

Hi there, join me in holding space for 2025



I'm not a big fan of the word GOAL. I'm just not. For me, it just sets me up for failure when I don't meet it.

That being said, I *am* a fan of embracing a new year. Christmas day wasn't even over and I was feeling that shift in my spirit. There's a sweet spot after the fullness of the Advent & Christmas seasons are over where we can just winter for a couple months, allowing our mind & body to reset and rest. A time for pondering how life could change or be different than it was the year before.

For some of us, we are just so glad that the year is over, and we made it. We survived.

The next weeks can provide time to abide in the stillness winter brings and allow God to heal weary hearts.

Looking back and looking forward are healthy practices to ground ourselves and become aware of our lives as they actually are and the possibilities ahead of us.

I hope the following pages serve you in a way that is helpful in your journey.

Much love,

Dawn

If I am new to you, let me introduce myself. I'm Dawn...woman, wife, mom. I live in rural PA on our family farm. I am passionate about being authentic, my faith in Jesus, real community, and supporting mental wellness and conversations around it. I enjoy creating and finding beauty in all sorts of ways, learning and growing, and I'm loving being in my forties. I would love to have you join the online community I host called The Holding Space. It's a mishmash of all the things I love and care about!

the past year

Reflect on the last year, or even the last 6 months.

What emotions come to the surface? Write them down.

What challenges did you face? Are you still facing them?

If you can remember a year ago from right now, how is life different...
how are you different?

Are there people that have had a negative and/or positive impact on you? In what way?

the past year

Where or when did you feel most content. What experiences brought peace and you felt most like yourself?

How did you experience God this year? Did your faith change in any way? How?

Journal below any other feeling or words that come...

the year ahead

Are you hopeful for the coming months or dreading them? Or both? Why?

Based on your answer of what made you feel most like yourself in the past year, how can you lean into that more moving forward?

Are you willing to take action in your life to create the change you desire? What would that require of you?

What are you carrying alone? Could you share that with someone who can lighten that load? What is holding you back?

Watch what God does, and then
you do it, like children who learn
proper behavior from their parents.

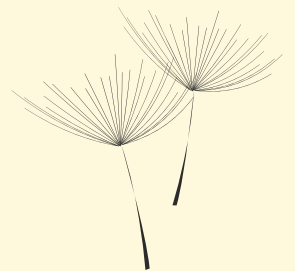
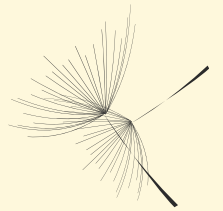
Mostly what God does is love you.

Keep company with him
and learn a life of love.
Observe how Christ loved us.

His love was not cautious but extravagant.

He didn't love in order to get
something from us but to give
everything of himself to us.

Love like that.



holding space


Holding space can look very much like belonging. I spent much of my life feeling as though I didn't belong.


Over time I realized that women are so much more alike than different. I was not alone. In fact, I was in a great company of women who also felt that same sense of loneliness that could never quite be filled.


I realized that the gifting I had of empathy and leadership needed to be part of my purpose, and was called to share my heart with others, holding space for them to belong, to themselves and each other, and to know they are beloved by God. This excerpt from Sarah E. Westfall's, 'The Way of Belonging' puts beautiful words to all that I was feeling and why I believe in the value of holding space. The question she often asked herself changed from:

"What does it look like to belong?
to
How can I be a place of welcome?"

This shift altered my posture from me to we. Because instead of wondering how to fit in, I began to consider what it might look like if we could be "home" to one another. Belonging is not something to attain, but someone to become. It is not about finding the right place, or the right people, but about embracing our worth as God's beloved, and then extending the welcome."

 @theholdingspaces

 www.the-holding-space.com

 The Holding Space