



October 2019

parenting CHRISTIAN kids

A publication for you from
Roseville Lutheran Church!



Worship at RLC

Sunday @ 8:00
Contemplative w/
Communion

Sunday @ 9:00
Traditional

Sunday @ 11:00
Praise and Worship

www.rosevillelutheran.org

Listen Up!

POWERSOURCE

ASK JESUS:

1. To help build your family members' listening skills and relationships.
2. To show you how to listen to and engage with God.
3. To keep you focused on God's voice, not on all the competing voices from the world.

"God gave you two ears and one mouth for a reason." Like most parents, you've likely heard—or at least thought—this before. The symbolism rings true: Listening more than we speak shows that we care about people's needs and feelings. Listening also helps us understand others better and grow closer to them.

That applies to our faith lives, too. Because listening is an integral component of worship and prayer, it's vital for maintaining a strong relationship with our Creator and Savior. God speaks to us through his Word, through his answers to prayer, and through our fellow Christians traveling on this journey with us.

Being a good listener—to people as well as to God—is an acquired skill.

Even adults need reminders and practice to remain alert, open, and attentive to one another and to God. That's especially true these days, when many distractions and other "voices" threaten to pull us away from faithfully following our true Leader.

Faith becomes "sticky," according to researcher Kara Powell, through give-and-take conversations among parents and children. That means it's important to listen as much—or more than!—you talk. Kids' questions and observations provide a window into their faith development and into how we can encourage continued growth.

So, put on your "listening ears" to discover even more auditory insights.

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parenting
CHRISTIAN
kids

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Real. Bold. Love.



TEACHABLE MOMENTS

The Master's Voice

Set up an obstacle course and blindfold someone to be led through it. Also choose a leader. Say: **Our blindfolded person must follow this leader's voice to make it through the course. The leader will always give the correct directions, but the rest of us will loudly call out wrong directions to try to drown those out.**

Give everyone a turn to be led. Then ask: **How did it feel to be blindfolded and not know which voice to trust? How is this like or unlike trying to hear God's voice in a chaotic world? What things can prevent us from hearing the quiet voice of God?**

Read aloud John 10:2-5. Ask: **How can we know which voice to follow? How can we become more careful listeners of God's voice? What are some ways God helps us learn to hear his voice and speaks to us?**

Say: **Let's ask God to help us listen carefully to his voice.** Close in prayer.

**Kids sing in One Worship
Sunday Oct 13th
10:00**

We have been working hard to learn the words and motions!

All Cornerstone kids are invited up front to sing at our One Worship service on Sunday, Oct 13th

You won't want to miss the cuteness factor!

Listening and Learning

Listening has a powerful effect on the person who's listening as well as on the person who's being listened to. It helps us make connections with one another, shows respect, and incites our curiosity. Listening well also makes us better speakers. We can communicate more effectively when we've taken the time—and remained silent long enough—to hear out someone else. Listening is just the first step, however. We also need to *act* on what we're hearing and put our learning into practice. As James 1:22 (ESV) says, "Be doers of the word, and not hearers only!"

Look & Listen Hide a small object and tell family members you'll give them clues to find it. Play loud music and start saying clues without shouting. Afterward, discuss how the noise affected the ability to hear and how people overcame that. Read aloud (or summarize) 1 Samuel 3:1-21 and ask: "How did Samuel know when God was speaking to him? How can we learn to hear God's voice?" Say: "Let's remind each other to tune out earthly noises so we can hear God!"

Be Still For this exercise, allow adequate time between steps. Hand out paper and pencils. Read aloud Psalm 46:10 and say: "Think about what this verse means." (Pause.) Say: "Close your eyes and listen for sounds nearby." (Pause.) Say: "Now listen for God's voice." (Pause.) Say: "Write or draw what you feel and hear." When everyone's finished, discuss your experiences and how being still helps us hear God better.

