

News Release

June 14, 2022

Former Harrisonburg resident and author Shirley Showalter will speak on “Mindful Grandparenting for a New Age” at Community Mennonite Church on Thursday, June 23, at 7 p.m.

Her presentation will be based on a recently published book titled *The Mindful Grandparent: The Art of Loving Our Children’s Children*, which she co-authored with Marilyn McEntyre. Broadleaf Books, an imprint of Fortress Press in Minneapolis, published the 250-page book and released it in May.

Krista Tippett, host of the NPR program “On Being,” states, “This is a book I did not know I was waiting for. It is a reflective handbook for becoming a grandparent – perhaps the first ever? – but so much more. A celebration of the flow and fullness of life. A call to the honor and pleasures of eldering. It is a gift to our world which is so in need of – and so ripe for – old ways and new of deep accompaniment and formation across generations.”

The publisher describes the book this way: “Making memories and fostering relationships with our grandchildren in the midst of a fast-moving culture isn’t easy, and a legacy that lasts isn’t crafted overnight. So how do we as grandparents cultivate strong, meaningful relationships with the children we adore?”

“Start with *The Mindful Grandparent*. With 12 grandchildren between them, authors and educators Marilyn McEntyre and Shirley Showalter know deep in their bones that attending to the small ones in our lives has never been more important. Grandparents can help little ones learn to value relationships over things, lap time over screen time. They can help grandchildren live with intention, attentive to others, to nature, and to the diverse, beautiful, and troubled social world around them.

“*The Mindful Grandparent* doesn’t shy away from the challenging issues in contemporary grandparenting. Through inspired ideas teamed with simple practices and engaging stories, *The Mindful Grandparent* covers wide-ranging topics such as cultivating curiosity, giving meaningful gifts, helping children explore difficult topics, building a grandparent team, honoring adult children’s boundaries, and managing technology.”

Copies of the book will be sold at the Community Mennonite Church event, and Showalter will be available to sign them. Showalter is also the author of *Blush: A Mennonite Girl Meets the Glittering World*, which was published by MennoMedia in 2013. This book will be available for sale at the Community Mennonite Church event also.

For more information or to schedule an interview be in touch with Shirley Showalter: email: shirley.showalter@gmail.com Cell: 540.746.4044