

AND, WHAT WERE YOU TOLD?
JUNE 24, 2020

Candle Lighting and Opening Words:

If you keep eating raw spaghetti
you'll get pinworms,
then I'll have to make
a necklace of garlic for you to wear
each night while you sleep,
until they go away.

If you're mean to your younger brother, I'll know
because I have a special eye
that spies on you when I'm not home.
You cannot hide from it,
so don't try.

If you touch your "down there"
any time other than when using the toilet,
your hand will turn green and fall off.

If you keep crossing your eyes
they will stay that way
until the wind
changes direction.

It is bad luck to kill a moth. Moths are
the souls of our ancestors and it just
might be Papa paying a visit.

If you kiss a boy on the mouth
your lips will stick together
and he'll use the opportunity
to suck out your brains.

If you ever lie to me
God will know
and rat you out.
And sometimes
God exaggerates.
Trust me
you don't want that
to happen.

"Lies My Mother Told Me" by Elizabeth Thomas from *From the Front of the Classroom*. © Antrim House, 2008.

Check-In:

Focus Readings:

From our mothers and fathers, from the mentors of our youth, including young friends who influenced us with their thinking, we absorbed a lot of wisdom, delusion, helpful hints, superstitions, and, perhaps lies. As we grew up, the voices fed us their views on Religion, Sex, Politics, Relationships, and what sports teams to root for.

“There is more to a boy than what his mother sees. There is more to a boy than what his father dreams. Inside every boy lies a heart that beats. And sometimes it screams, refusing to take defeat. And sometimes his father's dreams aren't big enough, and sometimes his mother's vision isn't long enough. And sometimes the boy has to dream his own dreams and break through the clouds with his own sunbeams.”

— **Ben Behunin, Remembering Isaac: The Wise and Joyful Potter of Niederbipp**

“Our parents can show us a lot of things: they can show us how we are to be and what things we ought to strive for, or they can show us how not to be and what things we ought to stray from, then you may have the kind of parents that show you all the things about you that you want to get rid of and you realize those traits aren't yours at all but are merely your parents' marks that have rubbed off onto you.”

— **C. JoyBell C.**

“How can it be, after all this concentrated effort and separation, how can it be that I still resemble, so very closely, my own detestable mother?”

— **Gabrielle Hamilton, Blood, Bones, and Butter: The Inadvertent Education of a Reluctant Chef**

“Only children simply accept the fact that their parents have the right to make choices for them. Even disobedient children never question the fact that their parents have that right. They may choose to flout the rules, but they don't question their parents' right to make those rules.”

— **The Mirror of Maybe**

“When you hate your parents or dislike certain traits that they have, you are actually giving them more attention and directing your energy toward them. They occupy your headspace, so how could it not affect your choices in life.”

— **Yong Kang Chan, Parent Yourself Again: Love Yourself the Way You Have Always Wanted to Be Loved**

Moment of Silence for Reflection

Questions:

1. As a child, what were you told or what was modeled by your parents (i.e. Religious, Social, Political, and/or Relational)?
2. What values from your parents did you keep?
3. What did your parents teach you that you treasure most?
4. What did you discard and how did that impact the relationship with your family?
5. How long did it take you to 'change' the old baggage?

Likes/Wishes**Closing Words:**

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.
And so may a slow
wind work these words
of love around you,
an invisible cloak
to mind your life.

--John O'Donohue,
last stanza of Beannacht, from "To Bless the Space Between Us"