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Subject: Transformation Tuesday: Confessions of a recovering helicopter mom
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Transform & Radiate with Cheryl



Live Radiantly

Confessions of a recovering helicopter mom

It's amazing what you can learn about your loved ones – and yourself – through a single experience. I've written before about the trip my son and I took to JH Ranch, a Christian summer camp that involved lots of adventure, lots of terrifying heights, and lots of life changing events.

I have a cool story that goes out to any woman who perhaps struggles with letting go of ... control (as if I have met one that doesn't in one form or another). The story is about a 10 foot vertical wall and the need to get 10 people – our team 5 moms and 5 sons – over it in 7 minutes, including planning time. It started with a challenge. And ended with some pretty profound life lessons about my relationship with my son...and myself.

What can YOU take out of this?

Holy Yoga Invites you to This Week's Slow Flow

Breastplate of Righteousness



Monday November 19
6:30 PM PVPC

Tuesday November 20
9:00 AM 201 South Roscoe
Blvd, Ponte Vedra

**...guard our hearts above all else, for it is the
source of life. Proverbs 4:23, CSB**

Week 2 of our series on the Armor of God... a heartfelt message for all as we drink in the good news of our righteousness.

Week 1 (today at 9:00) we will be meditating on the Belt of Truth (1 spot left).

Be sure to check out class listings

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at: <https://transformandradiate.com/pages/classes>. Don't forget to register!



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