



Initial Invitation to Group

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Hello Friends,

We are hoping to start a Courageous Girls group with friends whose daughters are going into [fill in grade levels] and who are interested in exploring some important topics that our daughters will face (or have already faced) in school, at home and in life. While our main focus will be issues that our children are facing, one of the primary resources we will turn to is the Bible for direction and encouragement on how to address things. In this sense, the group will also be like a mini Bible study, too.

The study would consist of meetings once per month on *[insert whichever day of the week you've chosen here]* in addition to a few outside activities and events that will be optional along the way. We also hope to have a retreat for the group of moms and daughters during the year (date TBD). The hope is that you would commit to the dates now and then protect them on your calendar so that we have as many girls and moms at each meeting as possible. The cohesiveness of the group and the richness of discussion we have will be much better when everyone feels comfortable and safe, and that really happens best when there is consistency and shared experiences.

Here are a few details about the group and a PRELIMINARY list of meeting dates:

Commitment - Each month there will be a conversation topic for you and your daughter to participate in with our CG group. There will be 8 conversations in total over the course of the school year. The idea is that our group discussions will serve as a launch pad for additional discussions that you and your daughter will have in the environment of your choice: With her at bedtime, on a walk, at a restaurant, driving to school, etc. After I facilitate our first get together, my hope is that each of you moms would feel comfortable leading one of the monthly gatherings so that we can each have a vested interest in this special group. All of the curriculum is provided for us and available on the CG website for you to look over. There are also books and additional resources shared on the website as well as a book written especially for you - *Courageous: Being Daughters Rooted in Grace*, by Terra Mattson, the founder of Courageous Girls. If you haven't read it, I suggest you order yourself a copy and read it!

My goal and hope is that this group of moms and daughters will choose to continue meeting for at least four years (possibly beyond), and develop life-long relationships. Monthly homework will be VERY LIGHT, mostly consisting of having a conversation with



your daughter and possibly doing some journaling. Reading would only be done as you and your daughter choose to dive into resources together. There is no required reading.

Current Plan for Meetings - Ideally it would be nice to meet at different homes each month. I think meeting in a home setting will allow the girls to feel more comfortable and help them open up more readily, as well as allowing us to avoid having conflicts with meeting spaces and finding a place that is in between where we all live. However, if that is not an option, there are some local establishments that we can reserve space at for these meetings.

Preliminary Schedule for the First Year -

[replace with your chosen meeting dates and times]

Sunday, September 25, 3:00-4:30 at my house (Year 1, Month 1 Outline)

Sunday, October 30, 3:00 - 4:30 (Year 1, Month 2 Outline)

Sunday, November 27 (weekend after Thanksgiving), 3:00 - 4:30 (Year 1, Month 3 Outline)

Sunday, December 18, 3:00 - 4:30 (Year 1, Month 4 Outline)

Saturday, January 28 - Sunday, January 29 - Group Retreat TBD (Year 1 Retreat Outline)

Sunday, February 26, 3:00 - 4:30 (Year 1, Month 5 Outline)

Sunday, March 26 (first Sunday of Spring Break), 3:00 - 4:30 (Year 1, Month 6 Outline)

Sunday, April 30, 3:00 - 4:30 (Year 1, Month 7 Outline)

Sunday, May 28, 3:00 - 4:30 (Year 1, Month 8 Outline)

Here is some information that might be helpful from the CG Website:

Courageous Girls Vision Statement - To equip moms and daughters to have regular and committed gatherings, in order to transform lives by fostering confidence, resiliency and grace-filled relationships. Utilizing an ongoing process that incorporates both biblical and clinical inspiration, moms and daughters will know the depth and breadth of Christ's love, discovering their God-given value and purpose along the way.

Hopeful Outcomes -

- 1) Honest conversations -- opening lines of communication now that will carry into the future
- 2) Prayerful support between all moms and daughters in the group
- 3) Develop strong mother/daughter and father/daughter relationships
- 4) Equipping moms with answers on how and what to address with their daughters as they mature into young ladies (especially beneficial as we will all be representing various schools, neighborhoods, peer groups, etc. and will have lots of personal experiences and ideas to share and learn from).
- 5) Deeply knowing God's love for each of us and how His Word (from the Bible) applies to our lives, especially in the hard times of life
- 6) Develop confident young women who know they are loved and know how to love other people well
- 7) And most importantly - friendships, fun, laughter and memories!



Summary of the Plan:

- ~ *[replace with your chosen meeting days and times here]* Meet from 3-4:30 the last Sunday of every month
- ~ Each meeting will consist of a snack and/or drinks, conversation, a craft or activity, a monthly scripture/verse and a small homework task to work on together as mom and daughter.
- ~ Rotate homes so that each family hosts one of the monthly meetings. We can sign up for dates once we narrow down the group. I will host the first meeting. ;)
- ~ One overnight retreat during the year.

Please let me know if you have any questions and if the above highlighted dates will work for you and your daughter. I would love to have your response by *[fill in date here]* so that I can prepare for everyone who will be in attendance at our first meeting, where I will have a schedule and an outline of each monthly topic for you.

Thank you for prayerfully considering making this loving commitment to your daughter! Relationship with you is likely what she MOST needs during these formative years!

Kindly,

[Add Your Name]

[Add Your Contact Information]

