



# Families for Conscious Living

*For 15 years, Families for Conscious Living, FCL, has worked as a 501C3 national nonprofit to provide information, resources and support to cultural creative parents who wish to make informed choices for holistic family wellness and create local conscious choice communities.*

EDUCATION	ACTIVISM	CULTURAL CREATIVES	BREAKING GROUND	GLOBAL VISION	GLOBAL OUTREACH
<p><b>Pathways Connect Launches</b></p> <p><i>This year saw the launch of the Pathways Connect program utilizing FCL's Gathering Guide to create local, conscious choice and wellness communities. Over 150 groups across this year alone, so far...</i></p> <p><b>Page 6</b></p>	<p><b>Holistic Pediatric Alliance Attends NCCAM Meeting</b></p> <p><i>Lisa Reagan and Jeanne Ohm, DC, attended the invitation-only National Center for Alternative and Complimentary Medicine Stakeholder meeting in Bethesda, Maryland on April 26.</i></p> <p><b>Page 3</b></p>	<p><b>FCL Sponsors NYC Production of Play Birth at the New MOM</b></p> <p><i>FCL produced the first theatrical production of the internationally acclaimed play, Birth in 2005. We were a proud sponsor of the play's production in 2011 at the new Museum of Motherhood in NYC.</i></p> <p><b>Page 4</b></p>	<p><b>FCL Coordinates First-Ever Mindful Mothering Conference</b></p>  <p><i>FCL returned to MOM in November with the Institute for Noetic Sciences for this event.</i></p> <p><b>Page 4</b></p>	<p><b>Wisdom Keepers Project is Launched</b></p> <p><i>Kelly Wendorf is spearheading this collection of rare and needed interviews with global elders and consciousness leaders in an effort to collect world wisdom for practical and conscious living.</i></p> <p><b>Page 3</b></p>	<p><b>FCL Launches New Website</b></p> <p><i>FCL was gifted the dynamic, international online magazine and community, Kindred, in October. Its founder, Kelly Wendorf, joined our board of directors.</i></p>  <p><b>Page 5</b></p>

## Creating Healthy Families and a Healthy World Through Conscious Living

What an innocent beginning Families for Conscious Living had in 1996, when mothers and fathers began to gather in parks and homes in Virginia to support each other's holistic wellness choices. Because these were the early years of the internet, parents gathered in FCL groups with lending libraries of hard-to-find books packed in their car trunks, Xeroxed hand-outs to share for discussions and respectful support for individual choices.

Thanks to the 2000 book, *Cultural Creatives: How 50 Million People Are Changing the World*, four short years after FCL began we discovered FCL families are *Cultural Creatives* - and that we were not alone. According to authors Ray and Anderson, "Because they've been so invisible in American life, *Cultural Creatives* themselves are astonished to find out how many share both their values and their way of life. Once they realize their numbers, their impact on American life promises to be enormous, shaping a



**Inner Awareness for Family Wellness:**  
*Mindfulness, Worldview Literacy, Innate Intelligence, Insight, Intuition, Wisdom*

**Outer Actions for Family Wellness:**  
*Conscious Conception, Natural Birth, Bonding, Breastfeeding, Connected Partnering and Parenting, Whole Foods, Chemical-free, Eco-Friendly, Nonviolence, Media Literacy, Re-Envisioning Education*

new agenda for the twenty-first century." FCL has worked to connect and make visible these *Cultural Creative* families as well as provide them with trustworthy information and resources.

In the pivotal year of 2012, we know that our individual actions and beliefs have a direct effect on our children, communities and world. As Paul

Hawken stated in his book, *Blessed Unrest: How The Largest Movement in the World Came into Being and Why No One Saw It Coming*, our individual choices to consciously create a peaceful, sustainable world are the immune system of the planet at work!

In this report, you will find the evidence of our sustainable nonprofit vision, whose creative collaborations have positioned us to help families lay the foundation for lifelong wellness with experienced insights, field-tested guidance and reliable resources. What began as a simple quest by the emerging energies of *Cultural Creatives* is now an international movement with increasing demand and endless potential for all families for conscious living.

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# OUR MISSION



## Who We Are

FCL is a 501C3 national nonprofit whose mission, since 1996, has been to provide education and support to parents who wish to make compassionate, sustainable and conscious choices for their families. Our collaborations with multiple nonprofit organizations provide families with trustworthy and credible sources of information, supportive local holistic practitioners, and, using our own field-tested *Gathering Guide*, the resources to create conscious choice communities. FCL's vision is to help parents establish a supportive foundation for wellness and confidence in their innate wisdom.

