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Eremos Consulting Group

Facilitating Transformation for Clergy, Congregations, Nonprofits and their Leaders

The Fox of God

"Spring is arriving and this is the first time that weather and time have allowed me to come out here to 'just be' for awhile. The birds are making their nests in the old familiar places. Iris and tulip bulbs are breaking through the ground. The crocuses have already bloomed! I should probably put fresh bird seed in the bird feeder. Life is breaking out anew around me...And yet I am aware I'm scared."

I am sitting on my back porch and this is the beginning of my journal entry for the day. Life is good and it is a beautiful spring day... and yet I am scared. Concerns about finances, work, launching of young adult children, health of extended family, attending to my own health, planning for the future. All of this crowds into my mind and heart, and what I'm left with is a vague uneasiness - an anxiety about what will happen in the coming days and months. I want to trust but the words are empty.

Then there is a quick movement that I catch out of the corner of my eye. A beautiful red fox is loping gently across the wideness of our back yard. Arriving by jumping over the 6 foot wooden fence, it then disappears behind the juniper bushes that edge our "secret garden" on the side of our yard.

"God... is that you loping across my fear and sadness and anxiousness? Letting me know that what seems a barrier is only a launching point? Leading me on into the venture that seems hidden and secret now?"



There was a gentleness in the fox's movement - not rushed or hurried, but timely nonetheless. And with a sense of purpose because it knew where it was going. Are there babies to care

Spring 2012 - In This Issue

The Fox of God

CardinalCare Lay Care Training

Nonprofit Leadership Groups Forming

Nonprofit Executive Director Leadership Groups starting Fall 2012

It's lonely at the top ... especially if you are an Executive Director of a nonprofit. If you or someone you know is interested in joining a small group of fellow executive directors from non-competing organizations please contact us for an application.

for hidden in a nest underneath the low-hanging evergreen tree branches. Is it realizing that our yard provides safety from predators? Or was it simply a shortcut to get through to another destination? Does it even matter?

The fox seems like a messenger from God, declaring there is a holy presence that moves effortlessly through the turmoils of my life - bringing my anxious mind to focus on the here and now instead of the what-ifs of life. It seems like a presence that knows no barriers and will lead me to what does come next. I take a deep breath ... and another ... and another. Can I trust this fox? **Will I choose to trust this foxy, holy presence that bids me follow? Maybe.**

Another deep breath ... and another ... and I feel some of the weight lifting from my heart. As I do I notice the birds again, busy building and softening their nests - preparing for the new life that is coming.

Spring is here ... now. There may be another round of snow, probably several before spring is through, and there is preparation that needs to happen with various aspects of my life and work as well as within my heart and soul for what is yet to be. And I know that really bad things can happen despite our best efforts and to really good people. **But for now, in this moment, I can be grateful for what is now.** A warm sunny day, the sound of birds calling, connecting with each other, the gentle breeze that lifts my soul, the flowers nudging their way through the darkness to reach the light, the fox that graced my mind and space for a few moments, and an open heart to see and receive these gifts today.



"Thank you, God...at least for today, at least for this moment. I am here. And I will trust you as the future unfolds. Help me to follow your foxy presence."

May you also be blessed with the time to observe and "see" God in the moments of your life and work, especially in unexpected ways. May you follow the fox of God.

Blessings for the journey,

Group members meet monthly to:

- * share developments in their personal and professional lives,
- * encourage and support one another,
- * share best business practices and recommendations on products and services,
- * and hold one another accountable to do good and to do it well.

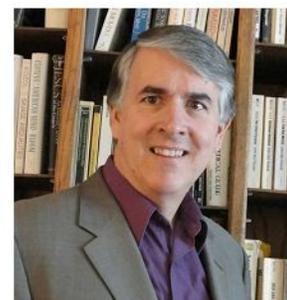
All discussions in the group are strictly confidential.

A professional facilitator from Eremos will keep the group on track and provide additional outside materials and information to stimulate group discussions.

For more information, costs, or to request an application please contact:

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Elizabeth

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CardinalCare: The Heart and Soul of Caring

Jane Barton, Presenter

Saturday, June 2, 2012

8am - 1pm

First Plymouth Congregational UCC
(Hampden & Colorado Blvds in Denver, CO)

Underwritten by AARP Colorado

Eremos joins with AARP & First
Plymouth UCC to offer
CardinalCare Lay Care Training.



Jane Barton

One of the greatest challenges we face in the United States today is effectively and compassionately caring for one another. Whether challenged by illness, disability, or the natural process of aging, we will all require the help and assistance of others - professional healthcare providers as well as family and friends. CardinalCare is an affordable, effective approach to caregiving that organizes a group of informal caregivers to provide trusted, sustained, and continuous support to an individual or family in need - communal care. Primary caregivers need not feel isolated, alone, and exhausted. Family members, friends, and community members who are called to share the care transform the experience for all involved. By coming together and sharing the responsibilities of care, we experience the heart and soul of caring.

AARP is fully underwriting the cost of this program in tribute to one of their staff members who received care from just such a care team during a two year period. It is their hope, along with First Plymouth and Eremos, that a variety of congregations and community members can learn how to similarly develop care teams

to serve individuals and families in need within their own circle of care. The program is appropriate for all faith traditions and backgrounds.

To register for this free training, please call
1-877-926-8300
OR click on the link below to go to the AARP
online event registration.

[REGISTER NOW for CardinalCare](#)

We look forward to seeing you there!

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