



# parenting CHRISTIAN kids



## Worship at RLC

**Beginning Sept 8**

**Sunday @ 8:00**  
Contemplative w/  
Communion

**Sunday @ 9:00**  
Traditional

**Sunday @ 11:00**  
Praise and Worship

**Easter Worship at 7, 8:45,  
10 and 11:15**

[www.rosevillelutheran.org](http://www.rosevillelutheran.org)

## It's Time to Get Growing!

### POWERSOURCE

#### ASK JESUS:

1. To guide your children toward growth in all areas this year.
2. To help you model a growth mindset, especially regarding faith in Jesus.
3. To teach you to depend on God during the upcoming school year.

With a new school year on the horizon, attention turns to goals for learning and growing. To encourage academic improvement, many schools now emphasize what psychologist Carol Dweck calls the “growth mindset”—a belief that anyone can learn and grow with effort. Potential is unlocked when children believe they can learn from challenges and by working hard.

By contrast, a “fixed mindset” is a belief that one’s basic abilities and talents are predetermined. These kids (and adults) aren’t interested in learning how to improve because they don’t believe they can.

Dweck’s approach is relevant beyond the classroom; in fact, it applies to faith growth, to some degree. People with a

fixed mindset believe they’re bad and can’t change, that imperfections are shameful, and that if they face challenges, something must be wrong with their faith.

Those with a growth mindset, however, realize it’s okay to share their sins and struggles with others. They know that Jesus loves and forgives them no matter what, and they believe they can grow closer to Jesus by trusting him during life’s inevitable challenges.

One thing we *do* want to be fixed in kids’ minds is their innate, God-given value. God made us in his image and wants to be in relationship with us despite our shortcomings. Because we don’t have to prove our worth to God, we can focus instead on growing closer to him.

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parenting  
CHRISTIAN  
kids

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Real. Bold. Love.



## TEACHABLE MOMENTS

### Breakthrough!

You'll need see-through glass or plastic containers filled with water, foaming shaving cream, and blue and yellow food coloring. Say: **Sometimes life seems cloudy.** Have family members each squirt a layer of shaving cream over the water.

Ask: **When have you felt stuck or been discouraged?**

As people share, have them add a few drops of food coloring over the "clouds." Say: **When we face tough things, God is with us and encourages us.**

Read aloud Isaiah 41:10 and Joshua 1:9. Watch as the food coloring breaks through the shaving cream, creating streaks of color in the water.

Ask: **How is this experiment like life? How can challenges result in something good or positive?**

Read aloud Romans 8:28. Ask: **What are ways you can trust God during both good and tough times?** Pray, thanking God for always loving and helping us.

**Sunday, Sept 15th**  
**we are celebrating all**  
**the FUN we had this**  
**summer! Come to**  
**worship at 9 or 11**  
**to see and hear**  
**about all the camps,**  
**trips and events**  
**that CYF did this**  
**summer!**

## Positive Ways to Grow

Instilling a faith-growth mindset can be as simple as altering the praise and feedback you give your children. Follow these guidelines:

- Let kids know God already loves them—no matter what.
- Say the goal is to be best friends with God, not to appear good.
- Praise kids for the effort they put into resisting a temptation.
- Praise kids for getting to know God, not just knowing *about* him.
- Encourage kids to ask Jesus for help when they're struggling.
- Encourage kids to share their failures with trusted friends and adults.

**Pressing On** Gather origami paper, Glue Dots, and scissors. Download craft instructions from [childrensministry.com/origami-star](http://childrensministry.com/origami-star) and make a sample ahead of time. Show family members the star and have them make their own. Offer encouragement and help, as needed. Read Philippians 3:12-15 and say: "Paul loved Jesus but still messed up. He pressed on, just as you did with this craft." Ask: "How can these verses help you press on, even when you mess up?"

**Take Aim!** For this outdoor game, divide a rectangular area in half. Play "volleyball" with an inflated balloon and squirt guns. Players can use unlimited squirts to move the "ball." Afterward, ask: "What was this game's goal? How did we work to reach it? What are some goals you have? Who helps you reach them?" Read Psalm 16:7-8. Say: "God instructs you and goes before you as you aim for goals!"