## Mission

FCL envisions a world of empowered families who confidently embrace their innate wisdom, intelligence and abilities to acknowledge the interconnectedness of life that naturally supports

our conscious wellness choices. FCL's 15 years of experience shows that families who seek wholeness and wellness enter into the process of "shifting" their personal perceptions from a fragmented, unsustainable, industrial worldview to an integrated, sustainable and holistic worldview. It is FCL's mission to support families who are taking on the adventure of conscious living with educational outreach, community support and practical resources.

## Vision

FCL envisions a world of empowered families who confidently embrace their innate wisdom, intelligence and abilities to acknowledge the wholeness and interconnectedness of life that naturally supports our conscious wellness choices.

FCL believes through this life-affirming awareness and whole-systems thinking that a foundation for individual, community and world wellness is possible, and even inevitable.

FCL acknowledges that everything needed to create wellness in ourselves, our families, communities and world, at this time, exists and is possible to bring forward through individual mindfulness, intentional action and group collaborations.

FCL works with like-minded, nonprofit organizations to create educational, outreach projects and conscious living communities who, together, explore and support individual family wellness choices.



**Our mission and vision will continue to evolve to accommodate new information, understanding, and collaborations supporting the growing potential for family wellness.**

## A LETTER FROM FCL'S PRESIDENT

*As a mother of four children who spends her days unschooling and pointing out the advantages of collaborative "play", it is no surprise to me that this approach is also the one that works best for our nonprofit endeavors.*

*From my earliest experiences with FCL in 2004, I knew this organization would need to think, breathe, eat and live outside the box of traditional approaches and yardstick measures of success. During the past 15 years of effective and creative nonprofit activism, FCL has managed to become a leader in holistic parent education and support by staying true to our core beliefs in sustainability and collaboration. Through year after year of major transitions in our approaches to providing information, resources and support to families, we have been careful to take away from all of our experiences the wisdom embedded in this learning process and to apply it to our next level of growth and manifestation.*

*Our current manifestation is the result of our cumulative experiences and field-tested insights into answering the basic questions Cultural Creative families have, such as "What is wellness? How do we create wellness in a culture that does not support wellness or informed choice? Where is our/the community that will support and respect our individual choices?"*

*Our collaborations with the partners listed at right allow us to answer these questions with trustworthy information, local community and practitioner support. Our relationship with Pathways to Family Wellness magazine, Pathways Connect and the Holistic Pediatric Alliance are continually re-envisioned as we expand and grow together in our mutual missions to support family wellness and conscious choice.*

*As I witness daily in my own family, collaborative play IS more fun and more productive for everyone! We are grateful to our partners and encourage you to support their efforts by subscribing to Pathways magazine (a \$20 donation to FCL gets you a digital subscription), starting a local Pathways Connect group, and becoming a member of the HPA! Thank you for joining us on our adventure!*



**Liberty Liscomb, FCL President**

## Pathways to Family Wellness Magazine

*"Everyone should read Pathways every day!"*  
-- Joseph Chilton Pearce, [The Magical Child](#)

*Pathways to Family Wellness* is a quarterly, 72 page print and digital magazine. It is considered the most cutting-edge conscious living magazine available to parents today (as evidenced by



endorsements like the one above from seminal writer and thinking, Joseph Chilton Pearce). *Pathways'* vision states, "We believe stepping onto our personal pathway to wellness is a consciousness-raising act with the power to regenerate and transform ourselves, our families, our communities and our world. With our holistic and expansive vision as our guide, *Pathways to Family Wellness* collaborates with consciousness leaders, cutting-edge scientists and researchers, families on their conscious path, holistic practitioners and dynamic nonprofit organizations to bring the most current insights into wellness to our readers."

*Pathways to Family Wellness* readers are encouraged to find one another to share their inspiration and support for their individual wellness choices through our Pathways Connect community, described below. In bringing together and working with a variety of professional and lay representatives from an ever evolving field of personal and global consciousness transformation through wholeness / wellness, *Pathways to Family Wellness* believes the potential for our human family's expression is inevitable and unlimited.

## Pathways Connect



FCL's mission has always been to provide the information, resources and support to families who want to explore wellness and informed choice-making with a like-minded community. This demand for FCL's experience and tools took a quantum leap this year as FCL's former *Gathering Guide for Parents* was transformed into the Pathways Connect program and released worldwide through *Pathways to Family Wellness*.

