



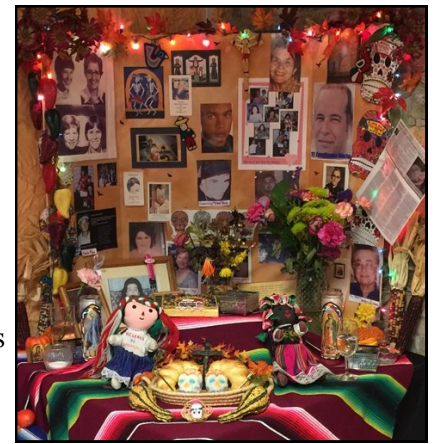
Volume 1, Issue 11

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# Fr. Dave's Notes

Dear Friend of Casa Romero,

In the spirit of the season, we Casa Romero always sets up its altar for the Latino community's celebration of Dia de los Muertos (All Saints/All Souls Day). In keeping a keen memory of our departed loved ones, we can also remain conscious of their wisdom, witness and legacy to us. So we share with you a photo of this year's altar.



## Art Club Spotlight

We are always trying new ways to communicate our message to our youth. We do day long retreats, but not every school can do one of these. We do afterschool programs, but that is not always efficient, either. So, Here is a short report on how we are taking an after school program (ART CLUB) into the school day and taking some of our retreat mat themes and sprinkling the content throughout the students' semester.



The past few months have been very eventful and super-charged within the youth programs of Casa Romero Renewal Center. We have started several new projects and endeavors, including a series of monthly workshops at Vieau School and the launching of Art Club: *Discovering the Artist Within* this semester at Notre Dame Middle School (NDMS). During the first-ever Art Club off-site at NDMS, Valencia Lynch, our new Youth Programs Director, has been working diligently to cultivate an experience for 18 fifth graders where they are able to learn about themselves and their community through art. As of

September, these fifth graders have had bi-weekly sessions where they have been able to learn about various topics as ocean conservation, ancient pottery of Mesoamerica, and recycling through various art projects. During one of the most profound art lessons, Valencia was able to use a crayon melt art project to teach the girls about how they can overcome painful or emotionally charged situations using art.

During this lesson, first Valencia led a guided breathing exercise to introduce inner-balance and centering to the students. Later she explained the art project which used silhouettes of the girls choosing and melted crayons, speaking to them about the loss of her father through this art project. The silhouette she chose had an adult and baby elephant facing one another and in the corner of the canvas read, "a father's love lasts and eternity." Many girls had questions about the loss of a parent, a very real fear of many students, but especially one who has a mother with a terminal illness. The student cried but was able to ask many questions she may not have the space to ask in other circumstances. The work that Casa Romero does, especially with the youth is very connected to our healing journeys as adults and our ability to be able to transmit our experiences with youth who need to dialogue about critical emotional issues in their lives. Valencia noted, "This is the most rewarding part of my job."



### Art Club Spotlight con'd.

About three months ago Diana,, the “Gear-Up” liaison, at a nearby public school contacted Valencia about doing a series of workshops with their Eighth Graders that would address various topics such as bullying, but also just developing a healthy school environment where students could feel free to work with one another without fear or judgment or being ridiculed. Diana expressed that many students have a low sense of self-worth resulting in cutting and self-damaging behaviors. Others are over-exposing themselves on social media in unhealthy ways. So far Valencia has held workshops on anti-bullying and one on developing healthy friendships. Overall, these workshops have been engaging students and making them reflect back on times when they may have disrespected themselves or a classmate. Lessons are interactive and use skits, icebreakers, and activities, to encourage students to keep and build on their positive habits. We are very excited about this new partnership.

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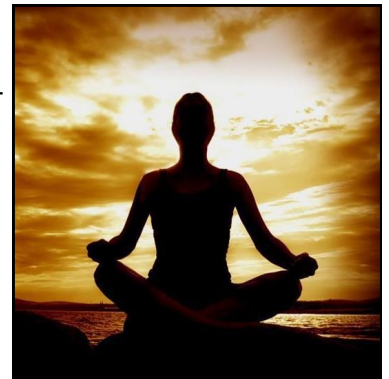
## Centering and Meditation

Are you looking for an opportunity to unwind, de-stress, or just relax and center yourself in peacefulness so you're ready to embrace life?

Join us at Casa Romero at 5:30 to 6:30 pm. on the following dates:

- Wednesday, November 19th
- Tuesday, December 2nd

No registration needed! For more information, call DeAnn Cortés at 414-224-7564.



*From all of us at Casa Romero  
to all of you,  
HAPPY THANKSGIVING!*

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