



January 2018

# parenting CHRISTIAN kids



## Worship at RLC

**Saturday @ 5:00**  
Traditional, relaxed

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

**Sunday @ 9:00**  
Traditional

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

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

## Cultivate Children's Curiosity

### POWERSOURCE

#### ASK GOD:

1. To bless your children with curiosity about God and the amazing world he made.
2. To help you remain curious and creative as you parent.
3. To reveal himself to your family members in meaningful ways.

Young children are savvy explorers, investigating God's creation with unbridled enthusiasm and fearless questions. Their imagination allows them to experiment with thoughts, feelings, and ideas. Imagination is also a powerful tool for discovering faith concepts. Without consistent opportunities, however, curiosity and imagination plummet by the preteen years.

Likewise, creativity often becomes less important to kids as they grow—and as they progress through the educational system. Yet that skill is an effective way to help children develop a relationship with Jesus.

"Kids can't literally hug Jesus or sit on his lap, [so] creativity helps bridge that

gap," says Jeff White, author of *Holy Wow* (Group). Creativity lets kids "explore God and understand who he is, whether through art, music, food, drama, storytelling, or other forms of self-expression," he adds.

Jesus adored and welcomed little children; in fact, he instructs us all to have a childlike faith (see Matthew 18:3). That type of faith is trusting yet curious. It asks questions, seeks new insights, and wonders how Jesus would address challenges.

Nurturing children's curiosity and creativity provides a solid foundation for learning, living, and loving. The ultimate goal of an inquisitive, imaginative mind is to know Jesus so we can discover how to serve and love him—and other people.

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parenting  
CHRISTIAN  
kids

**Group**  
Real. Bold. Love.



## TEACHABLE MOMENTS

### Bubbling With Joy

You'll need a Bible, a clear glass filled with carbonated soda water, raisins, and praise music.

Ask: **What kinds of things make you burst with excitement?**

Read aloud Psalm 100. Say: **God wants us to be filled with joy when we praise and worship him.**

Give each family member several raisins. Take turns dropping raisins in the glass while music plays.

When the raisins start bouncing around, say: **The raisins are reacting to a gas called carbon dioxide. Tiny bubbles form on the raisins, lifting them up. When a raisin reaches the top of the water, the bubbles pop, and the raisin sinks. Then the process starts again.**

Ask: **How can worshiping God make us bubble up with joy?**

Close in prayer—and then dance to the praise music!

## Spark the Joy of Discovery

Spending time with children can be unpredictable—and can lead to many God-moments. Through their vivid imaginations, children become part of God's unfolding story with a sense of innocence and trust that we lose as adults. There's no rush to confront little ones with reality; that happens soon enough. Set aside criticism, competition, structure, and comparisons. Instead, emphasize praise, acceptance, freedom, insights, and smiles. Rushing squelches curiosity, so allow plenty of time for your children to make and share their discoveries. Welcome their questions, even if you don't have all the answers. And remember to show curiosity yourself, because that mindset is contagious! Try these ideas for revealing biblical truths through imagination and creative exploration.

**It's a Draw** Set out art supplies and draw, paint, or sculpt Bible events. Celebrate children's creativity, and find opportunities to link their abstract art with God's creation and his Word.

**Action!** Encourage children to engage with Bible events by acting them out together. After reading aloud from a children's Bible or Bible storybook, dress up, role-play, and improvise dialogue. Allow embellishment and laughter.

**Creative Creation** Together, brainstorm things God created. Read aloud Genesis 1:27. Say: "Because we're made in God's image, we're creative too!" Set out shapes cut from different colors of construction paper. Have family members design pictures of God's creation (animals, flowers, people, and so on).

**Curious Questions** While reading the Bible together, encourage children's curiosity by asking questions such as "How might [Bible person] tell about this event? What do you think he or she saw? smelled? tasted? touched? What other choices did this person have? What in these Bible verses do you want to do? What do you *not* want to do?"

**Make Merry** Create homemade tambourines and then make joyful noises of worship to God. Sing and dance, waving ribbons for extra effects. Older kids can write songs about a Bible passage.