**Over 150 local, conscious choice communities have been created in the past year alone!** After 15 years of working with families to create local, conscious choice communities, FCL believes we now have a rich and sustainable program to offer parents - **for free!** One insight our many years of

experience taught us is this: local groups need a way to keep going financially and practically long after founding families moved or their children grow up. The amount of resources and energy to create a group once would save everyone from "reinventing the wheel."

With experience as a guide, Pathways Connect is a turn-key parent outreach and educational program that connects families to trustworthy information as well as the supportive community necessary to provide a safe, respectful and compassionate place to explore conscious choice-making and wellness issues. The program is free to parents because the groups are sponsored by holistic practitioner members of the International Chiropractic Pediatric Association and the Holistic Pediatric Alliance.

Specifically, the materials provided to each Pathways Connect group include everything needed to start a local group. The groups are then provided with a quarterly *Dialogue and Resource Guide*, created by Lisa Reagan, that allows the groups to discuss the variety of compelling articles in every issue of *Pathways*. Because the groups are self-directed, group members decide which topics they wish to discuss and explore together.

The [Pathways Connect You Tube Channel](#) features 23 videos of conscious living leaders, shot by Michael Mendizza and produced by Lisa Reagan, for Pathways Connect groups to watch and discuss as well.

This year, the Pathways Connect program is expanding to include parent facilitator training and tele-conferences with *Pathways'* authors. *See more on page...6*



## Holistic Pediatric Alliance

The [HPA](#) is a non-profit 501C3 membership organization whose vision is to "influence and support the transformation of the current practice of pediatrics into a safe, nurturing and sensible holistic health care system for families and to honor and respect the innate potential of the child from pre-conception through childhood and adulthood." The HPA provides connection for families and practitioners, as well as education and support to both parents and health care practitioners through *Pathways to Family Wellness* magazine and Pathways Connect outreach program. The HPA is dedicated to integrating treatments that utilize natural methods to stimulate healing, recover balance, and support the body's own resilience. In April 2011, Lisa Reagan and Jeanne Ohm, DC, board members of FCL and HPA, attended the National Center for Complimentary and Alternative Medicine's invitation-only Stakeholder meeting at the National Institutes of Health's campus in Bethesda, Maryland.

## Blazing Trails

*As Cultural Creatives, We Envision Paths Where No Path Exists and Then Connect and Collaborate to Create the Way, Together*

### FCL Sponsors Opening of the New Museum of



### Motherhood, MOM, and of Birth the Play in NYC

FCL Produced the first theatrical production of *Birth*, the play, in 2005 in celebration of the legalization of midwifery in Virginia. We were honored to sponsor *Birth's* performance at the opening of the new Museum of Motherhood, [MOM](#), in NYC, on Labor Day 2011. *Birth*, now an internationally acclaimed play by Karen Brody, has raised nearly a million dollars for local communities since 2005. A sold-out audience watched a live, simultaneous webcast of the internationally acclaimed play. The webcast was viewed in twelve countries and is now available on a [DVD](#).

The post-show ceremony honored birth activists and presented the godmother of midwifery, Ina May Gaskin, with a Lifetime Achievement Award. Ina May accepted the award with members of the cast displaying her [Safe Motherhood Quilt](#) on stage. Other honorees were: Theresa Shaver, Executive Director of the [White Ribbon Alliance for Safe Motherhood](#); Ricki Lake and Abby Epstein, producers of the documentary [The Business of Being Born](#); Christy Turlington of [No Woman, No Cry](#) and [Every Mother Counts](#); Debra Pascali-Bonaro of the documentary [Orgasmic Birth](#); and Kirsti Kreutzer and Anna Van Wagoner of [Where's My Midwife?](#)

Read Lisa's interview with Karen Brody [here](#).

### FCL Sponsors First-Ever Mindful Mothering



### Conference at the Museum of Motherhood in NYC

Be Here. Be Now. Be You. What are the practical tools and rewards of mindful mothering?

The first-ever Mindful Mothering conference, held at the Museum of Motherhood, MOM, in New York City on November 7, 2011, set out to answer this question; its presenters shared their integrated insights developed through professional training and mothering experiences, and opened the floor to interactive audience discussion. Cassandra Vieten, Ph.D., author of the research-based and groundbreaking book, [Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year](#), shared mindfulness basics before moving on to the more serious implications of her three-year research project.

"Mindfulness is a practice of being aware of your experience, from moment to moment, allowing it to be just as it is without evaluation or judgment," said Dr. Vieten. "Over time, mindful awareness of your experiences as a mom, whether they are internal (mental, physical, or emotional) or external (situations with your baby or others), allows you to more and more often approach each experience with curiosity and compassion, for yourself and for others."

