

SPOTLIGHT ON ECK FAMILIES

OUR ECK PARENTING JOURNEY

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Ifunanya Ukachukwu

I grew up in Nigeria, where there is a large ECK community with many parent-inclusive events. After moving to Washington State with my two children last year, I was delighted to get involved with my new ECK Satsang Society and community!

After many fun chats with the Youth and Family Program director, I was inspired to get involved and was invited to help host the first Special Forum for ECK Parents event on Zoom. This is a special opportunity for ECK parents to share parenting adventures with each other and explore the wonderful resources we have to help us bring the ECK teachings to life in our families.

The event was fantastic! In a relaxed and open format, more than twenty parents—and some grandparents—connected, and we explored how our spiritual lives and parenting are intertwined. It was wonderful to talk with so many people who also share my love for the MAHANTA!

We started with a HU Song. Then parents introduced themselves and briefly described their family. A lively discussion followed.

We shared our experiences as parents and ways we bring ECK, Divine Spirit, into our homes. One parent sings *HU* with their kids before leaving home each morning. Others sing *HU* in their cars, read ECK books together, or sing *HU* as part of their bedtime routine. I shared how my family gathers at the end of the day to say what we're each thankful for and then sing *HU*.

The group discussed how we use the parenting tools and resources available to us, such as the Adventures in ECK Parenting website and the "Spotlight on ECK Families" page in the *Mystic World*.

I'm so grateful to have served and been part of this wonderful event. My family has since moved to Canada, and I look forward to joining future parenting events in my new home in Alberta!



April Munson

If you would like to have a Special Forum for ECK Parents in your area, contact your RESA!



Sri Harold Answers! STEPPING INTO ECK ADULTHOOD

Q: How do we help our young adults continue as ECK students after they turn eighteen? Some of them turn away from ECK just because they are now expected to enroll for themselves. —Dedicated Parent

A: Dear Dedicated Parent, Your youth have reached the age where society regards them as adults. They have lots to learn, like making the right decisions in unfamiliar situations. Until now, you've done it for them.

Enrolling in ECKANKAR is their



job. They're no longer kids. You can remind them, but they must sign up themselves. It's a part of growing up.

We must allow others spiritual freedom. Even our young.

Harold

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