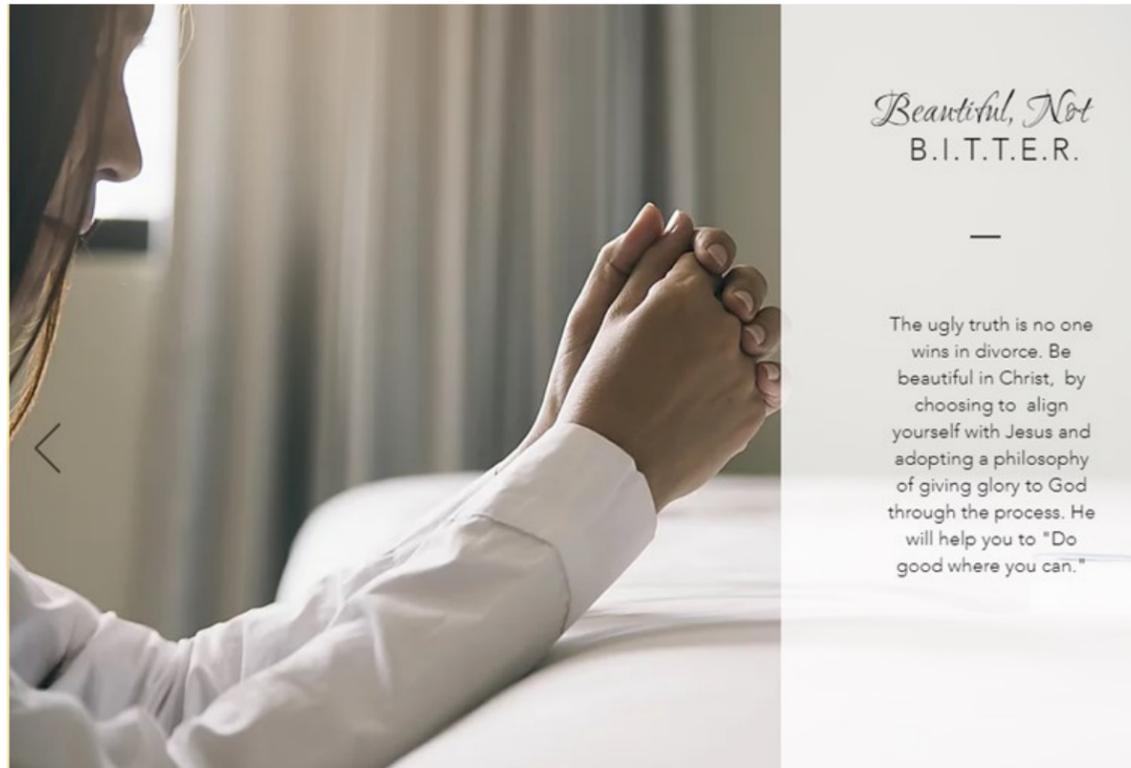


Divorce Recovery and Support



Do you find yourself facing divorce, and feel as if you are alone? Are you struggling to determine your next steps?

Beautiful, Not Bitter is a new workshop designed for women who are ready for a fresh start, and those who need support during the critical life change of divorce.

The workshop materials offer practical tools that benefit women of any background, who desire personal growth in a supportive environment - all are welcome.

There is hope!

Gather with others in small groups of 3-5. Also available as 1-1 life coaching.

Registration begins Fall 2020. For more information email: admin@elizabethlambertspeakingandcoaching.com

transform your spark, ignite your inner fire



Growing Your Garden

This time of year, my appreciation for our city is renewed! Our streets lined with trees bearing pink blossoms, shaded pathways that weave in and out of nooks and crannies, hidden trails, and babbling creeks that flow in the interior of the city like secrets waiting to be told. These are part of Mill Creek's natural charm. Spring and summer neighbors work to beautify their yards and gardens. It puts a smile on my face as I pass their homes on my run. Soon we will see recognition of a job well done for those to be included in the Mill Creek Garden Club's annual Tour. We are fortunate to live in such a beautiful place.

As you work on the garden in your care, weeding beds, planting flowers, laying down bark, and pruning trees remember to care for the most important gardens of all, your relationships. When was the last time you "planted" something new to keep your relationships fresh and vital? It's so easy to believe that those around us know that we love them and care for them, especially when we express love in practical ways or see them daily. However, love expressed intentionally, and in new ways convey messages like, "I see you in a fresh way." "I am grateful to have you in my life." "You are worth it." Expressions of love are important for each of your most intimate relationships.

How do you say "I love you" to your spouse or significant other? Do you remember how you felt when you first met? Some of the people I admire have a profound beauty to their relationships, that is almost mysterious. These relationships not only stand the test of time, but there is a special connection between the couple that seems to embody a unique blend of friendship and romance. It's beautiful! To freshen up your relationship with your significant other try something new. During the shelter in place restrictions, I enjoyed videos of couples doing funny dances together, cutting and

coloring each other's hair, and picnicking waterside. Be fresh in your approach to love. Try a couple's sip and paint class, write a note or poem and hide it in a pillowcase or a favorite pair of pants, take a dance class or surprise your love with breakfast in bed, just because!

Saying I love you to your children, beyond the use of words, is an incredible way to instill a sense of worth. As children express their individuality parents may find that they are not as they envisioned. My daughter fell in love with horses as a young girl, and we purchased a horse when she was eight. I knew nothing about horses, hated dirt, and farm smells. It was my love that said yes to her. I learned everything I could about horses, sat through lessons in the freezing cold, learned to properly bathe her horse, clean its feet, give medications, and to do minor training exercises to prepare them both for shows. She never knew how afraid I was of horses during those early days, and by the time she was fifteen, I loved the horse world as much as she did. We can say I love you by embracing our children's passions and participating in the things they love. When we do, we give them confidence and provide security in their lives.

Last, and certainly not least, saying I love you to aging parents is a precious gift to them that should be given often. As parents age, life slows down for them, but the world appears to move faster. I no longer have my parents, and that causes me to consider what my children and grandchildren are missing. The tender sincere love of older people is like no other love. To express love to your parents visit often, one day they will be gone. Spend time talking about things they love. Being out and about together will be things you remember after they are gone. Listen to the stories they tell over and over as if it was the first time you heard them. They are worth it.



Love is a gift that can be expressed in many ways. It should never be treated as an obligation or taken for granted. Like the gardens in our beautiful city, love must be cultivated to thrive. As you plan beautification projects this year put your relationships at the top of the list, and watch them blossom!