



## WHAT'S GOING ON?

### *2911 Gives Back: Social Responsibility*

In August, we have asked for people to share how they positively contribute to others and/or their community. This is our way of acknowledging their contributions and providing ideas for others who are looking to give back. We are also challenging everyone to do something in the next three months to show their social responsibility.

### *It's back to school/college time!*

We will be providing encouragement, reminders, advice, and insights on our social media platforms.

### *August 26 is Women's Equality Day!*

2911 Group is celebrating our 5-year anniversary! Look for opportunities to celebrate with us!

SO IF YOU WANT TO MAKE A  
DIFFERENCE IN YOUR CHILD'S  
LIFE. BEGIN BY BUILDING UP  
THEIR HEART AND MIND —  
ONE STRONG, BEAUTIFUL  
WORD AT A TIME.



LISA JACOBSON



## Raising Socially Responsible Young Women

One of the values of 2911 Group is social responsibility. Being socially responsible means acknowledging accountability for the impact of one's choices on the larger world. No one can change the world by themselves. However, our smaller actions not only add up, they encourage others to positively impact communities too.

How can you influence young women to be socially responsible?

- **Give back** – Help them find opportunities to positively impact others. It could look like delivering meals, participating in a blood drive, or doing missions work.
- **Encourage their passions** – what interests them? Maybe they can volunteer at an animal shelter, learn more about [ethical fashion](#), or knit hats for babies and chemo patients.
- **Help them find a diverse support group** – are they surrounded by people just like them? Help them create a diverse group of friends and mentors to support their learning and growth.
- **Consume responsibly** - Look at where the products you buy are made, find out about companies' practices with their employees and the environment, buy sustainably, locally, or DIY (Do it yourself) when needed because the goal is always to consume less.....and recycle!
- **Social media** – Encourage them to use social media to promote positivity and kindness

The best part is being socially responsible can be a family affair. Volunteer together. Connect them with people you admire and places that made a difference for you. Be curious about what they think, what they are learning, and how they see the world. Create a safe space for great conversations and powerful actions.

## What Can You Learn from a Bridge?

A bridge takes separate land and makes common ground. A leader takes individuals and creates a common vision. This is the message of the [Community Bridge](#) in downtown Frederick, Maryland by artist William Cochran.

2911 Group recently toured the bridge with four inspiring young women and talked about how to tap into belief and perseverance, to build community by connecting with others, seek to understand, be open to different perspectives, and build others up.

You can empower young women to be leaders – whether they hold a formal title or not. Young women’s understanding of their role is shaped by what they hear, observe and experience. Make simple changes in your behavior to support leadership development:

- ask what she’s reading and offer to discuss or recommend future readings
- encourage participation in a STEM activity rather than telling her how pretty she looks
- take time to be a mentor to a young woman and provide experiences to expand their perspectives and connections
- ask questions to enhance problem solving and strategic thinking skills
- acknowledge when they show up as a leader and celebrate their successes



\*If you are in or near the Frederick area, we encourage you to check out the Community Bridge. The artist will be restoring the bridge soon. Maybe you will get to see him in action! Check it out!

## HOW TO BE MORE CONFIDENT

1. STOP COMPARING. STAY FOCUSED ON YOU.
2. RELAX. GO WITH THE FLOW AND DON'T STRESS THE LITTLE THINGS.
3. LOVE YOURSELF. YOU ARE A GIFT. NOTHING WOULD BE THE SAME IF YOU DIDN'T EXIST.
4. BE POSITIVE AND LOOK FOR THE GOOD IN EVERY SITUATION.
5. DO WHAT YOU LOVE. LIFE IS TOO SHORT TO WASTE YOUR TIME DOING ANYTHING OTHERWISE.

## Resources

[5 Simple Ways to Build Confidence in Young Girls](#) – be your own coach, embrace failure, end online agony, drop the drama, and ban perfectionism.

[One of the Hardest Lessons of Parenting a Teen is to Learn to Step Back](#)

[10 Positive Christian Affirmations for the Everyday Woman!](#)

[5 Everyday Habits for Young Women to Build Courage](#) – Entertain discomforts, remind yourself of strengths, evaluate risks, review your values, and make your own decisions.

