



# 2911 Parent's Newsletter



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## WHAT'S GOING ON?

### [Catching Up with Sophia Casey](#)

Sophia Casey is a certified coach, authorpreneur, and Corporate trainer. She is also one of our former speakers. Catch up with what she has been up to since she spoke at our 29:11 Young Women's Conference.

### *2911 Sharing Good Stuff*

We love to see what our 2911 family loves to do! And we love to share that with you! Look for our new videos with information, tips and tricks on things like healthy cooking, baking, journaling, and lots more topics!

### *2911 Virtual JOY Revolution Repeat*

Did you miss it? We had such a positive response to our June 2911 JOY Revolution that we are offering it again on Thursday, July 30 @ Noon EST! This is a virtual zoom meeting for young women ages 13-21. It's a free event! Register [here](#).

### *2911 Good Challenge*

2911 puts good into the world and you can too! Our next 2911 Gives Back is a virtual event scheduled for July 27 – August 8. We are challenging everyone to put good into the world by acknowledging others for their goodness, doing acts of kindness, and challenging others to do the same.

This is a great challenge to do with others - the young women in your life, your family, your friends..... It is also a great challenge to think about the young women in your life and how you can recognize them for the goodness they put into the world.

We will be posting more information on our social media sites and website in the next couple of weeks so you can get ready to put good into the world!



## The Importance of Resilience

By Kim Bradley

According to Merriam-Webster, resilience is the “ability to recover from or adjust easily to misfortune or change.” Given the events of the last several months, it is likely that we've all faced some level of misfortune or change. How do you recover from and adjust to difficult situations? What does resilience feel like to you?

Certainly, some people seem to be naturally resilient, easily adapting to new situations, noticing silver linings, and handling challenges with optimism and positivity. Others may be resilient only in certain situations. For example, I could easily bounce back from one of my daughter's teenage meltdowns, showing love and compassion despite any vitriol slung my way. Hand me a work problem with an impossible deadline, however, and it's a whole different story. I'd sulk about the injustice for days.

Where are your pockets of resilience? Are you able to recover from another driver's road rage or does it ruin your day? If a coworker, family member, or even a stranger criticizes you, can you rally despite the negativity, or will you take it out on others? Each of us has areas in which our resilience shines. Take a moment to think about difficult situations in which you have easily adapted and recovered, showing kindness and empathy rather than judgment or fear. Those are your pockets of resilience! The good news is that whether your resilience is nearly non-existent or powerfully present, it can be further developed and expanded through practical action (just like building muscle). In addition, there are several simple ways to help your children strengthen their own resilience.

Three Ways to Build Resilience as a Parent:

1. *Strengthen your connections to others.* Having friends, family, and a broader community to share in difficult times validates your feelings, provides needed support, and reminds you that caring about people and having them care about you is a welcome comfort in troubling times. Make a call, send a card, or simply text someone to tell them you are thinking of them. Forging those connections is one of the best

ways to increase your resilience.

1. *Practice self-care.* Prayer, meditation, rest, hydration, and connecting to what is important, even for just a few minutes a day, will energize the muscles of resilience and allow you to better adapt to difficult challenges. We often notice that babies are not themselves when they haven't had their sleep, and the same goes for adults. Take care of yourself to take care of your family.
2. *Nurture healthy thoughts.* We cannot always prevent negative or stressful experiences, but we can control how we think about them. Thoughts of catastrophe and despair block our access to resilience. Try viewing a negative experience from a different perspective to exercise your resilience muscles. With practice, your ability to choose healthy thoughts will improve.

Four Ways to Cultivate Resilience in Your Child:

1. *Provide a safe and supporting environment.* Encourage her to try new things without fear of failure. Mistakes and failure are inevitable when children are learning to navigate the world around them. Allowing your child to fail without disapproval or negative consequences bolsters confidence and resilience.
2. *Emphasize progress rather than final outcome.* A disappointing grade or inability to reach a goal can be devastating for a child; helping her to focus on the effort rather than the outcome strengthens resilience. Show her that the journey is far more valuable than the destination.
3. *Cultivate a habit of reflection.* A friend recently began a practice of meditating on gratitude with her 10-year-old daughter to help her handle stress about tests in school. Each night at bedtime, they share three things that they are grateful for, and make three positive statements about themselves. Just a few minutes of reflection each day enhances resilience, and my friend reports that doing this together has not only helped her daughter, but her too!
4. *Develop a sense of belonging to a group.* Whether it is a church group, a club, a team, or simply a gathering of friends and neighbors, encourage your child to commit to something bigger than herself. Striving for a common goal and being there for others when they need you can create a valuable feeling of belonging. This strengthens both community and resilience.

We hope you try some of these steps to increase your resilience, and we would love to hear from you about other ways that have helped you develop your resilience muscles!

## Resilience Resources

Identify activities that you can do together.

- Create vision boards
- What do they love to do? Play soccer? Listen to music? Bake? Discover their passions and share them with them.
- Volunteer together
- Perform random acts of kindness
- Make time for celebrations
- At dinner:
  - each person names three things they are grateful for from that day.
  - Go around the table and give compliments. The compliments cannot be on visual traits.

Look for opportunities to engage in dialogue. A great way to do this is by watching a video or tv show together, reading a book, or having a family movie night. This leads easily into dialogue about what you watched or read.

