer at heart)
- Step 4 Gratitude: **I am grateful** (hands crossed over heart)
- Step 5 Release: **I release and let go** (arms sweep down to the ground)

According to the law of mind, as you state it, it becomes, so by releasing the statement, you make it manifest.

### *A question for Ernest Holmes, founder of Religious Science:*

QUESTION—How about a mother with three children? I do get exhausted. How can friction be eliminated in family life?

ANSWER (Ernest Homes)—The crux of your whole problem is revealed in your closing sentence. The work to clear up this entire situation is within yourself. In the desire for domestic harmony, you are resisting to the point of fatigue, what appears to be in harmony. The stronger your emotional response to the in harmony, the greater will be your physical weariness. Do not waste your efforts in trying to change another. Direct all your mental and spiritual powers toward freedom for yourself. Speak your word along these lines: "I forgive everyone, even myself; no inharmonious element can obtain in my home. Everyone connected with this household is unified and identified in love, understanding, wisdom and illumination, and everyone is expressing his perfect part of the perfect Whole. I know there is a Divine Presence here, responding to my call, and I know that that Presence, I am." When the old attitudes present themselves, refuse to recognize them. Silently say: "My real home is in Divine Mind, and my home is a haven of rest, a place of peace." Watch your emotions. Eternal vigilance, positively practiced, will heal the situation, and your work and your family will be a joy to you.

### *With love and respect,*

Karen Shihadeh, 831-521-9393 and Janie Lundy, 831-915-9744

Center for Spiritual Awakening Teachers

To learn more join our Facebook Group, <https://www.facebook.com/groups/PCCspiritualparenting/>.

*A waiver of liability and photographic release form is attached. Please sign and return as per your preference to the CSA office or to a CSA youth teacher.*

## WAIVER OF LIABILITY

The Center for Spiritual Awakening (CSA) has provided a caregiver for your convenience at this Sunday program. You agree not to hold CSA liable for any injury, loss, damage, claim, or death to your child as a result of any deliberate or unintentional action or inaction, or negligence on part of any caregiver hired. You understand and agree that if your child suffers any injury of any kind, you are solely responsible for any and all medical costs incurred as a result of any injuries or claims incurred as a result of, or claimed from, the caregiver. You, on behalf of yourself, and any minor children, and on behalf of your assigns, heirs, or executors, do hereby waive any and all claims, losses, damages, and/or suits of any nature, related to this activity, against CSA, or any representative thereof.

**YOU HAVE READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGN THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT FOR BOTH YOU AND YOUR MINOR CHILDREN.**

\_\_\_\_\_  
Parent/ Guardian (Print Full Name)

\_\_\_\_\_  
Name of Minor Child(ren) (if any)

\_\_\_\_\_  
Signature Date

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## PERMISSION TO USE PHOTOGRAPH

I (I do not \_\_\_\_\_ ) grant the Center for Spiritual Awakening the right to take photographs of me and my family in connection with the organization. I authorize CSA, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that the Center for Spiritual Awakening may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

**I HAVE READ AND UNDERSTAND THE ABOVE:**

Signature \_\_\_\_\_

Printed name \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

Signature, parent or guardian \_\_\_\_\_  
(if under age 18)

**CHILD(REN) INFORMATION**

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Telephone(s) Home \_\_\_\_\_ Mother/Guardian's cell \_\_\_\_\_

Father/Guardian's cell \_\_\_\_\_

Mother/Guardian's Name: \_\_\_\_\_

Email address \_\_\_\_\_

Father/Guardian's Name: \_\_\_\_\_

Email address \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

Siblings --- Names and Ages \_\_\_\_\_

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Allergies (food/ environmental) \_\_\_\_\_

Special Needs (learning, developmental, motor, fears, aversions) \_\_\_\_\_

Other concerns \_\_\_\_\_

*Thank You!*