Stop, Drop & Follow Read aloud (or summarize) Acts 9:1-20. Have family members act out being Saul. Shine a flashlight and say: "Drop to the ground! Saul couldn't see, so close your eyes." (Pause.) Say: "Now stand up and listen up!" Give a simple instruction, such as clapping hands,

stomping feet, or repeating a phrase. Then have everyone open their eyes and stand up. Repeat, issuing a new command each time. Afterward, ask: "What was it like to listen to and follow directions when you couldn't see? What did Jesus want Saul to do?" Say: "Jesus wants us to listen to him and follow him. Then we can tell others about Jesus so they can follow him, too!"

"I" Am Listening Give each person 10 marbles. Say: "Mingle and talk about your day—but without saying the word *I*. If you do, anyone who hears it gets a marble from you." After five minutes, count marbles. Ask: "What was it like to avoid saying *I*?" Read aloud Philippians 2:3-4. Ask: "Why does God tell us to focus on others, not on ourselves? How does listening closely show that we care about other people?"

Actions Speak Volumes On index cards, write the names of famous Bible people (one per card). Take turns silently acting out what each is known for. Read aloud Ecclesiastes 3:7. Ask: "How did you know who those people were? Why do we often remember actions more than words? How can we combine our actions and words to tell about Jesus?"

"Come to me with your ears wide open. Listen, and you will find life. I will make an everlasting covenant with you." —Isaiah 55:3

MEDIA MADNESS



MOVIE

Title: *Maleficent: Mistress of Evil*
Genre: Adventure, Family, Fantasy
Rating: not yet rated
Cast: Angelina Jolie, Elle Fanning, Michelle Pfeiffer, Chiwetel Ejiofor
Synopsis: This live-action movie is Disney's sequel to *Maleficent* (2014). When Aurora accepts Prince Philip's proposal, her wicked fairy godmother forbids the marriage, saying, "Love doesn't always end well." Jolie said her title character goes "full wings, full horns, full crazy" in this film.
Our Take: Based on the trailer and plot, this movie promises to be dark and intense. Like most "family friendly" fare released in October, it has a supernatural focus that may make parents uneasy. Keep younger children away and use caution with older kids.



MUSIC

Title: *Growing Up*
Artist: Josh Lovelace
Synopsis: This is the second "family album" from Lovelace, a father and member of the pop-rock band NEEDTOBREATHE. As a longtime fan of children's music, Lovelace wanted to create positive, reflective songs that spark conversations among people of all ages. His first family album was 2017's *Young Folk*.
Our Take: The concepts and lyrics on this album are full of love and wonder. Lovelace encourages listeners to be kind and accepting, to cherish their time together as a family, and to remember that they aren't alone. Although the album isn't billed as Christian, Lovelace and his band have roots in the faith community.

Games, Sites & Apps

Luigi's Mansion 3
In this Nintendo Switch game, Googigi, a green doppelganger, helps the timid hero navigate obstacles in a haunted hotel. Upgraded ghost-hunting equipment includes the Poltergust G-00 vacuum cleaner. ScareScraper mode is for multiplayer action. The game, released on Halloween, is rated E.

Official Average Boy
Focus on the Family produces this podcast, which explores topics ranging from Christian stewardship and service to manners, friendship, and technology. Children and parents can listen to the entertaining episodes together and use them as springboards for valuable discussions. Best for ages 8 to 12.

Picture Dots
Designed by the New York Hall of Science as part of its Noticing Tools suite, this free app for ages 3+ builds curiosity and STEAM skills. After parents upload photos, young "content creators" can personalize them to tell stories, make and record sounds, find patterns, and more. Also available in Spanish.



CULTURE & TRENDS

Safer Students? Sales of bulletproof backpacks soared this fall, as back-to-school shopping coincided with several mass shootings. The pricey knapsacks are marketed as potential shields, though there's little evidence they provide protection. Some experts fear the packs may increase kids' anxiety. (*various sources*)

Don't Mess With Halloween A petition to move Halloween to the last Saturday in October has morphed into an effort to add a National Trick or Treat Day on that Saturday. Groups trying to boost children's safety ran into pushback from those who insist the holiday is fine as is. (*USA Today*)

QUICK STATS

Kid-Less for the Climate
More than 450 people (80% of them women) have joined the new BirthStrike movement, pledging not to have children because of global warming. (*ctvnews.ca*)

Violence at Home Every year, one in 15 children is exposed to domestic violence, and 90% are eyewitnesses. A boy who sees his mother being abused is 10 times more likely to abuse a female partner as an adult. (*ncadv.org, womenshealth.gov*)

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October 27th: Cornerstone, Conversation and Caramel Apples!

