



# AT HOME

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with Cathedral for Kids!



## The Spiritual Wisdom of Parents

May 15, 2020

Dear Friends,

When it comes to messaging about “the spiritual life,” it can feel like parenthood is one season where we have to put spiritual growth on hold. After all, people who are deep in the weeds of parenting don’t have time for the silent retreats or hour-long meditation sits. We’re busy changing dirty diapers, wiping runny noses, and making sure the homework is done, and this work - the work of raising children to become good human beings - is often viewed as separate from the work of growing in God.

I feel that tension in my own spiritual life sometimes. And yet...like many of you, parenting has been one of the most spiritually stretching and rewarding endeavors of my whole life. It is not a mistake that in Scripture Jesus often uses the analogy of parenthood to explain the true nature of our relationship of God. ***When people can only conceive of God as an absentee deity or a volatile tyrant, Jesus redirects them to the image of a beloved parent - one who guides, supports, corrects, and above all, loves.***

I’d like to encourage you today that despite some messages we receive about Christian spirituality, parenting is ***not*** a distraction to our spiritual lives. ***Rather, parenthood is another path into the deeper mystery of what it means to belong to God.*** In fact, I believe that you have access to spiritual wisdom found in your experience of parenthood that enriches and enlivens our whole faith community.



That is why I could not be more excited about this week's launch of the *Center for Spiritual Imagination* here at the cathedral. ***The Center's mission is to offer a structured path for spiritual growth and just living for people in all seasons of their lives.*** And over the next year, we will be creating supplements specifically for you, including parent small groups, teaching series for families, and contemplative practices for parents and kids alike.

Come visit us here - [www.spiritualimagination.org](http://www.spiritualimagination.org) - and check out our free streaming meditations led by Father Adam. They are worth sneaking 30 minutes of time just for you, and they so helpful when it's hard to keep your bearings. In all of this, I'll hope you join me as we grow in God and grow our families together!

## CATHEDRAL FOR KIDS LIVE ON ZOOM

We'll be continuing with our live Cathedral for Kids service on Sunday, May 17th at 10:15 AM. You can access this service on Zoom by using this [link](#) (password: 222277). This week's gospel reading is [John 14:15-21](#), which focuses on the connections between love, the Holy Spirit, and the way we live our lives.

As usual, we will be doing a live love feast during this service, which is simply a fellowship meal similar to the meals Jesus shared with his disciples. For the love feast, you will need the following items:

- A story rug (can be anything...be creative)
- A small snack
- A drink for each member of your family
- A candle (placed a safe distance from your feast!)

We'll be sharing gritudes on our story rug as well as the snack, reminding us of the holy fellowship we share with God and each other. And if you miss our live service, definitely use our Cathedral for Kids video, which can be found anytime [here](#).

## FAITH AT HOME ALL WEEK LONG

This week we are making art to thank medical workers, but we're not the only ones in the thanking business. Children's author and Kennedy Center Artist in Residence Mo Willems has been doing some wonderful work with kids online, including his new series *Thank You Thursdays*. In one of the most recent episodes (found [here](#)), he makes a card for medical workers in a fun and zany way. It's like Bob Ross for the school age set, and if that's the target audience in your household, it is a wonderful way to remind us - with laughter and joy! - that expressing our gratitude can also be fun.



As always, we're here for you, and keep doing hard things--

Blessings,

Mother Morgan



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