**STEM Stimulation** Incorporate other subjects into Bible time. Use math to demonstrate 40 days of the flood, 40 days of temptation, or forgiving 70 times 7. Do research to find out what's in a drop of pond water. Use blocks to build the Tower of Babel or the Temple.

**Snacks Make Things "Stick"** Research shows that snacks affect children's memories because food connects to emotions. So make and enjoy Bible-themed snacks that tie into lessons. Use animal crackers, goldfish crackers, blue gelatin (for water), marshmallows (for sheep), and so on. Search online for easy recipes related to each lesson.

**Everyday Examples** Use a variety of household items to reinforce Bible truths. For example, place a dried-up sponge in a pan of water and discuss the changes that take place in us when we know Jesus. Pull some tissues out of a box and explain how the church is a bunch of people holding up one another.

**"O Sovereign LORD! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!"**  
—Jeremiah 32:17, NLT

# MEDIA MADNESS



## MOVIE

**Title:** *Jumanji: Welcome to the Jungle*

**Genre:** Action, Adventure, Comedy

**Rating:** PG-13

**Cast:** Dwayne Johnson, Jack Black, Kevin Hart, Karen Gillan

**Synopsis:** In this stand-alone sequel to the 1995 Robin Williams movie, four teens are pulled into the jungle setting of an old video game. Trapped in the adult bodies of their chosen avatars, they must embark on a dangerous adventure to return to the real world.

**Our Take:** This film explores how games can literally suck you in. Because the characters play against type, families can discuss how people view themselves and others. The movie isn't for younger children, due to thematic elements and scenes of peril.



## MUSIC

**Title:** *Crooked*

**Artist:** Propaganda

**Synopsis:** This rapper and social activist, also known as "Props," challenges listeners with bold lyrics about his relationship with God and society. *Crooked*, his fifth album, is a mix of rap, hip-hop, and poetry set to a beat. Its style is in line with pop culture, yet the songs are full of thought, American history, and the gospel.

**Our Take:** Like Lecrae, Props appeals to young listeners because of his mainstream sound. Yet he focuses on important social and spiritual questions, rather than violence, materialism, and hypersexuality. *Crooked* is a desirable music option for preteens and parents alike.



## CULTURE & TRENDS

**Time Off for Pops** More companies are following the example of tech giants by offering paid paternity leave. States such as California and New Jersey have formalized up to six weeks of paid leave for new dads. Many fathers, however, feel pressure not to take it. (*cnbc.com*)

**One and Done** To try to keep families safe on the road, a New York restaurant is enforcing a one-drink limit on parents who dine with their kids. (*time.com*)

## QUICK STATS

### Tiny (Digital) Footprints

About 92% of U.S. children younger than 2 already have an online footprint. Some parents even check the availability of domain names and social media handles when choosing baby names. (*chicagotribune.com*)

**Up in Smoke** Two-thirds of preteens and teens say the legal age for purchasing cigarettes should be raised from 18 to 21. (*pediatrics.aapublications.org*)

**Adoption Trends** In the past dozen years, international adoptions by U.S. parents have declined 77%. And for the first time on record, boys now outnumber girls among international adoptees, mainly due to changes in China. (*pewresearch.org*)

## Games, Sites & Apps

### I Got This!

In this active board game, players earn points by completing funny and sometimes tricky challenges. The tasks help build gross motor skills, critical thinking, coordination, and cooperative play. The game, available from Fat Brain Toys, is best for ages 8 and up.