In response to the parent survey we did last spring, we are offering a special time for families to get to know their child's Cornerstone Shepherd and talk with the parents or grandparents of the kids in your child's small group!

On Sunday, October 27th each of our 3 department in Cornerstone; Preschool, Kindergarten-2nd grade and 3rd-4th grade will have a specific timeframe that Shepherds will take the kids in their small groups to the Social Hall for caramel apples and conversation. Parents will meet their child's group there at the designated time.

Here is the timeframe to chat with your child's Shepherd and other parents in the Social Hall:

**3rd-4th grades: Gather in Ark Alley rooms, then go to Social Hall with your Shepherd' then go back to Ark Alley rooms to dig into their Bibles.
10:05-10:20**

**Kindergarten-2nd grade: Kids and Shepherds will go to Social Hall and parents meet them there! Kids will then go back to Activity Center for small group fun.
10:20-10:40**

**Preschool:
10:45-11:05 Kids will be dismissed with parents at 11 in the Social Hall —give your Shepherd the Child Pick Up Receipt!**



**Get to know your child's
Cornerstone Shepherd
and enjoy delicious
apples with your kids!**

**October 18-20 MEA Weekend...
there's still room for you!
Family Fun in the Northwoods at VLM!**

October 18-20, MEA weekend, come and experience a weekend retreat at VLM's Camp Vermilion, located on Lake Vermilion outside of Cook, MN. VLM stands for Voyageurs Lutheran Ministry, which is the organization that runs Camp Hiawatha and Camp Vermilion, the hosts for our 5th-9th graders for summer camp and 9th-12th graders for canoe outings to BWCA.



We will be staying in the Bakk House Retreat Center, which has a total of 6 bedrooms: three with beds for 8, and three with beds for 4. There are indoor bathrooms and showers just down the hall from the bedrooms; a common area with sofas, foosball, fireplace, and wireless; cooking facilities; an outdoor fire pit; and a BRAND NEW SAUNA 20 yards out the back door. Your family would spend a relaxing autumn weekend in the pine forests of northern Minnesota, hiking, canoeing, playing games, and spending quality time in God's great Northwoods.

Families of all ages are welcome, and we hope to offer parents with young children a couple of hours of quiet time for themselves while others watch over the children. Saturday brunch in Voyageurs Lodge is included, and we'll share common meals Saturday evening and Sunday morning. Final cost will depend on how many people register, but the TOTAL COST for a family of 4 will be approximately \$100 (yes, that covers the whole family for the entire weekend)!

For questions or to register, contact Kathy Miller (kathy.a.miller@comcast.net, 651-494-8639) or Dave Hofeldt (dlhofeldt@mmm.com, 612-845-8401).



**Amazing
Family
Get-Away!
Sign Up Today!
Space is limited-
don't wait!**



THE POWER OF DAILY AFFIRMATIONS FOR YOUR KID

Article taken from Parent Cue, written
by Leah Jennings

Sometimes, my inner dialogue can be pretty negative, and this is coming from someone who believes wholeheartedly in the power of positive thinking. I can't seem to help it—it's so easy to slip into negative thought patterns once they start.

Recently, I got so fed up with my thoughts, I started reading a book called *Mirror Work: 21 Days to Heal Your Life* by Louise Hay. The book is all about using positive self talk to decrease fear, increase empathy, and reduce stress. Each day, the author gives readers positive affirmations to say in a mirror or whenever you see your reflection.

"All of your self-talk, the dialogue in your head, is a stream of affirmations," Hay says. "These affirmations are messages to your subconscious that establish habitual ways of thinking and behaving."

