

SPECIAL FORUM FOR ECK PARENTS:

Parenting with Grace and Creativity



Date: _____

Time: _____

Location: _____

Facilitators: _____

Program Description:

Enjoy this golden opportunity to engage in spiritual discussions with other ECK parents. Let the MAHANTA inspire you as you share your parenting adventures.

Supplies needed:

- “My Parenting Question for the Master” forms with Donation and Release on the back for parenting question submissions
- Discussion topic signs for each table
- Printed Q&As from Parent Blog for each discussion table
- Copy of *Your Children and the ECK Discourses*
- Printed copies of “Teaching My Small Child about ECK” Q&A from Parent Blog (one for each attendee)
- *Letter of Light* issues to go on each table (if possible)
- Quiet activities for young children who attend with their parents, such as
 - Crayons
 - Coloring and activity sheets
 - Foam modelling clay

Outline

<p>Welcome & facilitator introduction (Slide 1) – (5 min)</p> <p>Warmly welcome parents to this event, which has been created specifically to support them as ECK parents in the adventure of raising their children in ECK.</p> <p>Let parents know that during the forum, their children can color the coloring sheets or complete the Soul Travel shape puzzle, and do other activities provided.</p> <p>Facilitators express gratitude for being in a room full of ECK parents, with the opportunity to share and learn from each other. It is such a gift to listen to each other's experiences and get ideas and inspiration from the Inner Master and each other about raising our children in ECK.</p> <p>Let them know:</p> <ul style="list-style-type: none"> • Today we have we'll have a wonderful opportunity to connect and share with each other in table discussions, with three different topics you can choose from. [Share topics so they can consider which one interests them]. <ul style="list-style-type: none"> * Helping our Children Balance Spirituality and Technology * Parenting Adolescents in ECK * I am the Only ECK Parent in My Family • And we have a wonderful panel, who will be sharing their experiences with "Weaving the ECK Teachings into our Children's Everyday Lives." <ul style="list-style-type: none"> *[Note: Invite a parent and their adult child who grew up in ECK]. 		(2 min)
<p>Opening Quote and HU Song</p> <p>Invite parents to join in the special opportunity to sing our love song to God with other ECK parents.</p> <p><i>To begin, we wanted to share a contemplation seed to launch our afternoon adventure together. It is a beautiful quote which has special significance for us as parents in this Golden Age of ECKANKAR! We are all learning together, as we pass these golden teachings along to our children, and we invite you to imagine the spiritual adventures you have with your children helping to form future generations in ECK.</i></p>		(3 min)

<p>Share quote: (Slide 2)</p> <p>“Today we are setting the example for how the teachings of ECK will be taught in the future, how our children will teach their children.”</p> <p>— Sri Harold Klemp, <i>How the Inner Master Works</i>, p. 22</p> <p>Lead HU Song (Slide 3)</p>		
<p>Questions for the Master (7 min)</p> <p>This really is a special time, and one of the things we find exciting and incredibly helpful is Sri Harold’s invitation to us as ECK parents to send in our questions for the Master about raising our children in ECK. And you can do that online right from the Adventures in ECK Parenting blog site.</p> <p>Share URL: ECKParents.org (Slide 4)</p> <p>Sri Harold’s answers have been published in <i>A Modern Prophet Answers Your Key Questions about Life</i>, Book 3, and in the “Spotlight on ECK Families” page in <i>The Mystic World</i>. However, many of them appear first on this site, on the “Ask the Master” page. (Slide 5)</p> <p>If you scroll down to the bottom of that page, you can submit your questions online. (Slide 6).</p> <p>However, we invite you to take a moment now to contemplate a question for the Master that is in your heart to ask. Then you can write it on the form you’ve been given, and sign the Release form on the back, and we’ll submit it for you! <i>[Provide attendees with a Question form with a Release on the back, for them to write on and sign.]</i></p> <p>Maybe your question will be answered here today! It is still great to send it in, though, because it may help another parent who wasn’t able to make it to this forum. And if you’d prefer your question to be anonymous if it is published, simply note that at the top of the form.</p> <p>Note: <i>Facilitators can mail completed forms to Youth and Family Services, ECKANKAR Spiritual Center, P.O. Box 2000, Chanhassen, MN, U.S.A. 55317-2000.</i></p>		(7 min)

Tip # 1 (Slide 9)

“When you receive a subtle sign that helps you meet a problem, pass it along to [your children]. That is an ideal way to teach a highly useful spiritual talent that will outlast the latest electronic device.”

– Sri Harold Klemp, *The Mystic World*, June 2019

Tip # 2 (Slide 10)

“Keep the Spiritual Exercises of ECK short, to fit the attention span of each child. Ask each to share inner experiences if so wished. And do family HU chants.

“Best, show your love for your children. And for the spiritual exercises.”

– Sri Harold Klemp, *A Modern Prophet Answers Your Key Questions about Life*, Book 2, p. 153

Spotlight on *Letter of Light* (Slide 11)

Facilitators share that the *Letter of Light* is another wonderful way to bring the ECK teachings to life for our children.

Parents can:

- read the articles to their children
- read and discuss Sri Harold’s answers to the questions other youth have asked
- encourage and/or help your children do the activities and puzzles
- help your children submit their own stories and questions for the Master to Letter_of_Light@eckankar.org.
- help your children submit their Questions for the Master directly online at ECKYouth.org/Questions for the Master. (Slide 12)

Quick call out: Ask parents if they have done any of these things with their children, and how it went.

(3 min)

<p>Conclusion - (5 min)</p> <p>Invite parents to send in their parenting stories to ECKANKAR as the MAHANTA continues to show them how to live the ECK within their families.</p> <p>Share closing quote: (Slide 13)</p> <p>“As a reminder, everyone in a family has gathered in this lifetime to take advantage of the best possible circumstances for each to excel spiritually.”</p> <p>— Sri Harold Klemp, <i>A Modern Prophet Answers Your Key Questions about Life</i>, Book 3, p. 76-77</p> <p>Lead closing HU.</p> <p>Thank you for coming! We appreciate you taking the time to fill out your comment forms and would love to hear your ideas about what you would like to see at future forums and what topics you’d like to explore.</p> <p>Please also share ideas for any resources you feel would be helpful to you as an ECK parent.</p> <p>Share quick Resource Reminder: (Slide 14) New activity sheets have been posted on the Adventures in ECK Parenting site, and more are being added on a regular basis. They are a fun resource you can use at home, on a road trip, or to supplement your child’s study of their discourse. 😊</p> <p>Thank you again! (Slide 15)</p>		<p>(1 min)</p> <p>(2 min)</p> <p>(1 min)</p> <p>(1 min)</p> <p>Total: 60 min</p>
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