[How to Raise Socially Responsible Girls](#)

[How to Embolden Young Women to Become Brave Leaders](#)

[30 Ways to Make Your Daughter a Better Leader](#) - If you have a daughter, here's how to instill leader-worthy qualities through smart parenting strategies.

Want to know more about 2911 Group? You can email us at [group2911@aol.com](mailto:group2911@aol.com) and we will be happy to share information and/or set up time to talk.

Looking for positive messages, helpful resources, and fun activities for you and the young women in your life? Keep up with 2911 Group on social media! We are on Facebook, Instagram, Twitter, and LinkedIn.

## Storytelling of Art

Downtown Frederick, Maryland is full of art. One of our 2911 Volunteers, Donna Rosano, is also a Public Arts Commissioner and volunteered to select five art installations to tour with a small group of young women and then discuss what they learned from the experience.



Water Lily Wave by artist Thomas Sterner



The mural, designed and painted by artist Rafael Blanco, features jazz great and Frederick native Lester Bowie.



Barbara Fritchie mural by artist Kirk Seese



The mobile mural "Black Girl Magic" by lusmerlin



"Windswept" Sculpture by Svend Bue Rondum

The group talked about community, spreading love, sharing our gifts and talents with the world, knowing that God has a plan, and envisioning what you want your life to look like five years from now and using that as a focus moving forward.

What's in your backyard?



***There is hope and a future for you!***

## Let Go and Let God

By Kim Bradley

Have you ever heard the phrase “Let Go and Let God?”

I have heard it many times throughout my life, and my response was usually another oft-heard phrase: “Easier said than done.”

However, in light of the pandemic, I've been trying to make some changes, including relying more on God than on my own frenzied form of scheduling. One of my favorite Bible verses in that regard is Proverbs 23:26: **“Give me your heart, and let your eyes observe my ways.”** A beautiful description of surrender.

So, this summer, I made plans to vacation in a country where I had never visited, didn't speak the language, and didn't know anyone. My intention was to “Let Go and Let God” without worrying and planning every little detail. I got so into the whole surrender thing that I couldn't even remember exactly what time my flight left.

In my prior life, I would have checked the traffic on my route to the airport via google maps daily for at least 7 days, to get a feel for what the delays might look like on the day I was to leave. (Does this sound familiar? If so, don't worry, there is hope!)

Instead, I looked up the flight departure time once, counted backward a few hours to allow international check-in time and the typical drive time, and then put an alarm on my phone for when to leave. I never thought about it again.

I didn't worry.

I didn't second guess my timing.

I didn't envision accidents or traffic gridlock on the route.

I simply gave my heart to God and had faith that it would all work out. Not just a feeble hope, mind you, but a true belief and faith that all was well. (By the way, this is a good feeling, and I've noticed that it really works with almost everything in life.)

Surrender does not mean that everything happens perfectly. Not at all.

What it means is that even though chaos may be swirling all around, you stay rooted in your belief

that you are loved and protected and all is well. Any fear or anxiety that arises isn't fed, so it only stays for a moment, then politely takes its leave.

Yes, there was a traffic jam on the New Jersey Turnpike, but I didn't let it affect me. I blessed the other drivers on the road and trusted in God.

Yes, I missed the entrance to the long-term parking lot three times before I got it right. No big deal.

And as a little reward for my faith (or at least this is what I like to think), the shuttle bus driver was the most friendly, sweet, amiable human I could have asked to meet. We got to talking about growing our favorite vegetables and trading recipes that our grandmothers passed down to us. It was only a 10-minute ride, but we were both enjoying the conversation so much that instead of dropping me at the main terminal, he drove me right up to the closest entrance to my departure gate. We had a wonderful little chat, I got an awesome recipe for summertime greens, and he saved me about 800 yards of schlepping around the airport with my luggage.

I hadn't even gotten on the plane yet, and the surrender thing was already working!

I believe that when you allow God to do the planning (rather than micromanaging every minute), you leave room to be blessed in ways that you couldn't have predicted, considered, or even dreamed of. That's the beauty of surrender.

My vacation got better and better from there, from being invited to a special village festival (because my car was parked in the wrong place) to a private tour of a remote 11<sup>th</sup> century monastery featuring priceless Byzantine mosaics. Neither one of those activities was booked or planned or even expected – they were simply offered to me because I had given my heart and was willing to “let go and let God.”

Are there any opportunities for you to let go and let God?