That quote convicted me right away: My current thoughts were starting to negatively shape my behavior. I started my day with a negative outlook and ended the day with an even worse one. Everything I said and did started to have a dismal tint to it. I could sense it and my family could sense it, too.

A few months ago, my husband, Kevin, and I started reciting affirmations with our three-year-old daughter, Arden, every night. Some of Arden's daily affirmations are:

I am a child of God.
I am smart, funny, and beautiful on the inside and outside.
I am brave.
I am safe.
I am loved by my family and friends.
I can do hard things.

At first, this practice of reciting daily affirmations was a way for me to get a jumpstart on sight words (that generational teacher blood runs deep within my veins). But now, we use them as a daily reminder for Arden about who she is and what she can do. I'll never forget the time when I heard Arden repeatedly muttering to herself, "I can do hard things. I can do hard things," as she struggled to open something on her own. I could use those reminders myself.

Arden demonstrated in that moment the power of affirmations in our daily lives—they become embedded nuggets of wisdom that can be applied whenever necessary. We become what we think about, for better or for worse. I think it's pretty important for us as parents to start the healing work on our thought lives so we can pass along a true, positive self talk practice to our kids.

Don't Miss these amazing events!

Serve Sunday

October 6th

10:00

Serve Sundays are a day when we take time away from regular routine to do something that benefits others.

On Oct 6th help assemble care packages for our recent RLC graduates. Some of the graduates are former Cornerstone Shepherds!

Meet in the Activity Center and join others in making cards and pictures with encouraging messages, pack boxes with goodies and add you own special touches! Families of all sizes are welcome!

Questions? Ask Julie Hanson at jhanson@rosevillelutheran.org

Parents Night Out—Nov 22nd

Let us take care of your child(ren) ages 12 months—10 years old while you have a night off to relax or get things done!

Friday, November 22nd
from 6-9 pm

Cost is \$15 per child, \$40 family maximum. Online registration required so we know how many kids to expect, and have enough care givers! Registration will begin October 15th.

Proceeds from this event go to our Youth Scholarship Fund to help kids go to summer camps and on trips.



Serve Sundays bless others and bless us!

Roseville Lutheran is the
place to be!

Mark your Calendar!

| | | |
|-----------|--------------|---|
| Oct 6 | 10:00 am | Part 2 Bible Workshop for 3 rd Graders and Parents |
| Oct 6 | 10:00 am | Serve Sunday – Care Packages for RLC graduates |
| Oct 13 | 10:00 | One Worship for all |
| Oct 17-20 | | MEA Family Retreat at Camp Vermillion |
| Oct 27 | 10-11 am | Cornerstone Conversations and Caramel Apples in Social Hall (each department as a specific time slot) |
| Nov 22 | 6-9 p.m. | Parents Night Out for kids ages 12 months– 10 yrs old |
| Dec 1 | 10:00 am | Advent Activity Day for kids ages 2 years -6 th grade |
| Dec 7 | 9-11 am | Candy Cane Breakfast |
| Dec 8 | 10:00 am | Silly Sock Sunday! |
| Dec 13 | 6:30-8:30 pm | Cornerstone Christmas Program Rehearsal for ALL |
| Dec 14 | 9:00 am | Cornerstone Christmas Program Actors Only Rehearsal |
| Dec 15 | 10 & 11 am | Cornerstone Christmas Program rehearsal at 10, program at 11 Worship Service |
| Jan. 5 | 10:00 am | Cornerstone Resumes after Christmas break |

Candy Cane Breakfast is Dec 7th

9:00-11:00 am
Saturday, December 7

Last year was so fun, we're doing it again!! This Special Christmas Breakfast for kids ages 2-10 and the special adults in their life will be on Saturday, December 7 from 9:00-11:00 am. Come get your picture taken, dine at our fun tables and enjoy making a craft to take home.

Seating is limited so reservations are required! Register online beginning October 15th, or use the paper sign up that will be in the Commons Nov 3-10. Tickets are \$9. This special breakfast is designed with kids in mind! Invite your friends and neighbors...open to the public!

