



## CALL TO ACTION

### WEEK 4: MARY, THE MOTHER OF (THE ADULT) JESUS

1. If you are curious about discovering your own attachment style, you can take a short quiz here to start your exploration: <https://www.attachmentproject.com/attachment-style-quiz/>.
2. One way to work toward a secure attachment style is to reinforce your own sense of internal security. Over the next week, if you feel anxious, stressed, or fearful, take a moment to breathe and say the following prayer: “God, just as a mother hen gathers her chicks in her wings, gather me in your loving and secure embrace. Amen.”
3. Consider how you and/or your church can invest in helping mothers and primary caregivers gain resources and support to build secure attachments with their children. Perhaps your church could bring in an early childhood expert to offer a free class to parents in the neighborhood or offer free child care for one afternoon a month to give mothers and guardians time to tend to their own mental and physical health.
4. If you know a mother that is struggling, consider what kind of respite you might be able to provide so that she can have some space to tend to her own needs. It could be taking a meal, watching her children play at the playground, or running an errand. What may seem small to you could offer just the space she needs to increase her capacity to offer responsive, nurturing care to her children.



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