**Growth Takes Time** Fill clean baby food jars halfway with heavy cream. (You can add a marble, but use caution.) Secure the lids. Ask: "Does this look like butter? Do you think you can *make* it into butter?" Say: "Shake a jar while we talk." Read Matthew 17:14-20. Ask: "How much faith does it take to do the impossible? What tough thing do you need God's help with?"

Shake jars a few more minutes, until butter forms. Enjoy some on bread. Then discuss how it can take time to see God's miracles—and how we shouldn't give up!

**Forward in Faith** Clear obstacles from a room that can be darkened. Have one person stand as a lighthouse who whispers "Trust in the Lord" repeatedly. Lead everyone else into the room—with eyes closed. Say: "You have one minute to reach the lighthouse. When you do, open your eyes, lock arms, and join in the whispering." Play several rounds. Then ask: "How did it feel to find the lighthouse? How did it feel when time ran out?" Read aloud Proverbs 3:5-6. Say: "Let's trust God as we walk and grow in faith."

**Ch-Ch-Changes** Stand in a circle with hands behind backs. Have "It" stand in the center with eyes closed as you place a Bible in someone's hands. Have It open his or her eyes as people pass the Bible behind their backs. Whoever holds the Bible must briefly change his or her facial expression. It guesses who has the Bible, and if correct, that person becomes the new It. Read aloud Mark 4:3-20. Discuss how the Bible changes us and makes us more like Jesus.

"We are surrounded by a great cloud of people whose lives tell us what faith means. So let us run the race that is before us and never give up."  
—Hebrews 12:1, NCV

# MEDIA MADNESS



## MOVIE

**Title:** *Overcomer*

**Genre:** Faith-based drama

**Rating:** PG (some thematic elements)

**Cast:** Alex Kendrick, Priscilla C. Shirer, Aryn Wright-Thompson

**Synopsis:** A plant closure in town leads to changes for many people, including a high school coach who must switch sports. When the only runner who shows up for his cross-country team is a girl with asthma, they're both challenged to discover their new and true identities.

**Our Take:** This life-affirming film encourages viewers to "go the extra mile" for one another and to give Jesus first place in their hearts. It emphasizes that one's identity in Jesus matters most and that people who follow Jesus are to live out their faith daily.



## TV

**Title:** *Molly of Denali*

**Network:** PBS Kids

**Synopsis:** The star of this new animated series is a 10-year-old Native Alaskan girl, voiced by a young indigenous actress. Molly's adventures help her learn about the 49<sup>th</sup> state's people and history. She uses the Internet and in-person interviews to discover what life was like for her ancestors. She also makes connections between their interests and her own.

**Our Take:** While exposing children to cultural diversity, this show encourages them to be curious about their own heritage. The episodes can serve as springboards for age-appropriate discussions (and research) about your family's history, stories, and traditions.

## Games, Sites & Apps

### Cadence of Hyrule

In this rhythm-based "Zelda" spinoff for the Nintendo Switch, players must step (and fight) to the beat to progress through puzzle dungeons. The goal is to collect foes that look like musical instruments in order to defeat the enemy Octavo. Combat is cartoonish in this E-rated game.

### Chompers

Kids will look forward to brushing their teeth thanks to this twice-daily podcast. Each episode features two minutes of jokes, stories, fun facts, and silly songs. Weekly themes range from dinosaurs and robots to cooking and interviews. Chompers, geared toward ages 3 to 7, also is available on Alexa.

### Superbook Kids Bible

This free Bible app for young readers brings God's Word to life with the addition of videos, images, and interactive games. It also includes 26 episodes of the *Superbook* series, as well as "Superstreaks" that encourage readers to regularly engage with the biblical text.