Read the event's review [here](#). *Continued...*

### FCL Sponsors Mindful Motherhood Facilitators



Presenters at the conference included Lisa Reagan, Jeanne Ohm, DC, Karen Brody, and Lu Hanessian.

In the coming months, the new online Mindful Motherhood program will be available to professionals and parents alike. The book and program is based on a three-year intervention development project and at the California Pacific Medical Center's Research Institute. The study showed that participating in the eight-week program reduced negative effects and anxiety during pregnancy, and held the promise of reducing depression and increasing positive emotion through pregnancy into the postpartum period.

"This pilot study showed that it was possible to learn mindful awareness during pregnancy and early motherhood (even with baby in tow!)," said Vieten. "There were also trends toward reduced symptoms of depression and increased positive emotion. The women in our courses were from all walks of life, and most found it an enriching experience."

FCL is sponsoring facilitator training for the [Mindful Motherhood](#) program through the Goodwill Industries Green Initiatives Center in Bronx, NY. The program is also being introduced to Pathways Connect groups. Holistic practitioners can earn CEUs from the program as well.

## Worldview, Wisdom & The Web

*This year found FCL expanding our vision of wellness to include personal worldview, wisdom of worldview, and a new website to carry the message*

*The Wisdom Keeper, painting by [Paul Bond](#)*

### Worldview Literacy Project at the Institute of Noetic Sciences, IONS



Dori Koll, Lisa Reagan and Marilyn Schlitz, PhD



As part of FCL's expanded vision and understanding of family wellness, we, as board members, look for ways

to become educated ourselves. Lisa Reagan has been a student of the [Institute of Noetic Sciences](#) consciousness research and writings for over a decade. She has written about the connection between worldview and wellness in her column, *The Conscious Path*, and for IONS' *Noetic Now* online magazine. This past August, Lisa attended the Worldview Literacy Project facilitator training week on IONS' Earthwise campus in Petaluma, California. Lisa's two part column on worldview literacy and family wellness was included by IONS in the Worldview Literacy Project training.

As Marilyn Schlitz, PhD, president and CEO of IONS has said, "Our research to date suggests the most powerful step people can take toward achieving their highest potential is the willingness and ability to understand new perspectives." Lisa presents the relationship between worldview and wellness and the need for paradigm shifting in her talks and workshops with parents, as well as in her writings on the Kindred website. Her forthcoming book expands on the need for parent education and empowerment through worldview literacy.

### The Wisdom Keepers Project

FCL created the Wisdom Keepers Project to explore practical ways to support both global elders whose consciousness work and teachings may not be so well known and well-loved and recognized pioneers of the conscious living movement.



Uncle Bob Randall

screening of the documentary *Kanyini* with discussion with *Tjilpi* Elder and traditional owner of Uluru (Ayers Rock), Australia, Uncle Bob Randall. Later in 2012, [Kelly Wendorf](#), will begin a

In January 2012, FCL sponsored the US



Joseph Chilton Pearce

series of interviews with Uncle Bob and other global elders in the coming weeks to bring to our nonprofit mission a dimension of worldview literacy and "conscious living."

This year, FCL's Wisdom Keepers Project supported the



Suzanne Arms

fundraising distribution of autographed copies of Joseph Chilton Pearce's new book, *Strange Loops and Gestures of Creation* as well as the new documentary by Suzanne Arms, *The Time Is Now*. The new film series and global project by Arms features interviews with international midwives at a conference in the Canary Islands. FCL is listed in the DVD credits.

Visit the [Wisdom Keepers Project](#) at Kindred.

### Kindred Community Website Launched, E-Newsletter Goes to Over 30 Countries



In 2002, [Kelly Wendorf](#) began publishing a natural parenting and sustainable living magazine called *byronchild* in Australia. Four years later, due to its success and positive endorsements, *byronchild* relaunched as *Kindred* magazine with Lisa

Reagan as its US Contributing Editor. In 2009, *Kindred* stopped publishing as a print magazine, and moved to an exclusively online format.

In October 2011, Kelly Wendorf joined FCL's board of directors and gifted Kindred Community's website to our nonprofit. FCL entered into the challenge of managing a dynamic online magazine with gratitude and excitement for the expanded educational opportunity offered by the site.

Currently, Kindred hosts a dynamic team of bloggers and contributors, emails a bi-monthly e-newsletter to over 30 countries, posts to thousands of fans on Facebook and Twitter.

In the very near future, Kindred will be opening discussion boards, hosting tele-conferences and webinars and upgrading the front page of the site. Our deep gratitude and thanks, Kelly!