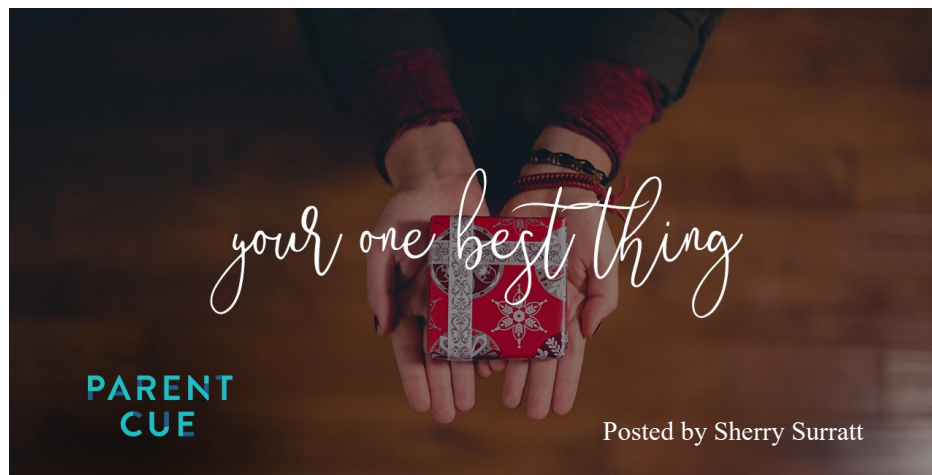
### brainson.org

This kid-friendly website offers information about a wide range of science-related topics. On a weekly podcast that mixes facts with humor, scientists discuss topics from planets to curious-looking creatures. Although the 15- to 30-minute episodes are silly, they capture children's interest.

### Color Switch

In this simple, fast-paced game, players tap a ball through spinning, geometric-shaped obstacles by matching color patterns. The free app, for kids ages 4 and up, has 25 levels in six modes. Note that some ads attached to the app may be inappropriate or may freeze the game.





It's that time of year. The stale leftover cookies are in the trash and I'm eyeing the tree, wishing it would pack up and walk itself to the basement. I'm ready to make a clean sweep of the holidays. Christmas is over. This means a brand new year ahead and I'm thinking about how my family can make the most of it. Should we set new goals, launch new habits? Rework our schedule and routine? Come up with a five year family growth plan? I have a headache.

I love the idea of setting new family goals, but I live with me. I'm all for committing a lengthy list of goals and objectives to paper, but then my actions don't follow. Before January is finished I don't even remember what I wrote. Anybody with me?

Here's what I've learned. When it comes to creating a great family rhythm, more doesn't always mean better. I'm tired of long lists with no follow-through (and the shame that comes with it) so here's where I am. I'm asking myself this question: What's the one best thing I can do to help my family better connect this year?

Sure, Pinterest reminds me there are hundreds of great ideas out there. But what's the one thing that will impact us the most? But wait, how much can you really accomplish by just focusing on one thing? Actually, research tells us focusing on one thing at a time can move you farther faster than focusing on many.

And the power of the one thing isn't in its bigness but rather in its repetition. When it comes to connecting with the hearts of your family, the small things you do every day matter more than the big things you do occasionally.

This year for us, it's one question, at one meal a day and here it is:

Where did you see God at work today?

It's a simple question that I can remember and I'm committing to asking it with open hands, without interruption but with full attention. And it's okay if the answers don't go to deep places every time. Heart connection happens with full presence of listening and intentional repetition.

This year instead of a list of goals, I'm going for impact through simplicity. Our one best thing. So think about this. How can you make your one thing so easy and likely that you'll repeat it? Think about the moments that already present themselves in a rhythm and get in step with it. Maybe it's the drive to school or right before bedtime or over a morning bowl of cereal, you know, the stuff that happens every single day. So how about getting started? What's the one best thing your family will do this year?

# Parent Opportunities

Over a 4 week span we are having special speakers at RLC to talk with parents about various relevant topics. All of these sessions are open to any parent or adult, and each session is independent of the others.

**Wednesday, January 24** (7 – 8:30 PM): Technology and Teens led by Tony Ducklow discussing different forms of technology and social media and how to make you more aware as parents about the different uses for them.

**Wednesday, January 31** (7 – 8:30 PM): When Kids Lose Their Sparkle led by Youth Service Bureau speakers discussing causes and signs of depression and what to do as a parent to help

**Wednesday, February 7** (7 – 8:30 PM): Tackle Stress and Anxiety led Youth Service Bureau speakers discussing the differences between stress and anxiety and how to manage stress both in and out of school (9<sup>th</sup> grade confirmation students will also be in attendance).

**Tuesday, February 13** (7:30 – 8:30 PM): Kick the Habit Before it Starts led by Youth Service Bureau speakers discussing the impact of chemicals on a teen's ability to grow and learn as well as strategies as parents on how to start a conversation with your teen about chemicals.