## CULTURE & TRENDS

**Earlier Puberty: It's Not Just for Girls** According to a new study, more boys are now reaching puberty earlier—and one factor may be higher BMI (body mass index). Though the study has limitations, it points to another possible effect of America's obesity epidemic. (*JAMA Pediatrics*)

**Catching the Vision** To help kids set and focus on goals, some teachers and parents now use back-to-school vision boards. Assembling a collage of photos to represent reachable goals can be an effective way to develop grit—especially for visual learners. (*various sources*)

## QUICK STATS

### Every Day We're Hustlin'

Almost half (48%) of parents of kids under 18 have a side job, working an extra 13 hours per week. And 27% of those with a side hustle say they're more passionate about it than they are about their regular job. (*bankrate.com*)

**Stuffed!** Although only 3% of the world's children live in the United States, they own about 40% of the toys purchased globally. Perhaps that's why one in 10 Americans rents off-site storage—at the average cost of \$400 yearly. (*uctv.tv; nytimes.com*)

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.



**Don't miss these events!**

## Mark your Calendar!

Our fall schedule in Children, Youth and Family is full of fun and interactive opportunities!

### Weekly:

Sundays	Little Lambs, Cornerstone, Luther League, Devos & Donuts (2 yrs. thru 8 <sup>th</sup> Grade)
Tuesdays	FLOCK (High School)
Wednesdays	Confirmation (7 <sup>th</sup> -9 <sup>th</sup> Grade)
Thursdays	Bagels @ Dawn (High School)

### CYF Special Events & Retreats:

Sept 8	10:00 am	Little Lambs, Cornerstone, Luther League and Devos & Donuts begin
Sept 8	10:30 am	Intro to Cornerstone for new preschool parents in Room 66
Sept 10	7:30 pm	FLOCK begins
Sept 11	6:30 pm	CYF Volunteer Training
Sept 12	6:45 am	First Bagels @ Dawn
Sept 15	9 and 11	Celebrating Summer during our Worship Services
Sept 18	7:00 pm	Confirmation Parent and Student Orientation
Sept 29	10:00 am	Part 1 Bible Workshop for 3 <sup>rd</sup> Graders and Parents
Sept 29	9 or 11 am	3 <sup>rd</sup> Graders presented Bibles in Worship
Oct 6	10:00 am	Part 2 Bible Workshop for 3 <sup>rd</sup> Graders and Parents
Oct 6	10:00 am	Serve Sunday – Care Packages for RLC graduates
Oct 9	7:00 pm	Confirmation Prayer Stations
Oct 13	10:00	One Worship for all
Oct 17-20		MEA Getaway & Family Retreat at Camp Vermillion
Oct 18	7:00 pm	Confirmation Fellowship Night
Oct 27	11:00 am	Cornerstone Conversations and Caramel Apples in Social Hall
Nov 15-17		7 <sup>th</sup> and 8 <sup>th</sup> Grade Confirmation Retreat
Nov 22	6-9 p.m.	Parents Night Out for kids ages 12 months– 10 years old
Dec 1	10:00 am	Advent Activity Day for kids ages 2 years -6 <sup>th</sup> 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 and program at 11
Dec 18	7:00 pm	Confirmation Fellowship Night

**RLC is the place to be!**

Questions about Children's Ministry at RLC?

Contact Julie Hanson, Director of Children's Ministry

at [jhanson@rosevillelutheran.org](mailto:jhanson@rosevillelutheran.org) or call 651-487-7752, ext. 227

# Cornerstone starts Sept 8th

Have you registered your kids yet? Everyone is welcome- invite a friend!

Have you registered to lead a small group yet?

Cornerstone welcomes kids ages 2 years old through 4th grade to praise God and grow in their faith!

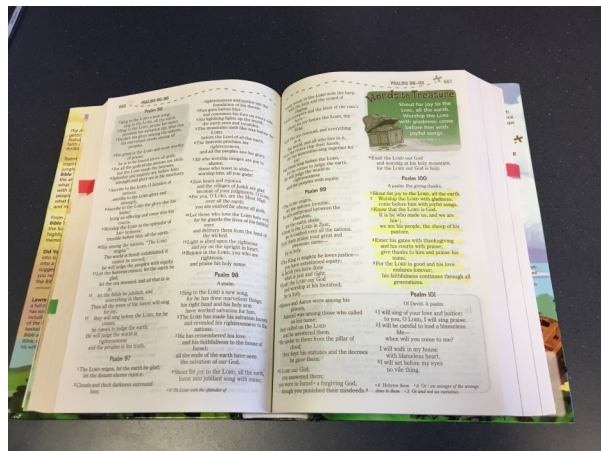
How can you be a part of this fun?

