



Soboba Tribal Family Services

June Newsletter

"Our families made strong through balance and support."

Soboba Tribal Family Services Staff:

Nancy Currie, Director
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Catherine Gonzalez, Legal Admin. Assistant

Office Hours:

Mon-Thurs 7:00am to 5:30 pm
(951) 487-0283



"A nation is not defeated until the hearts of its women are on the ground. Then it is done, no matter how brave its warriors or how strong its weapons."

-- Cheyenne proverb

Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
(800) 787-3224 – TDD Line

If you are in immediate danger call 9-1-1

24 – Hour Child Abuse Hotline for Riverside County
(800) 442-4918 or (800) 442-4453

An excerpt from the book

LETTERS TO MY SON

A Father's Wisdom on Manhood, Life, and Love

by Kent Nerburn

Fatherhood.

Little is perfect in our lives. We dream of perfect love, we try to become perfect people, we challenge ourselves to see the universe as a perfect creation. But all our efforts and struggles are doomed to disappointment. We are not perfect. We are fraught with self-interest and unquenchable longings. Nothing is ever enough.

But there is one place where perfection is given to us in all its wholeness: Fatherhood.

When you look upon a child you have made, there are no limitations and longings. You are looking with a perfect love.

This is only natural. A child is born with a perfect love and dependence on its parents. It offers itself fully, unconsciously, in the complete unity of its being. There are no conditions and there are no motives. In its lack of self-consciousness it offers itself as a perfect gift.

In the perfection of its love it calls forth the perfection of yours.

For one shining moment, made flesh in time, you experience that oneness that comes from wanting nothing more, nothing less, than the life you have been given.

I thought I never wanted to be a father. A child seemed to be a series of limitations and responsibilities that offered no reward. But when I experienced the perfection of fatherhood, the rest of the world remade itself before my eyes.

I was not limited; I was freed from the fear of limitations. I was not saddled with responsibilities; responsibilities ceased to be a burden.

Nature aligned itself. My fatherhood made me understand my parents and to honor them more for the love they gave. My sonhood was revealed to me in its own perfection and I understood the reason the Chinese so value filiality, the responsibility of the son to honor the parents.

I saw my own imperfection cast in high relief, because I knew how much I wanted to do things right.

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TEEN CORNER

Harassment Through Technology

Using technologies such as texting and social networking to bully, harass, stalk or intimidate a partner is abusive. Often the behavior is a form of verbal or emotional abuse perpetrated online.

In a healthy relationship, all communication is respectful whether in person, online or by phone. It is never ok for someone to do or say anything that makes you feel bad, lowers your self-esteem or manipulates you. You may be experiencing abuse if your partner:

- Tells you who you can or can't be friends with on Facebook and other sites.
- Sends you negative, insulting or even threatening emails, Facebook messages, tweets or other messages.
- Uses sites like Facebook, Twitter, Foursquare and others to keep constant tabs on you.
- Puts you down in their status updates.
- Sends you unwanted, explicit pictures and demands you send some in return.
- Steals or insists to be given your passwords.
- Constantly texts you and makes you feel like you can't be away from your phone for fear that you will be punished.
- Looks through your phone frequently, checks up on your pictures, texts and outgoing calls.

You never deserve to be mistreated, online or off. If you're experiencing dating abuse, call us at (951) 487-0283 or speak with a peer advocate at www.loveisrespect.org at (866) 331-9474.

Remember:

- Your partner should respect your relationship boundaries.
- It is ok to turn off your phone. You have the right to be alone and spend time with friends and family without your partner getting angry.
- You do not have to text any pictures or statements that you are uncomfortable sending, especially nude or partially nude photos, known as "sexting."
- You lose control of any electronic message once your partner receives it. They may forward it, so don't send anything you fear could be seen by others.
- You do not have to share your passwords with anyone.
- Know your privacy settings. Social networks allow users to control how their information is shared.
- Be mindful when using check-ins like Facebook Places and Foursquare. Letting an abusive partner know where you are can be dangerous. Also, always ask your friends if it's ok for you to check them in. You never know if they are trying to keep their location secret.

Excerpted from www.loveisrespect.org

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I felt the unity of generations cascading into generations from the beginning of time. I felt something in the world that was more important than I was.

And that was just the beginning. I knew every other man with different eyes. I hated war with a new passion, but knew what I would fight to save. I loved women for the gift they carried within, not only for the beauty they showed without.

I knew a new kind of love that was devoid of self-interest and desire.

In my bondage to a child I found true freedom.

The power of this experience can never be explained. It is one of those joyful codings that rumbles in the species far below understanding. When experienced, it makes you one with all men in a way that fills you with warmth and harmony.

This is not to say that becoming a father automatically makes you a good father. Fatherhood, like marriage, is a constant struggle against your limitations and self-interests. But the urge to be a perfect father is there, because your child is a perfect gift. In your heart you know perfection, and it sets a standard that lifts you upward in your daily life.

So move cautiously toward fatherhood. It is much easier to become a father than to be one. When you become a father your whole life suddenly becomes measured against your vision of what good fatherhood should be.

And if your life is not in order – if you have not married well, if you are haunted by personal demons that eat away your life, if you do not have the discipline that fatherhood requires – you will live in a private shame that will drag you downward and keep you from being the father that lives in your heart. Nothing – not alcohol, not other women, not running away – will shield you from the harsh truth of your failure.

So look upon fatherhood as a gift. It is one of life's common miracles, available to everyone and given freely to us all. A child, whether healthy or ill, misshapen or beautiful, opens the world into a new sunlight. It is an experience greater than a dream.

If it is true that God loves us like a father, we can all rest peacefully. We are loved with a perfect love.