

parenting CHRISTIAN kids



Always Rely on Jesus

POWERSOURCE

ASK GOD:

1. To guard your children and their faith during good times as well as challenges.
2. To make Jesus' love real to all your family members.
3. To help you trust God no matter what you're facing.

Family life brings plenty of challenges—and also plenty of opportunities to practice trusting in Jesus. Even positive changes can disrupt our schedules and affect relationships with each other and with God. Although you can't control everything that comes your way, you can minimize the impact of stress, change, and uncertainty.

Whether children are experiencing good times or facing challenges, they have three primary needs:

1. Consistent Relationships

When life gets tough, kids need reassurance and familiarity. Model the positive qualities of Jesus, who's consistently present, unconditionally accepting, attentive, affirming, and reliable.

2. A Safe Place Children need an accepting place where they can talk about what's happening in their lives. Be real with kids and encourage them to open up about their thoughts, fears, and emotions.

3. Boundaries and Structure When new or different situations arise, maintain the same rules and routines, as much as possible. Let children know ahead of time what to expect. Then provide extra attention during changes.

The good news is that Jesus is *always* trustworthy, no matter what we're facing. Read on for active ways to share that important truth with your children.

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TEACHABLE MOMENTS

Powerful Protection

Say: **God's special people were slaves in Egypt and were tired from working so hard. Moses told the Egyptian king, "Let my people go!" but the king didn't listen. So God sent plagues, or troubles, to the land- but God kept his people safe each time!**

Re-enact the first nine plagues:

Blood to water - Drop red food coloring into water.

Frogs - Hop around the room.

Gnats - Buzz in a high pitch.

Flies - Buzz in a lower pitch and zoom around the room.

Diseased livestock - Moo and moan; lie on the floor with arms and legs sticking up.

Boils - Put dots on your skin with washable red marker.

Hail - Throw paper wads.

Locusts - Nibble on some snacks.

Darkness - Turn off the lights.

After each plague, shout, "Let my people go!" Take turns sharing times you've seen God's power in action. Close in prayer, asking God to help your family trust in his protection.

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Jesus Won't Let You Down

When life spins out of control, children need reminders of Jesus' complete trustworthiness. They also may need skills to cope with anxiety or uncertainties. Use these tips to offer kids a much-needed B.R.E.A.K.:

- * **Be** an example. Minimize any unnecessary stresses and cast all of your own cares on Jesus (see 1 Peter 5:7).
- * **Relate**. Spend time together, share interests, listen, and cheer kids on.
- * **Educate** yourself. Learn what stressors your kids face each day. What goes on at school, at daycare, or with their friends?
- * **Ask** questions. Inquiries show you care - and help you understand.
- * **Keep** praying. Talk to Jesus regularly about what your kids are facing.

Trust Fall Have one partner stand behind the other and catch the standing partner as he or she falls back. **Ask:** "How did it feel to trust someone? How did it feel to be trusted—or not trusted?" **Read (or summarize) Genesis 22:1-14. Ask:** "Why did Abraham trust God? How did God reward Abraham? When is it easy or difficult for you to trust God? What does this Bible passage reveal about God that will help you trust him?"

Always Found With younger kids, unwind with a fun family game of Hide and Seek. After playing for a while, talk about how God looks out for and watches over us - at all times and in all circumstances.

Create a Smile File Not only is stress exhausting, but it removes our focus from life's many joys. Make a file, box, or journal where family members can put pictures or notes about God's blessings. Look through it together when you feel discouraged or overwhelmed.

Lick Life's Problems When life gets messy, spending one-on-one time with your children is crucial. If possible, take each child on a simple outing (for example, to an ice cream shop). Let your child air what's on his or her mind. Then share

ways you can stick together, trust God, and address any issues.

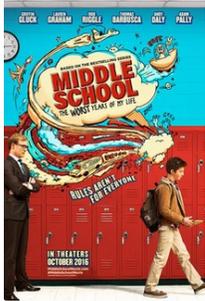
It's Stickin' Place an index card on each person's shoulder, and see if they can shake it off. Next, clip a clothespin on each person's shoulder, and see if they can shake it off (no hands allowed!). **Ask:** "Which was easier to lose, the card or clothespin? Why?" **Read aloud Hebrews 13:5b-6. Say:** "God is always with us. He's like the clothespin, not the card. We can trust God to stay with us wherever we go." **Ask:** "How does it feel to know that God never leaves you? When is a good time to trust that God is with you?"

Synchronized Skating "Skate" around a room, either with socked feet on a carpet-less floor or by placing paper plates under your feet. Then have pairs skate together, trying to do the same moves without talking. Change partners every two minutes. Afterward ask: "As you skated, how did you get to know your partners?" **Read aloud 1 Corinthians 8:3. Ask:** "How does it feel to hear that God knows you? How can you stay synchronized with God and always trust him?"

"He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands."