## The Future

*As FCL moves into 2012, we are staying true to our roots and our mission: parent education and support for wellness. As Pathways to Family Wellness' parent education consultants for Pathways Connect, we will be partnering with Michael Mendizza at Touch the Future to design a multi-level conscious parenting community group facilitator training program. Over 150 Pathways Connect Community Groups were started by holistic practitioners internationally in 2011.*

### Parents Need Local, Like-Minded Support for Conscious Living



"WE WERE NEVER MEANT TO DO IT ALONE."  
-- Robin Grille, author of *Parenting for a Peaceful World*

FCL's [mission](#), from our [beginning](#) in 1996, has been to provide the information, resources and support to families who want to explore wellness and informed choice-making with a like-minded community. This demand took a quantum leap this year as FCL's former *Gathering Guide for Parents* was transformed into the Pathways Connect program and released worldwide through the conscious choice magazine, [Pathways to Family Wellness](#). Over 150 local, conscious choice communities were started internationally in 2012.

### FCL's *Gathering Guide* is Transformed Into the Pathways Connect Program



After 15 years of working with families to create local, conscious choice communities, FCL's insights have helped to create a rich and sustainable turnkey program, that is FREE for parents! Our many years of experience taught us that local groups need a way to keep going financially and practically long after founding families moved or their children grew up. The amount of resources and energy to create a group once would save everyone from "reinventing the wheel." The Pathways Connect program is sponsored by holistic practitioners, who are given turn-key materials and a fresh Dialogue and Resource Guide with every issue of *Pathways* magazine. [Read about the turn-key program...](#)

### Community Groups Are Sponsored by ICPA and HPA Members



Pictured above is Andrea Marconi, DC, a practicing chiropractor, new mother and sponsor of the Northern Virginia Pathways Connect Community Group that meets in the NOVA Natural Birth Center. It is the committed and enthusiastic members of the International Chiropractic Pediatric Association, ICPA, and the Holistic Pediatric Alliance, HPA, who are sponsors of the Pathways Connect program/group. Watch a video of three practitioners discussing why they feel committed to parent education and support on the [Pathways Connect YouTube Channel](#).

### Community Group Parent Facilitator Training Program



FCL and Pathways Connect will be collaborating with advisory board member and *Pathways to Family Wellness* contributor, [Michael Mendizza](#), to create a parent community group facilitator training program in the coming months of 2012. Michael Mendizza is the author of [Magical Parent](#), [Magical Child](#) and the CEO of [Touch the Future](#). He has compiled an extensive collection of personal interviews and essays with leaders of the conscious choice movement in the last 30 years and will be sharing his materials and expertise through a media center and ongoing classes for parent facilitators.

### HPA Collaboration Brings Tele-Conferences and Toll-free Hotline to Parents



FCL continues to collaborate with HPA, bringing the Ask Dr. Feder's advice column to our website as well as bringing Dr. Feder to tele-conferences and in-person workshops beginning in February 2012.

FCL also continues to take questions and point parents to resources by manning HPA's parent hotline in our office, 1-866-530-8279.

As board members of HPA, Lisa Reagan and Jeanne Ohm, DC, attended the National Institutes of Health's Center for Complementary and Alternative Medicine's Stakeholder meetings on the NIH campus in April 2011.

## FCL FINANCIALS AND FUNDRAISING

This year, FCL has retained an investment consulting firm to manage gifts to our endowment and is prepared to accept and manage large donations, legacy giving and grant monies. The investment firm uses an endowment discipline based on Yale University's endowment model. Information is available on this model upon request, [info@familiesforconsciousliving.org](mailto:info@familiesforconsciousliving.org).

Families for Conscious Living's operating budget has always been below \$25,000 a year, as our office space and equipment are donated and our main and major expense, of professional salaries, have always been contributed by volunteers. However, as our conscious living adventure continues to grow and expand, it is our financial goal in the coming years to fund a small staff to manage our ongoing and expanding projects.

Most of the fundraising projects on the right also support our mission by providing educational products. However, the income we are able to create with the standard fundraising programs listed here does not create an income stream reliable enough to expand our operating budget to include salaries. Please visit our [DONATE](#) page in this report to discover the many ways available to become Families for Conscious Living!



FCL is listed with [Guidestar](#) and [Guidestar's Directory of American Charities](#). FCL has also filed tax returns with the Internal Revenue Service, IRS, since its establishment in 1996 and has always been and is currently in good standing.

