**GIFTS OF IMPERFECTION:**

**7/29** Intro

**8/5** Guest Speaker: Overcoming Perfectionism while raising a child on the Spectrum; pp. 7-21: *Courage, Compassion, & Connection*

**8/12** pp. 7-21 continued; handout article on ‘Shame’ from *The Atlantic*

**8/19** **Break**

**8/26** Discuss article on ‘Shame’ from *The Atlantic*; pp. 23-30: *Exploring the Power of Love, Belonging, and Being Enough*

**9/2** pp. 31-47: *The Things that Get in the Way*

**9/9** *Friedman’s Fables “The Bridge”*

**9/16** **Break**

**9/23** pp. 49-54: *Cultivating Authenticity: Letting Go of What People Think*

**9/30** pp. 55-62: *Cultivating Self-Compassion: Letting Go of Perfectionism*

**10/7** pp. 63-75: *Cultivating a Resilient Spirit: Letting Go of Numbing and Powerlessness*

**10/14 Break**

**10/21** Communication Skills: “*Say What You Mean, Mean What You say, but Don’t Say it Mean”*

**10/28** pp. 77-85: *Cultivating Gratitude and Joy: Letting Go of Scarcity and Fear of the Dark*

**11/4** pp. 87-97: **Guideposts 5 & 6**

**11/11**  pp. 99-110: **Guideposts 7 & 8**

**11/18**  pp. 111-124: **Guideposts 9 & 10**

**11/25** ***– Thanksgiving and Christmas Break! We will Resume in January with new material that the group chooses.***

**\*Scripture References:**

Session #1- 7/29: Exodus 3: 1-15

Session #2 – 8/5: Matthew 22: 35-40; Mark 12: 28-34; Luke 10:27; Galatians 5:1

*This list will be updated weekly. Please check back for more information.*

**\*Supplemental Resources:**

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