—Deuteronomy 7:9, NLT

MEDIA MADNESS



MOVIE

Title: *Middle School: The Worst Years of My Life*

Genre: Comedy

Rating: not yet rated

Cast: Lauren Graham, Thomas Barbusca, Griffin Gluck

Synopsis: This film, based on a novel by James Patterson, follows a sixth-grader named Rafe through assorted challenges in junior high. Feeling oppressed and stifled, the imaginative preteen devises a plan to break every single rule at school.

Our Take: The book handled tough topics with humor, so the movie has potential. But the content probably won't be appropriate for kids under 10. Parents are wise to steer clear of the stereotype that middle school is automatically a nightmare.



MUSIC

Title: *7/27*

Artist: Fifth Harmony

Synopsis: This pop and R&B girl group formed on season two of *The X Factor* reality show. Their debut album, *Reflection*, went gold. This sophomore CD includes collaborations with many big-name artists and producers, including Ty Dolla Sign, Fetty Wap, and Missy Elliott.

Our Take: Beware: Many of Fifth Harmony's lyrics and music videos are sexually explicit, such as the hit single "Work From Home." So we wouldn't recommend this group as quality role models. Although songs such as "The Life" feature a good sound without sexual content, you'll still likely come across references to drinking and "getting lit."



CULTURE & TRENDS

Tech Addicts Mental-health experts say technology can be just as addicting as drugs and alcohol. Some young people admit they crave video games and other screen time, using it as a coping mechanism to deal with life's problems. (dailycamera.com)

QUICK STATS

Got Hope? In a survey of fifth- and sixth-graders, 91% say they feel they have a promising future ahead of them. (gallup.com)

Risky Business According to the Centers for Disease Control, 43% of kids are severely under-vaccinated. Those children - as well as peers they come in contact with - are at a higher risk for disease. (bostonglobe.com)



Games, Sites & Apps

Lumo

In this game, players view the action in a classic 3-D isometric perspective - but with a fresh, modern take. With more than 400 rooms to explore, players solve puzzles and find secrets. Rated E10 for comic mischief, the game also contains some toilet humor.

WatchKnowLearn.org

Serving as a library of free educational videos, this site offers children and parents a goldmine of information on a wide range of topics. The 50,000 videos are sorted into 5,000 categories, from academic topics to cultural and ethical issues. An age filter helps viewers locate appropriate content.

Color Switch

This popular app game, which is free to download but comes with ads, challenges players to move a ball through color-coded obstacles. Although the task seems simple, it takes a lot of skill. Players say it's fun because they can play over and over again in a short time period.

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This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



Blessing of Animals

Calling All Pets and Their Humans!

We invite ALL creatures - pet and human - to the plaza outside the main doors at 7:00 pm on Wednesday, October 5th, for our annual Blessing of the Animals, a special service of song and praise for the animals that enrich our lives.

The service is inspired by Saint Francis, who had a special relationship with the natural world. St. Francis believed that the spirit of God was present in all flora and fauna - and within our beloved pets.

All pets should be leashed or 'contained.'



The B-I-B-L-E!

We will celebrate "Family Spirit Days" during our regularly scheduled elementary sessions on October 16th and 17th.

Parents are asked to join their children for a 'family-style' session as we explore our "spiritual navigation system", the Bible.



The first meeting for parents and children preparing for First Reconciliation will be Saturday, October 1st, 4:00-5:15 PM.

A make-up session for parents will be held on Monday, Oct. 3rd, at 6:00 PM.

American Heritage Girls

Are you ready to see your daughter's dreams take flight? Troop VA1736 is an active group of 40 fun loving girls and their wonderful families. We allow girls to experience new challenges, serve others, make new friends and have tons of fun - all in a safe, faith-filled environment. Our troop meets the 1st and 3rd Wednesdays each month at Redeemer from 6:30-8:00pm in the MPR.

For more information, please contact:

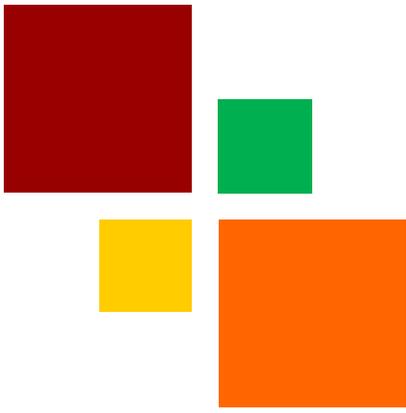
Troop Coordinator: Christina Robertson

Email: AHGVA1736@gmail.com

Facebook: www.facebook.com/AHGVA1736

Troop Website: <https://ahgva1736.trooptrack.com/>





October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 St. Therese
2	3	4 St. Francis of Assisi	5 7:00 Blessing of Animals	6	7 Our Lady of the Rosary	8 Food Pantry Weekend
9 Food Pantry Weekend	10 World Mental Health Day	11	12 7:00 Prayer	13	14	15 Harvest Run & Pumpkin Walk
16 R.E. Family Spirit Day	17 R.E. Family Spirit Day	18 St. Luke	19 7:00 Prayer	20	21	22
The B-I-B-L-E!		23 World Food Day	24	25	26 7:00 Prayer	27
28	29	30 Trunk or Treat	31 Halloween No R.E.			