The Wednesday sessions are taking place in the Social Hall, Tuesday session will be in the Lounge. No registration is required. If you would like to attend any of these sessions and need childcare, please contact Julie Hanson at [jhanson@rosevillelutheran.org](mailto:jhanson@rosevillelutheran.org)



## Attention First Graders

**Sunday, February 11th we have set aside our Cornerstone hour to have our first Prayer Workshop for all 1st graders and their parents or guardians. Join us in the Lounge to talk about what prayer is, how to use it, and learn what the Lord's Prayer is all about. We are going to make a special item to take home too!**

**The other kids have Cornerstone as usual on Feb 11th. Our 1st Graders have a special event just for them— hope you can join your son or daughter to learn more about prayer!**

### The Lord's Prayer

Our Father, which art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come.  
Thy will be done in earth,  
As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive them that trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever.  
Amen.



I want to know you Lord  
You are a great big God  
I'm young and do not know a lot  
Come and be my all



## First Communion Workshop and Seder Meal in March

If you have a child that is in 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade and feel they are ready to receive their first Communion, we are having a workshop for students and their parent(s) on Saturday, March 24 from 9-noon. This workshop is offered once each year and is open to any child that a parent feels can understand what this Sacrament is all about, targeted toward 3<sup>rd</sup> grade and above. If you have an older child that has not yet gone through this, they are also welcome!

First Communion is celebrated with a symbolic Seder Meal at 6:00 on Maundy Thursday, March 29. Families of those receiving their First Communion are invited to this Seder Meal, including baptismal sponsors, grandparents, etc. This symbolic meal is representative of Jesus' Last Supper. When the Seder Meal is completed, families will enter the worship center for Maundy Thursday worship at 7:00 where they will receive communion as a family.

More information will be sent out specifically to families of 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders in February with an online sign up.





## What is Bridging?

Bridging was founded on one simple, yet powerful idea—that together we can create a bridge between those in need and those with excess. Since the first donated item, Bridging has provided the basic home essentials to over 90,000 families. There are 2 warehouse locations, one in Burnsville and one in Roseville near Byerlys off of County Road C.

Roseville Lutheran Church and Bridging have been partnering to help families for several years. RLC volunteers go to Bridging to help sort donations or fix furniture that need repair. If you would like to share your time with Bridging, contact the Roseville Warehouse, 651-631-3255. We have set aside a Sunday to collect and bundle items for Bridging for the past 6 years, building dressers for the past 3.

For more information about Bridging, please go to their website: [www.bridging.org](http://www.bridging.org)



## Serve Sunday is January 21

January 21st is a big day at RLC, set aside to help the clients of **Bridging**.

Roseville Lutheran Church has purchased 50 dressers and you are invited to assemble them! Confirmation kids, youth and our staff will assemble some of them, but your help is needed in the Activity Center to assemble 22 dressers from 9-noon on January 21st.. No experience is necessary, just the ability to read the directions! Each dresser costs \$85. If you would like to help pay for a dresser, please make checks out to Roseville Lutheran with "Dressers for Bridging" in the memo, or donate online using our RLC website Giving page. Go to Other Gifts and designate the amount go toward Dressers for Bridging.

During the winter months, blankets remain in high demand for bridging families. Please bring in a new or very gently used blankets, **OR make** a fleece blanket. Purchase fleece enough to make a tie blanket to fit a single bed, or pick up a kit (complete with fabric and directions) in the Commons during January, make a blanket with your family or friends and return it to Roseville Lutheran on Sunday, January 21. All blankets need to be donated by January 21st.



We also are going to be wrapping kitchen towels, dishcloths and bath towels into bundles for the clients of Bridging. Your donations of new kitchen towels, dishcloths, bath and hand towels or washcloths are much needed. Bring them on January 21st and help wrap them up on the north mezzanine.





# Our Cornerstone Christmas Program in pictures...

“Someone  
Is  
Coming!”



“Someone  
Is  
Coming!”



Special Parts Kids!



Narrators!



Sasha and Chad Myers with Lucas

