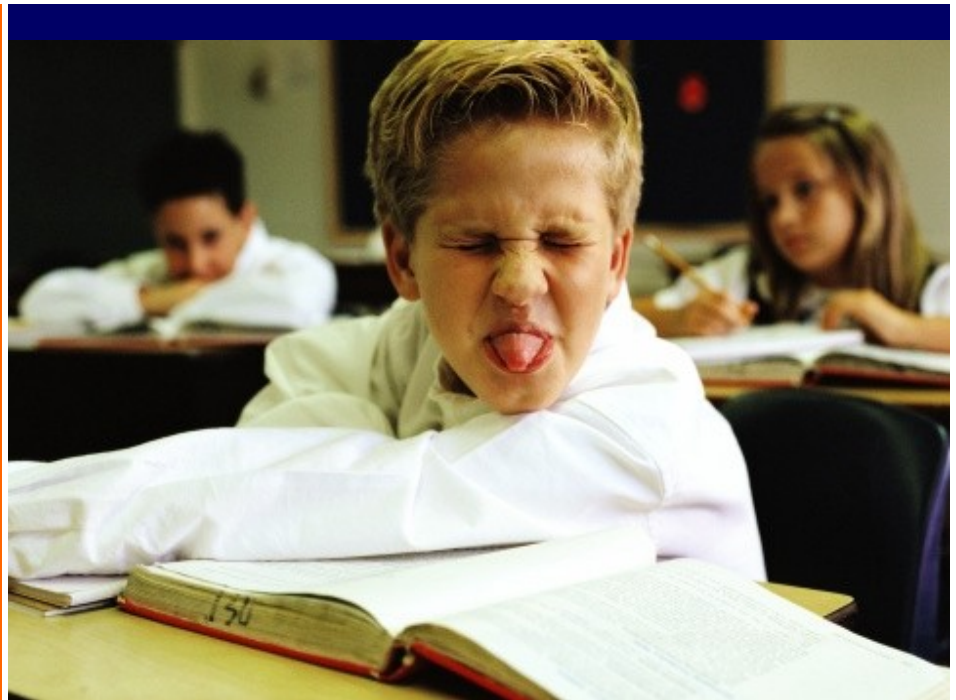




the Parent LINK

Children's Ministry Edition

January 2012



Family and Children's Ministries
Springfield United Methodist



POWERSOURCE

ASK GOD:

1. For guidance as you set appropriate rules and boundaries.
2. To help you deal with rebellion in a calm, positive, and loving manner.
3. To forgive you when you rebel against God and his commands.

Deal With Rebellion Constructively

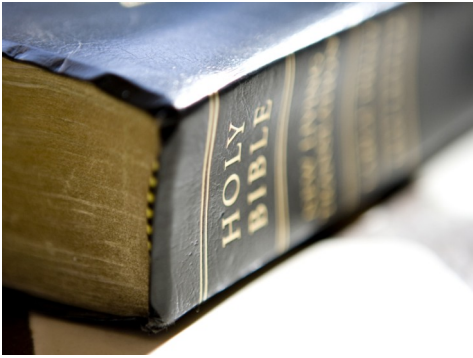
Because of sin, all of us rebel against authorities and God. As parents quickly discover, children are no exception. These little "angels" assert independence by rebelling against rules from a young age. But the Bible instructs parents to discipline children out of love, molding them into Christians who strive to obey God and respect other people. Use these strategies for dealing with rebellion as children grow:

- Birth to 2 years: Accept that God gives even newborns the ability to display unique temperaments. Provide lots of comfort and warmth.
- 3 to 4 years: Listen carefully and respond to children's physical and emotional needs. Explore what upsets them. Model Christ's love by giving kids affection.
- 5 to 7 years: Offer choices and clear consequences for disobedience. Balance your demands with warmth and reason.
- 8 to 12 years: Consistently enforce rules. Let children know you trust them, and praise them for a job well done. Evaluate tough situations and ask what kids can do differently next time.

INSIGHTS

- In a survey of 2,000 parents with children ages 2 to 11, 38% said they use the same discipline method as their own parents did.
- Parents report using the following discipline methods frequently: time-outs (42%), removal of privileges (41%), sending to bedroom (27%), yelling (13%), and spanking (9%).
- One-third of parents believe their discipline approach is ineffective.

(cpj.sagepub.com)



“Christ Jesus came into the world to save sinners”—and I am the worst of them all. But God had mercy on me so that Christ Jesus could use me as a prime example of his great patience with even the worst sinners.
(1 Timothy 1:15)

God used Paul, who once persecuted Christians, to spread the news of God’s grace and forgiveness.

TEACHABLE MOMENTS

1. When You Were My Age— Share with children some of the rules you had to follow while growing up, whether they’re different from or similar to your current household rules. Then discuss some ways rules are good for us, even when we don’t like to follow them.

2. God’s Grace— While discussing people in the Bible who made bad choices and faced consequences, be sure to emphasize God’s grace, as well. For example, King David suffered greatly after sinning, but he sought—and received—God’s forgiveness.



