



Youth, Parent and Family Information

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Welcome to Families at the Center for Spiritual Living Capistrano Valley
From our Senior Minister Rev. Dr. Heather Dawn Clark

Dear Families,

I am so grateful that you have chosen our Center to be part of your spiritual journey. I trust that you are experiencing a feeling of "coming Home." It is our intention to have a fully functioning, multi-generational community in which all ages, ethnicities, orientations are welcomed and served. Serving our youth has been a huge heart intention for many years.

I want everyone to leave our Center knowing that they are all born into original goodness and that they are loved by their Creator!

With love,

Rev. Dr. Heather Clark
Senior Minister, Spiritual Director

Welcome to Families from our
Director of Youth and Family Ministry

Beloved Families,

It is my joy to welcome you to our youth and family programs where we connect, reflect and grow. Here, all ages and stages are welcome as together we explore and expand our understanding and experience of spiritual truth.

This guide has been created so that you can be familiar with our philosophy and the programs that we offer. Please feel free to contact me at any time to support you and your family. I am here for you.

Infinite Blessings,

Rev. Pattie Mercado
Assistant Minister, Youth Director

SUNDAY PROGRAMS

Who We Serve:

The Center for Spiritual Living Capistrano Valley youth team serves all youth - infants through the teenage years.

How We Serve:

Sunday morning at our center is designed for all ages. We welcome your children into the youth department as early as 10AM for supervised creative play. This allows a social connection time for the children while supporting parents participating in the pre-service meditation. *Teen morning meetings begin at 10AM; the primary and preteen classes begin promptly at 10:30 a.m.*

Infants and Toddlers

Our nursery is staffed by two loving individuals who care for our youngest attendees with kindness, wisdom and love. Safety and fun are our primary guidelines for this age group.

Preschool, elementary and preteen

These classes are designed to transition our youth through the various levels of participation and understanding using developmental and age appropriate activities while taking into consideration each child and his/her unique expression.

Teens – Age 12 ½ - 18

Our In-flight Teen Group is a safe space for teens to gather together and experience and share the application of the principles of Science of Mind in a supportive, respectful, and loving atmosphere. Check with a teen advisor or the youth director for a current meeting schedule.

Children in the Adult Service

We welcome all ages in our celebration service. Children are requested to be in attendance with an adult (i.e. parent, grandparent, guardian or youth teacher.) We offer our “Tranquility” room located at the back of the sanctuary for families whose needs are better served in a semi-private space.

What we Teach

Children As Spiritual Beings

In our center, children learn they are spiritual beings. They are one with God and each other. They have an intelligent creative power to use.

Youth church is more than just Sunday childcare during the adult service. It is more than the crafts or even the lesson, and it is all of these. It is the place our young people meet, connect and build friendships in our spiritual community. It is a place where growth occurs within everyone who participates and all are welcome.

In our classes, we use curriculum written by Centers for Spiritual Living Youth and Family Ministries as well as the collaboration of our volunteer team. Each class includes age appropriate prayer, silence, sharing, activity, craft and discussion. Movement, music, ritual and stories are consistently utilized by the teachers.

Our library resources are for teachers, parents and the youth. Included in our library are parenting books, children's stories, inspiration and more. If you would like to borrow a book or recording contact our youth director.

Our Sunday youth classes are described in our Sunday Programs. Additionally, we have special events throughout the year, including summer camps and holiday events.

Serving our Youth

We are committed to consistent, fun, and relevant Sunday youth classes. Our classroom volunteers are all students of the Science of Mind and have consistently demonstrated an application of Principle in their own life.

All teachers undergo a National background check, a period of mentorship and on-going training in order for them to work with our youth.

Our Youth department continues to grow and expand offering volunteer opportunities on Sunday and during the week. Parents, grandparents, young adult and adult siblings are encouraged to participate in our youth program. Opportunities include Sunday classroom teachers and helpers, summer camps leaders, special events volunteers or during the week helpers assisting with craft preparation, classroom maintenance and decoration.

Our center is blessed to have a full time youth director to serve our community. All youth and family programs are under the direction of Rev. Pattie Mercado. Pattie is available to provide spiritual counseling and support to you and your family.

Current Programs and Groups for Families

Sunday: Youth Church and Teen Group

Tuesday: Kids Day Out - a cooperative playgroup for children ages 2+

Tuesday: Middle School Group- a social connection for youth in 6th, 7th and 8th grade.