## FCL LEADERSHIP

Lisa Reagan, one of FCL's co-founders, has worked as a free-lance journalist for over 22 years. Her flexible schedule and in home office allows her to donate considerable time and expertise to FCL's nonprofit needs. Lisa served as FCL's president from 2000 to 2009. She is now Kindred's Executive Editor, focusing on developing the website for a potential future income stream for FCL. She continues to lead and run FCL as its acting Executive Director as an unpaid volunteer.

As FCL moves into a future filled with opportunities, offers and requests for leadership and collaboration in family wellness, Lisa is committed to seeing FCL through this next and exciting phase of growth. Read more about Lisa, and her articles, on the [Kindred](#) website.



## Good Search, Good Dining and Good Shop

*Free and Easy Ways to Support Families for Conscious Living Every Day*

We registered Families for Conscious Living with [GoodSearch.com](#), a company that helps non-profits like ours raise funds through the everyday actions of our supporters.

Here is how you can help:

Use [GoodSearch](#) when you search the internet – they will donate a penny to us every time you do

Use [GoodShop.com](#) when you shop online – they work with more than 2,500 major brands, have over 100,000 coupons and donate a percentage of every purchase you make to us

Enroll in the [GoodDining.com](#) they will donate up to 6% of every dollar you spend when you eat at one of 10,000 participating restaurants

Please join our community on [GoodSearch.com](#) and help us raise money for our mission. Get started by clicking the "Become a Supporter" button on our profile page at <http://www.goodsearch.com/nonprofit/families-for-conscious-living.aspx>!

Watch the [Good Search](#) video.

## Kindred's Community MarketPlace



Our online store features a variety of goodies including amber teething necklaces, organic toys and clothing, kitchen wares, herbal teas, gardening seeds and supplies and homeopathic remedies, just to name a few! The shop is fun and easy to navigate. Shoppers use their Amazon account. Visit the [Community Market Place](#).



Organic Cloth Toys



## Pathways to Family Wellness

Donations over \$20 to Families for Conscious Living receive a free year's digital subscription to the

conscious choice magazine. The magazine serves as the foundation for the parent educational and outreach program, Pathways Connect and is a partner with FCL.

## Amazon Book Store

FCL's extensive online bookstore features



hundreds of books and DVDs ranging through every topic of conscious living from Attachment and Brain Development to Whole Foods Cookbooks!

Browsing the bookstore

is an educational experience alone as it familiarizes the visitor with the far-reaching topics of conscious living, including Big Picture seminal works. Visit the [online bookstore](#).

## Cafe Press



The Cafe Press store offers FCL supporters a way to advertise their values and our nonprofit with apparel and bags featuring the FCL logo by artist [Richard Stodart](#).



The logo store features organic t-shirts, hats, babywear, mugs, buttons, signs, clocks and a pet t-shirt! Visit [Cafe Press](#).

## Google Ads

FCL is currently exploring ways to monetize our new website at Kindred. In consideration and trial are the Google Ads program, as well as an in-house ad program customized for small businesses, sustainable goods and services and work-at-home parent offerings.



The Kindred site has a variety of monetizing options not currently visible, so stay tuned!



“How we treat the child,  
the child will treat the world”

- Pam Leo

## Meet Our Board of Directors

Families for Conscious Living's board of directors have all contributed unpaid, volunteer labor and insightful energies to moving FCL's mission and vision forward over the years. We continue to cherish our tele-conference board meetings and brainstorming sessions together. All of our board members write for Kindred's online magazine and all have attended or coordinated an FCL in the past year. Lisa, Jeanne Liberty and Rachel have all facilitated local, FCL community groups.



### Liberty Liscomb

is the current president of FCL. Liberty mothers four children in Harwinton,

Connecticut, and works to revive and evolve a more self-sufficient and sustainable family and community life, beginning with her own. Her children spend their days world-schooling alongside her, collectively following their own interests, and learning more about the world as they go. She is the co-founder of the [Connecticut FCL](#) group, a La Leche League Leader and former Bradley Childbirth Educator. Liberty moderated the US screening of the documentary *Kanyini* and live discussion with Aboriginal Elder Uncle Bob Randall at The Graduate Institute in Connecticut in January 2012. The [event](#) was in collaboration with the Institute of Noetic Sciences Central Connecticut Community Group.



### Lisa Reagan

is a co-founder and past president of FCL. She is currently the

associate editor for [Pathways to Family Wellness](#) magazine and the executive editor for Kindred's online magazine. She has served as the parent representative on the board of directors for the [Holistic Pediatric Association](#) since 2006. She is the author of Pathways' ongoing column, [The Conscious Path](#). She has served as the judge in the Society for Professional Journalists' Mark of Excellence Awards in 2007 and 2012. She serves on the advisory board for the new and first-of-its-kind, [Museum of Motherhood, MOM](#), in New York City. In 2011, she became a trained facilitator of Worldview Literacy through the Institute of Noetic Sciences, [IONS](#). Lisa is a Reiki Master Teacher, former organic CSA farmer, and lives with her family on their small farm in Toano, Virginia.