3. Commandments 2.0— Work together to reword each of God’s Ten Commandments as a loving guideline from a loving God. For example, you may write, “Because I want you to be protected from religions that would mislead you, don’t have any other gods except me.”

Discuss rebellion and obedience by asking children these conversation-starting questions:

1. What makes people rebel, or break the rules? Why is it sometimes difficult to do what we’re supposed to do?
2. How is rule-setting an act of love? What should we do when a rule doesn’t seem loving or when we disagree with it?
3. How does God respond to our sins and mistakes? How do you respond when other people break rules, and why?

FAMILY EXPERIENCE

Use these activities to share the message that God wants us to follow and obey him.

The Master’s Voice— Set up an obstacle course and have family members take turns trying to navigate it while blindfolded. Designate one person to give correct directions while everyone else shouts out wrong directions. Afterward, discuss what it was like trying to decide which voice to trust. Read John 10:1-5. Ask: “What makes it difficult to hear God’s voice and follow his instructions? What are some ways God speaks to us and helps us learn to hear him?” Close in prayer, asking God to make you good listeners and followers of him.

SUMC GIVES GRACIOUSLY IN DECEMBER

Tis the season to help those in need: SUMC you (1) provided 30 scholarships for children in our neighborhood and New Hope Housing to attend our Bethlehem Express Event, (2) provided Christmas gifts for 44 “at risk” families at Garfield ES, (3) provided 70 Christmas Dinner Food Totes, including \$25 gift cards for Giant Foods for “at risk” families at Garfield ES, (4) volunteered countless hours serving at Bethlehem Express, (5) made hundreds of sandwiches for local shelters, (6) sold hundreds of Christmas Trees for charity, and (7) contributed funds for the Pastor’s Discretionary Account to help numerous walk-in visitors in need of assistance these past few weeks. God is good! Keep sharing His love, SUMC!



From the Desk of Hermione Granger
House of Gryffindor

Dear friends,

I just got back from my tour of historic Egyptian wizarding libraries and found out about a cool event! My church (SUMC) is showing both Deathly Hallows movies on January 21st from 4-9:00 PM!

I hear that it is going to be a blast with plenty of butterbeer, lemon drops, Bertie Bott's every flavor beans, pizza, popcorn, and chocolate frogs.

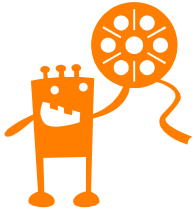
SUMC does not discriminate, so students from all houses may attend-even Slytherins! So, dress in your house colors, or come as your favorite Hogwart's professor (I don't know from which to choose! There are so many great ones!!!). S.P.E.W. requires \$3.00 to pay the house-elves.

See you all on the 21st!

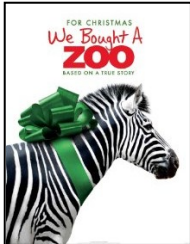
Your friend,
Hermione



P.S. If you are under 13, your parent can attend or sign a form. Contact my church at families@sumc-cares.org.



MEDIA MADNESS



MOVIES

Movie: *We Bought a Zoo*

Genre: Comedy, Drama

Rating: PG (for language and some thematic elements)

Cast: Matt Damon, Elle Fanning

Synopsis: After his wife dies, a father moves his family to a new home that comes with a struggling private zoo. The ensuing adventures help the family pull together and heal.

Our Take: Use this film, based on a real story, as a launching point to discuss challenges you've faced and overcome as a family.



MUSIC

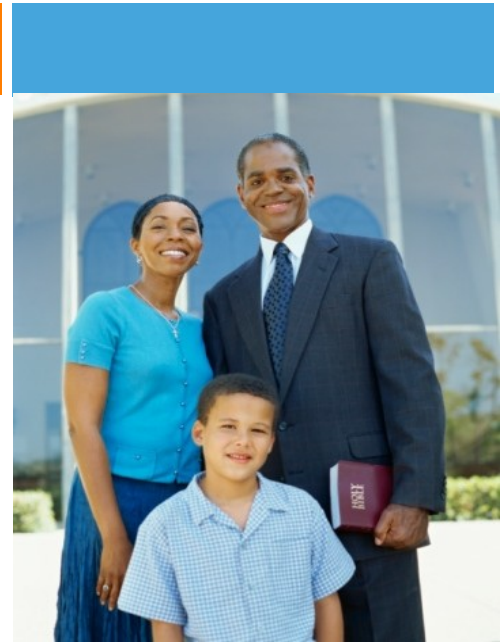
Artist: Rachel Chan

Album: *Go*

Artist Info: Rachel is the 15-year-old daughter of preacher and author Francis Chan.

Summary: Rachel's debut album addresses common struggles, such as disobeying parents. The song "Prove It" puts a "funny twist on what a godly relationship between father and daughter should look like," she says.

Our Take: Rachel's talent and boldness about her faith make her a positive influence on preteen music fans.