### Short Videos

[Famous Failures](#)

[The Power of Yet: Sesame Street](#)

[Nature is Resilient](#)

### Books

[Sometimes You Win – Sometimes You Learn for Teens](#) by John Maxwell

[Grit: The Power of Passion and Perseverance](#) by Angela Duckworth

[The Grit Guide for Teens](#)

[Anne of Green Gables](#) book series by LM Montgomery

### Feature Movies

Hidden Figures (Rating: PG 2016)

Wonder (Rating: PG 2017)

Brave (Rating: PG 2012)

Soul Surfer (Rating: PG 2011)

The Karate Kid (Rating: PG 1984)

### TV Shows

When Calls the Heart (Hallmark, Netflix)

Heartland (UP Tv)

### Discussion Questions:

- What are three things you are grateful for?
- What brings you joy?
- How can you spread joy to others?
- What is the hardest thing you've ever done?
- What are you good at?
- What are your dreams?
- What are the hard parts of life? How do you get through them?
- What do you do when you want to give up?

## Lessons Learned Raising Young Women

*Insights, Stories and Advice from Parents Who Have Been There*

**Jenny, Mom of Lindsay and Lauren**

As a "girl mom" life has taught me many lessons that in turn, I hope I've taught my girls.

First, I've learned that girls are a blessing. While it seems the American dream is to have a son, I've found that girls are great helpers and become devoted, life-long friends. In fact, the Bible demonstrates that so beautifully in the story of Ruth's devotion to Naomi. Ruth wouldn't leave her mother in law and remained connected to assure she had companionship and support. Girls have an innate characteristic to nurture and that is a characteristic to positively acknowledge, help develop, and encourage.

I've also learned the resiliency of girls. While it is so easy to desire raising them as princesses who await that knight in shining armor to take care of them, the truth is girls need to know how to endure life circumstances with resiliency themselves. I raised my girls to be independent, flexible, and able to manage the surprises life brings. These are traits that will serve well as they either await the right partner, or as they enjoy a healthy relationship.

Finally, one important thing I continually learn as a girl mom, is to teach boundaries. Because girls are nurturers and resilient, it can be easy to lose sight of the importance of their value. To be the women God intends us to be, we must take care of ourselves and that means we must teach our girls it is ok to set boundaries. Boundaries are necessary for self-care, contributing to healthy relationships, and contributing to life balance.

I'm thankful for the privilege and honor to be a "girl mom" and recognize my girls are designed by God to be my lifelong blessing.



## What might you have missed?

*Catching up with Sarah Cary*

Watch the [video](#) with the young woman in your life to hear what Sarah Cary, former 2911 speaker and performer, has been doing. Don't miss the end where Sarah shares her gift with us!

*Girl Dad Video*

Did you miss the [Girl Dad video](#)? We have a special appreciation for Girl Dads. A father's influence in his daughter's life shapes her self-esteem, self-image, confidence, and opinions of men. Watch what Joe - a dad of four grown daughters, Kevin - a dad of two sons and two daughters, and Bryan - a dad of four young daughters have to share about being a Girl Dad. We love their huge hearts!

*JOY videos*

Did you miss your chance to submit a JOY video? There's still time! Finish the sentence "Joy is....". Feel free to involve others or use props. Finish by saying "Today I choose joy!" Keep it around 2 minutes. Check out other joy videos on our website. ([www.2911group.com](http://www.2911group.com)) Be creative! Have fun! Send to [group2911@aol.com](mailto:group2911@aol.com).

## Choose JOY!

Did you know joy can coexist with other emotions? In the same day, you can experience pain, grief and joy. It is your choice. You can choose joy every day.

*Today I Choose JOY*

We choose JOY! We took videos sent in by people just like you who shared with us what joy is to them and declared "Today I choose JOY!" and compiled them together into a series of JOY videos. Need a joy boost? Check out the [videos](#).

*2911 Virtual JOY event*

On June 17, 2020, 2911 Group offered the Virtual JOY Revolution. The hosts were Taylor Becker and Megan Woodford. Taylor just finished her sophomore year at James Madison University in Harrisonburg, VA. Megan is finishing her first year as a third-grade teacher at Waxpool Elementary School in Ashburn, VA. They are cousins and have been a part of 2911 Group since the very first event.

They engaged the group in conversation about the craziness of 2020, what brings them joy, how to focus on joy, and brainstormed ideas on how to spread joy to others.



**We are offering this free session again! Do you know a young woman who would enjoy the experience of talking about joy with other young women? Do they need a little joy in their life? Or encouragement to share joy? [Register](#) them today!  
JULY 30 @ 12:00 PM EST**

**Keep up with 2911 Group! Are you following us on social media? We are on Facebook, Instagram and LinkedIn.**



## Here's what some of our JOY participants had to say.....

*Participant #1:*

I really enjoyed participating in the virtual JOY Revolution. It helped me expand ways I can embrace joy for myself and spread it to others. I was inspired by what everyone had to say and my main takeaway was that it is important to take time for yourself to give thanks and highlight the little positives in life that are sometimes taken for granted such as being healthy. Once you give yourself time to be grateful, it is easy to spread joy and positivity to others.

*Participant #2:*

The joy event gave me a lot of perspective about how myself, along with my friends, have been feeling during the global pandemic. The joy event helped me to find other ways to feel and spread joy throughout these times. I am trying to focus more on how to find joy within my life since I cannot do the things I would normally do. I'm trying to appreciate the smaller things in life now and focus on how I can spread joy to others around me. I'm actually really glad I attended the virtual event and I look forward to what life has to bring in these times to come.

*Participant #3:*

The 2911 joy event that I attended through a Zoom meeting really opened my eyes to many different ways I could create joy in my life and other lives to get through the crazy times we are living through. When talking as a group about what joy was and how it is spread, I was able to realize how much my personal joy is reflected by others joy and knowing others are happy and healthy. After the event, I went through everyday looking for parts of the day that I could create laughs for others and myself because that naturally makes life so much better! This event inspired me to write a letter to a teacher I had in high school to share my appreciation for her and my best wishes through her next journey in life, retirement! I loved this event and felt as if I learned a lot about myself and about how to spread joy, even if the world isn't full of happy times right now!