1. Register your kids online today!  
[www.rosevillelutheran.org](http://www.rosevillelutheran.org)
1. Bring your kids to RLC on Sundays and encourage them to make new friends and learn about God's love.
2. Be a small group leader and meet kids that are your own child's age... show your child by example how important faith is in your life!
3. Talk to Julie about ways you can lend a hand!

## 3rd Grade Bible Workshop

Workshops on Sept. 29 and Oct 6th at 10:00 am  
Bibles Presented Sept. 29 at 9 and 11 am

It is very exciting to be a third grader at Roseville Lutheran Church! Each fall we give our third graders a Bible of their own, as a gift from the congregation. This also gives us the opportunity to learn more about this amazing book, the everlasting love of God, and the life lessons it contains for today! If you have a third grader, you are invited to attend both Bible Workshops with your student on Sunday, September 29 and Sunday, October 6 at 10:00 am in the Lounge. There is no regular Cornerstone for 3rd graders on these dates. By attending both of these workshops, you will learn together about the Bible and how to use it. We will share with you the importance of making the study of God's Word a part of daily life. There will be fun activities and some great take home surprises. The students will receive their own Bibles during worship on September 29 at either the 9:00 or 11:00 worship service, whichever you normally attend. Parents/Guardians will be asked to come forward with their student and present their child with their own Bible. More information will be going out to each of our third grade families in early September. Any questions, please contact Julie Hanson or Pastor Sara via the church office: 651-487-7752.



# 3rd graders ROCK their Bible skills!

# Family Serve Opportunities- Make Memories Together

Working together as a family or group gives you the opportunity to meet others and make memories while blessing others with your service! We offer special days on Sundays 3 times a year, called Serve Sundays where we focus on helping a specific group of people during the 10:00 hour.

**Our first Serve Sunday will be October 6<sup>th</sup>** at 10:00 in the Activity Center when we will pack treats, write notes and make items to send to recent RLC graduates. These Grad Care Packages will be sent to RLC students to remind them that they are being prayed for and cared about while they are away from this place. Note— this Serve Sunday is the same day as the second Bible Workshop for third graders and their parent/guardian. Third graders can join the others in the Activity Center when they are done with their special activity as part of this workshop.

Other ongoing service opportunities that you can do as a family include:

- Greeters before our Worship services
- Communion Server (kids hold the basket)
- Refreshen Busy Bags for the little ones to use during Worship
- Readers in Worship (4th grade and older)
- Take Down team after Cornerstone

Please contact Julie Hanson if you are interested in helping with any of these opportunities. You can bless others by sharing your time!



Serve Sunday making Grad Care Packages is a great way to let our recent RLC graduates know we are encouraging them and praying for them as they embark on this next journey! Join us October 6th in the Activity Center!

## Serve Sunday- be a blessing to someone!





## October 27th: Cornerstone, Conversation and Caramel Apples!

This is a special event for Cornerstone families to get to know the Shepherd that is leading their kids each Sunday, AND to get to know the other families of the kids in their small group! On Sunday, October 27th right after Cornerstone at 11:00 join us in the Social Hall to dip your apple into the melted caramel and sprinkles and get to know your child's Cornerstone Shepherd! Take a few minutes to chat, or spend longer and play at the park or sit around the table and get to



know each other AND the others in your child's small group!

If you have more than one child in Cornerstone you will have to greet them all! If you want to attend the 11 worship service, stop in and say hello, then head to worship! No worries! We want to give you this opportunity to socialize and it will be pretty low key!

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

## Candy Cane Break fast 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!



# MEA Family Retreat!

October 18-20 MEA Weekend...  
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 5<sup>th</sup>-9<sup>th</sup> graders for summer camp and 9<sup>th</sup>-12<sup>th</sup> 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 ([kmiller@comcast.net](mailto:kmiller@comcast.net), 651-494-8639) or Dave Hofeldt ([dlhofeldt@mmm.com](mailto:dlhofeldt@mmm.com), 612-845-8401).



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