CULTURE & TRENDS

- Studies show that religious identity and the friends you make at church lead to happiness. The close interactions, researchers say, are what contribute to feelings of well-being. *(American Sociological Review)*
- Music stations such as Radio Disney acknowledge that parents are now a core part of their audience. They're reaching out to people who grew up listening to those tunes. Marketers say a mixture of genres has led to Radio Disney's longevity. *(reuters.com)*

QUICK STATS

- As many as 10% of kids have an anxiety disorder. Experts recommend parents acknowledge feelings, provide plenty of down time, and encourage physical exercise and journaling. *(Dept. of Health & Human Services)*
- 71% of moms say they can't go more than a day without using the Internet. Meanwhile, 42% of children think their parents need to disconnect from technology more at home. *(parenting.com)*



GAMES

Title	Content	Rating & Platform
Fortune Street	Players move along a board, similar to Monopoly. They can choose to be a variety of characters and play on 15 different game boards.	E; Wii
Aqua Mania	This compilation of "sims" for water lovers includes My Sim Aquarium, My Ocean Sim, and three other games.	E; PC (\$4.99 at amazon.com)
Star Walk	With this GPS-based app, families can go on a walk at night and learn about stars and planets, with charts tailored to your location. (Use adult supervision.)	\$3 at itunes.com
Sprinkle and Sprinkle Jr.	You are the firefighter! In either version Sprinkle or Sprinkle Jr. use your water cannon to put out fires in various puzzles. Fun for preschoolers and all ages! Sean and Mommy love this one!	\$1.99 iphone, amazon.com, free version is available.

For Your Fridge-Dates to Remember

January 8: Children Choirs resume

January 8: TAG 3:30-5:30 SH

January 21st: Harry Potter Movie
Event 4:00-9:00; Social Hall

February 5: Preschool Bounce and
Giggle; 11:30 following the service.

Upcoming Sermon Readings

Jan. 8, Acts 9: 32-43. Peter in West-
ern Palestine

Jan. 15, Acts 10: 1-11:18. Cornelius

Jan. 22, 11:19-30. Antioch

Jan. 29, 12:1-25. Herod Agrippa I
and the Church

Acolyte and Crucifer Schedule

Jan. 8, Brandon and Kaylyn

Jan. 15, Kelsy and Aaron

Jan. 22, Alex and Daniel

Jan. 29, Reed and Emily

TWEENS AND GOD

THIS SUNDAY!

3:30-5:30 PM

SUMC Social Hall

LET THE GAMES BEGIN!

Bring your favorite
boardgames and snack to
share!

Leave all electronics at
home.

Invite your friends!

Sundays at SUMC!

8:15 a.m. Worship (chapel)

9:15 a.m. Sunday School

Contemporary Service (2nd
Sunday)

10:30 a.m. Worship/Children's
Moment/Children's Church

3:00-5:00 T.A.G. (2nd Sundays)

4:00-5:00 Heavenly Brass
(Gr. 7-12)

5:00-6:00 Youth Vocals
(Gr. 7-12)

5:30-6:00 Joyful Ringers
(Gr. 4-6)

6:00-6:20 Joyful Ringers
(Gr. 2-3)

6:00-6:25 Cherub Vocals
(Gr. K-1)

6:25-6:45 Rainbow Ringers
(Gr. K-1)

6:15-6:45 Junior Vocals
(Gr. 4-6) Grades 2-3 at 6:20.

6:45 All choirs are finished

Here to serve you are:

Senior Pastor: Rev. Larry E. Craddock

Associate Pastor: Rev. L. Elaine Hall

Director of Family and Children's Ministries:
Dr. Shana Barr

Music Director: Dr. Linda Monson

Handbell Director: Mindi Riffer

Childcare Coordinator: Dr. Danna Kelemen

Pre-School Director: Cathy Ammann

Office Manager: Susan Grieg-Shirley

Church Phone: (703) 451-2375

Church Email: info@sumc-cares.org

Shana's Email: families@sumc-cares.org

Church website: sumc-cares.org

INDOOR FAMILY ACTIVITY

Family Footprints—Make imprints of your feet as reminders to walk with God. You'll need a large sheet of black plastic, sand, plaster of Paris, water, and a mixing bucket. Pour 3 inches of sand onto the black plastic. Mix enough water into the sand so it'll hold a mold. Mix the plaster of Paris and water in the bucket according to the directions. Help each family member press a foot 2 inches into the sand. Carefully pour plaster into each footprint. The plaster takes 30 minutes to harden.

While prints are drying, read aloud Joshua 22:5 and discuss what it means to walk with God. Ask: "What ways do we rely on each other? What ways do you rely on God? How are these ways similar or different?" When the footprints have hardened, gently dig them out. Then display them in your yard or garden as reminders to obey and walk with God.



The SUMC Family and Children's Newsletter is a monthly publication for the children, youth, family, and friends of Springfield United Methodist Church. For information or to submit an article, contact: Shana Barr at (703) 451-2375 or families@sumc-cares.org.