### Jeanne Ohm, DC, is

a practicing chiropractor in a family, wellness-based practice

since 1981. Jeanne is the executive coordinator for the [International Chiropractic Pediatric Association](#) and the executive editor of [Pathways to Family Wellness Magazine](#). She is an international speaker on chiropractic and the family wellness lifestyle. Jeanne has been an ongoing continuing education instructor for state associations and chiropractic colleges since 1997 on the subject of Chiropractic Pediatrics and Pregnancy: Technique and Case Management. She is the co-developer of the ICPA Practiced Based Research Network and the author of numerous published research papers on chiropractic care for children and in pregnancy. She also serves on the board of directors for the [Holistic Pediatric Alliance](#). See Dr. Ohm's complete bio [here](#).



### Rachel Ernst

mothers two children entering

kindergarten and first grade in an urban Waldorf school. Together with her husband of thirteen years, they have lived near and far from family in Michigan, Chicago and Minneapolis. As a nuclear family discovering the context within which they have grown up, they seek out new ways to create community. Rachel's involvement with FCL has helped her discover answers to questions she didn't know she had, to discover the lens through which she views the world, and to embark on consciously shaping her own experience of parenting and relationships. Through her involvement with FCL, Rachel hopes to encourage other parents to build their own strong family attachments, and to find and build community by nurturing themselves and others. Read Rachel's Kindred blog [here](#).



### Kelly Wendorf

is a writer, author, public speaker, facilitator and social

entrepreneur. Having spent much of her life between the Native lands of the Sangre de Cristo mountains, to the devotional places of India, and finally the vast expanse of Australia, she has spent years exploring the practical application of spiritual awakening to daily life, social change, sustainable business practices and innovations in community learning. This led to her work as founder of Kindred magazine, and eventually the Kindred online community. She is also the editor and contributing writer for the anthology, [Stories of Belonging](#) (Finch Publishing). More recently, Kelly co-founded [The Institute of the Southwest](#) along with her husband Wayne Muller, an educational organization.

## Welcome to Our New International Advisory Board Members



**Lauren Feder, M.D.**

[Lauren Feder, M.D.](#) is a nationally recognized physician who specializes in primary care medicine, pediatrics and homeopathy. Known for her holistically minded approach and combining the 'best of both worlds,' Dr. Feder is a frequent lecturer for parents and professionals and has been seen nationally on various health-oriented television and radio programs including The Doctors, Oprah and Friends interviewed by Dr. Mehmet Oz. She is the president of the [Holistic Pediatric Alliance](#), author of [Natural Baby and Childcare](#) and [The Parents' Concise Guide to Childhood Vaccinations](#), and is in private practice in Los Angeles. You can read her advice column, Ask Dr. Feder on Kindred's website.

Lauren was raised by her parents, Ellie Davis a devoted stay-at-home mother and the late Dr. Robert J. Feder a renowned ear, nose and throat surgeon and voice specialist. During her teen years she underwent two thyroid surgeries and was placed on daily medicine. While doing her residency in a decade later, Lauren consulted with a holistic practitioner and was able to discontinue her thyroid medication altogether. The results astounded her, and led her on a path of discovery in the field of holistic healing and homeopathy for herself and her patients. Lauren is married to chiropractor, Dr. René Haarpaintner. They have two sons who were born at home with midwives.



**Sarah Buckley, M.D.**

[Sarah J. Buckley](#) is a trained GP/family physician with qualifications in GP-obstetrics and family planning. She is the mother of four home-born children, and currently combines full-time motherhood with her work as a writer on pregnancy, birth, and parenting,

Dr Buckley's work critiques current practices in pregnancy, birth, and parenting from the widest possible perspectives, including scientific, anthropological, cross-cultural, psychological, and personal. She encourages us to be fully informed in our decision-making; to listen to our hearts and our intuition; and to claim our rightful role as the real experts in our bodies and our children.

Her bestselling book [Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices](#), published by Celestial Arts (US, 2009), builds on her acclaimed first edition, published in Australia as *Gentle Birth, Gentle Mothering: The Wisdom and Science of Gentle Choices in Pregnancy, Birth, and Parenting* One Moon Press, Brisbane, 2005).

