



A Celebration Day for Girls™

CDG Facilitators Newsletter

16th December 2019

Hi Everyone!

I want to acknowledge the hard work so many of you have put into promoting CDGs, and trying to get enough participants to workshops. I know for many this has been frustrating and difficult. I want to acknowledge the courage and serious commitment that you have given this, for some with reward and for others leading to disappointment and the need to refocus elsewhere. I want to acknowledge that in the instances that a scheduled CDG workshop doesn't go ahead or you need to let go of efforts to establish regular CDGs, disheartening as this most definitely is, all that you have done contributes greatly to the important work of social change.

For each person who sees each ad, each post, each CDG calendar item that you put out, this inspires a shift in deep conditioning. For some it's a joy and pleasure to see this happening for girls – even if they don't have their own to bring along, for others it helps embolden them a little more to be open about periods, and for others it's the very first time that they have ever encountered a more positive and open approach to menstruation. For some it will be shock against a lifetime of secrecy that may lead to a negative reaction, and one that will sooner or later lead to light pouring through the cultural crack.

For each conversation you have with mothers, with parents, with schools, with carers about girl's experiences, about their own menstrual experiences, about yours, about CDG, brings fresh insight into this experience, and helps to reduce the silence and secrecy and shame.

CDG and related activities are about the business of deep social change, social justice and cultural change. This takes time and rarely happens in a time frame of our own design. Naturally you want to run CDGs and for all who have, as far as I know, you have experienced not only the hard work of preparing, promoting and facilitating a CDG, but also the incredible joy and deep transformative power of this work: the connection of girls and women coming together to support each other, the bonding of mothers and daughters at a time when they often grow apart, and the joy of being an agent for this transformation. It's hard work and when it works its profoundly satisfying.

I think Schopenhauer's famous quote is quite apt here:
All truth passes through three stages.



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First, it is ridiculed.

Second, it is violently opposed.

Third, it is accepted as being self-evident.

Our approach to menstrual awareness and wellbeing is not self-evident to many yet but with our clear intention and efforts, large and small, personal and public, that's inevitably where we are heading.

In 2020 the Marketing and Trainer Teams are planning online discussions about what kind of promotion would help, offering support from experienced facilitators, a space to share with each other live online: experiences, concerns, challenges, and successes. Watch out for dates and how to book early in the New Year.

Love,
Jane