

Show Notes - 8000 Promises - Adi Tilford

Today we welcome our teacher, Adi Tilford

Guest introduction:

- Adi Tilford is an adoptive mom, long-time educator, advocating for therapeutic, trauma-informed living. Adi hosts the 8000 Promises Podcast, writes a monthly essay for her newsletter subscribers and guest preaches at First Presbyterian Church, Grand Junction. She also serves on the women's ministry team, enjoying both low and high impact adventures with Pray and Play!
- Adi's writing and speaking engagements illuminate the therapeutic love of Jesus, the ongoing journey of healing from complex developmental trauma, and the in-the-trenches experiences of becoming a therapeutic parent, educator and friend.
- Most of the year, Adi prays and plays in the desert of Colorado where the cactus bloom and coyotes caper in the front yard. She is making her home the place she loves to be with her hubby Sam and their two incredible daughters.
- Welcome to class Adi

Question

"My story is embraced, rather than erased. So each time facing it – more is dealt with".

Call to action: Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Adi:

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Podcast: 8000 Promises