You can read Sarah's articles and occasional blogs on Kindred's website at [www.kindredcommunity.org](http://www.kindredcommunity.org).



**Linda Bonvie**

Linda Bonvie (pictured with her cat, Stevia, is a journalist, author, and consumer advocate with 20 years of experience around food safety issues. She has written articles for major newspapers and national publications around the country, including USA Today, the New York Times, NBC-TV's Dateline, the New Yorker, the Chicago Tribune, Boston Globe, New Age Journal, Vegetarian Times, and more. She lives in Little Egg Harbor Township, New Jersey.

Her books include [Chemical-free Kids: How to Safeguard Your Child's Diet and Environment](#), [Chemical-free Kids the Organic Sequel](#), and [The Stevia Story](#), about the FDA's failed attempt to suppress the natural herb Stevia and the controversy that stemmed from a trade complaint reportedly filed by its competitor, NutraSweet.

She is a regular contributor to [Food Identity Theft](#), by [Citizens for Health](#).

You can also read her blogs on Kindred's website at [www.kindredcommunity.org](http://www.kindredcommunity.org).

**TO SEE FCL'S COMPLETE ADVISORY BOARD, [VISIT US ONLINE.](#)**

# Families for Conscious Giving

*Because we encourage your giving to be on par with your values and hopes for the future, we have created a multi-level donor commitment scale as well as the opportunity to give to just one of FCL's many programs and creative outlets.*

## Individual Giving

You, your family or your company may give FCL a one time [donation](#) in any amount, or spread out your annual gift through monthly payments automatically deducted from your banking account through the internationally secure site, Paypal.com. Donations over \$20 receive a free *Pathways to Family Wellness* subscription.

## Tax-Deductible Giving

As a 501C3 nonprofit, all donations to FCL are tax-deductible.

## Matching Corporate Funds

Check with your company to find out if they can match your donation to FCL. We can help you fill out any paperwork to get FCL registered with your company. See our contact information below to request our nonprofit letter and assistance.

## Project Giving

Your [donation](#) can support a specific existing project or initiate a new project. Our projects are listed in this report. Please feel free to contact us with your

ideas for a new project, program or collaboration.

## Volunteering

FCL is always in need of volunteers for events, online forums and energy contributions to Kindred. If you or your organization would like to bring a conscious living event to your city, send us your ideas for collaborating at the contact information below.

## Free and Easy Ways to Give

Give money to FCL every time you search the internet, dine out or shop

online by joining our community on GoodSearch.com. Get started by clicking the ["Become a Supporter"](#) button on our profile page.

## Levels of Giving

In addition to a longer life (see below) here's what you get for [giving!](#)

\$20 and Up

A Digital Subscription to *Pathways to Family Wellness*

\$100 and Up

A subscription plus discounts on attendance to FCL events

\$250 and Up

A Digital Subscription, Discounts on Events, and a FCL Canvas Book Tote Bag

\$500 and Up

A Digital Subscription, Discounts on Events, FCL Tote Bag and an EXCLUSIVE autographed copy of Joseph Chilton Pearce's new book, [Strange Loops and Gestures of Creation](#)

\$1,000 and Up

All of the above as well as being named to FCL's Wisdom Keepers Circle!

## Why Conscious Giving is Good for YOU



That warm fuzzy feeling you get when you do something good isn't all in your head, it is also in your cells and can contribute to your happiness and longevity! "When you do something for someone else, your brain produces hormones," says Dr. David Hamilton, author of *Why Kindness is Good for You*.

"Dopamine – which makes you feel happy, and gives you the feeling that what you are doing is right – and opiates, the body's own secret stash of heroin and morphine are also attributed to longer lives."

*Several studies, including one sponsored by the University of British Columbia, provide evidence that people who give are happier than those who don't. In the UBC study, donating as little as \$5 helped people feel better.*

Another study sponsored by the University of Oregon demonstrated that for many participants, giving activates the same pleasure centers of the brain as receiving—which are also the same brain centers involved with addiction.

**Furthermore, people who leave money to charity in their wills live three years longer than those who don't,** according to a 2008 study by the U.K. based Fire Services National Benevolent Fund. (FCL is prepared to accept your legacy giving for an endowment fund.)

In 2012, we know that our individual actions and beliefs have a direct effect on our children, communities and world. As Paul Hawken stated in his book, *Blessed Unrest: How The Largest Movement in the World Came into Being and Why No One Saw It Coming*, our individual choices to consciously create a peaceful, sustainable world are the immune system of the planet at work! Help us to carry FCL's vision of empowered, healthy families now!



## Contact Us

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