1st Thursday of the Month: Parent Forum – a relevant and empowering insight into the life of a parent. Childcare provided.

Camps, Socials and Family Events are held throughout the year.

Find out more about any of these programs by contacting Rev. Pattie

Policies and Procedures

At the Center for Spiritual Living Capistrano Valley the safety of your children is essential to our youth program.

All youth are to be signed in at the youth entrance. This is the first door on your right when you enter the building. Once the youth have been checked in they will be supervised in the playroom and classrooms until they join you at the end of the service.

Re-uniting you and your children at the end of the service:

Near the end of the service, the youth and teachers will be invited into the adult service as a group and onto the platform for the benediction. All of the youth are encouraged to gather on the platform, however, if a child prefers to go directly to their parent at this time we will honor their choice. At the conclusion of the benediction all children join their parent/adult that they arrived with for the closing song. It is our intention by having the children join their parent for the close of the service that you share the energy and love of the community, and that the children are safely and efficiently returned to the parent/adult care.

Our building is a fabulous demonstration of community. The first floor is dedicated to our spiritual community activities. Here we have our beautiful sanctuary, youth classrooms, bookstore, kitchen and our church administrator's office. The second floor is where our Senior Minister, Bookkeeper and Youth Director have offices as well as business office suites which are occupied by tenants. Youth are not allowed upstairs unless they are accompanying an adult, or are there for specific church business. Some tenants may be in their office on Sunday and we respectfully honor their work space.

Our center is committed to providing a "well-child" environment. As the parent, you know your child best. Please be considerate and mindful of the other families when determining if your child might need to stay home for health and well being.

Code of Conduct and Heart Agreements

The Youth and Family Ministry is committed to a joy-filled and sacred environment that is also a physically and emotionally safe place. Together we create that space with clear expectations and loving guidance so that all children have a meaningful experience. At all times the children will be treated with respect and consideration.

Young Children

Separation can be as hard for the parents as the child. Parents are welcome to stay with their child for any amount of the service that they like. Our volunteers and nursery staff are sensitive and well equipped to support your child in separating from you. If your child remains or becomes inconsolable for 10 minutes, we will send a volunteer to the sanctuary to alert you and bring you to your child. At that point you are welcome to stay with them in the classroom or have them join you in our "Tranquility" room or the sanctuary.

School Age Children

Our commitment to a meaningful and safe classroom experience is at the heart of our code of conduct. If a child is not able to honor our classroom agreements he/she will be given the option of working on their own, with a practitioner if one is available, or a volunteer until they are able to rejoin his/her group. This is not considered a time-out as punishment but a time to "go-in" to reconnect with their heart agreement. Our teachers and volunteers are committed to the unique expression of each child and his/her value to the group. It is our intention for our youth to recognize their value, as well as their part in creating a sacred space where everyone experiences connection and inspiration. A copy of our Heart Agreements can be found in this parent information guide.

Heart Agreements

In order for every child to feel safe and loved, to express their God qualities to the fullest, to learn and grow in healthy ways and to have fun, we each (including the adult volunteers) agree to the following:

- ♥ To speak loving words by seeing the good in self and others.
- ♥ To show loving actions by sharing and cooperating, respecting the 'body space' of others and maintaining in-door volume and activity.
- ♥ To respect self and others by listening when others are talking, honor quiet times of prayer and meditation and look for the good in myself and fellow classmates.
- ♥ To respect the Center for Spiritual Living Capistrano Valley property by caring for our books, supplies and other materials and caring for the building and grounds.
- ♥ To be helpful by assisting in clean-up when finished with a project or activity.
- ♥ To participate fully by trying new things, being open to new friends and being willing to join with others for full group participation.

Contact Information

Center for Spiritual Living
Capistrano Valley

949-240-6463

Rev. Dr. Heather Clark, Senior Minister
drheather@cslcv.org

ext. 102

Rev. Pattie Mercado, Youth Director
pattiem@cslcv.org

ext. 105

Cell phone: 949-280-3721

Kirsten Thomas, Teen lead advisor
Mrpuff1960@gmail.com

949-388-8138

Center mail address:

Center for Spiritual Living Capistrano Valley
1201 Puerta del Sol, Suite 100
San Clemente, CA 92673

Connect with us:

www.cslcv.org

<http://cslcv.blogspot.com/>

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