

GOOD NEWS FOR LITTLE HEARTS

WHEN YOU ARE SHY

Sadie Finds Her Voice

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Flowers freckled the fields of Mulberry Meadow.
They stretched far and wide in the bright summer sun.

Trailing behind her parents who were trying to hurry, Sadie, suitcase in tow, didn't pay any attention to the flowers or the sunlit meadow. She was worried about having to go stay at Ivy's house for a whole week! *Ugh*, she moaned. *Why do Mom and Dad have to travel? Why do I have to go stay with cousin Ivy?*

Sadie moved slowly through the meadow, rattling off one complaint after another, just as she had ever since they had set out early that morning:

I'm hot. (What she really meant was, Why can't I go with Mom and Dad?)

I'm tired. (What she really meant was, Let's go back home.)

My foot hurts. (What she really meant was, I don't want to go.)

I'm thirsty. (What she really meant was, I'm worried!)



Ever since her parents had told her about their upcoming trip and her having to stay with relatives, Sadie had been dreading this moment.

She had hardly been able to sleep at night for worrying.

Last night especially. She had tossed and turned as she worried about being lonely, missing Mom and Dad, being in a strange bedroom, meeting Ivy's friends . . . The list went on and on.



Mom and Dad had tried to help. They had listened to Sadie's worries. And they had reminded her of the good times she always had with her cousins, and how Ivy would be with her to help.

But Sadie couldn't shake her worry. She was just not comfortable in strange places with people she didn't know so well. She already felt lonely and small . . . and she had tossed and turned some more.

