

# Mount Zion - Children's Church News

We are learning, loving and serving God together!

## Happy New Year!

May 2014 bring you and your family rich blessings from the Lord as you follow Him. The workers and I have enjoyed our time of fellowship with the children during the fall season and look forward to sharing the good news of Jesus in the coming months.

If you have any questions or concerns please feel free to speak with me or email me (address below).

Rita Cardarelli (Children's Church Director)

### Children's Church Workers:

Grace Castro-Nolet	Liliane Mingardi
Luisa Thuswaldner	Marguerite MacDonald
Radina Petrova	Steve Thuswaldner
Vincent Nolet	

The general theme for the next several months: The Ministry of Jesus.

During the months of November and December we learned about the miracle birth of Jesus. In the coming months we want the children to learn that we can depend on Jesus to be our Healer and our Provider.

#### Underlying Concept for January, February and March:

God sent Jesus to save us from our sins, to be our healer and provider. He is our good Shepherd.

### January's Theme: Jesus Is Our Healer

#### Underlying Concept:

- We trust and believe that Jesus is our healer no matter what the circumstance.

### January's Scripture Memory Verses:

**Matthew 8:17:** *Jesus took away our pain, suffering and sickness.*

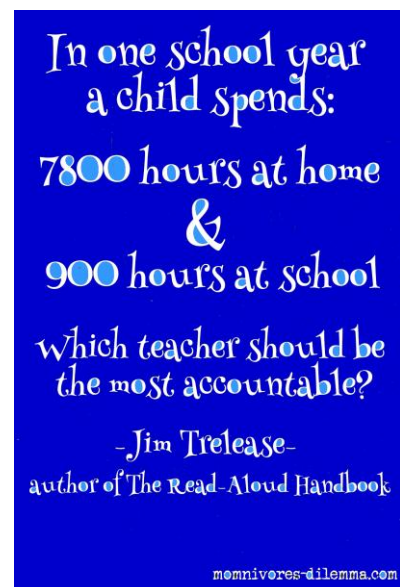
**Mark 9:23:** *Everything is possible for him who believes.*

### Upcoming Dates/Events:

**Jan 29 – Co-operative games with Cathy Harris!** We will have a special treat for the children on the 29<sup>th</sup>! Cathy will lead us in playing fun co-operative games mixed in with God's word! What a combination! As we play we instill values of team work, sharing, trusting, communication and empathy.

### What Parents Can Do:

#### Food for thought!



See helpful hints: see next page!

# Mount Zion - Children's Church News

We are learning, loving and serving God together!

## Helpful Hints:

### A Family's New Year's Resolution

Last month I challenged parents to set a priority on **spending quality and quantity time** with their families during the Christmas season. If you weren't successful in meeting that goal why not set it as a New Year's resolution! As Christians we should be spending time every day reflecting on our lives and seeking how we can better serve the Lord. However, traditionally January is a time when people look back on the past year and may want to set some new goals for the coming year. Why not make it a family event this year! As you begin, ask God, 'Father, what is on your heart for me and my family this year?' **God will not only give you the direction you need, He will help you accomplish your goal!**

A few helpful hints:

**Parents are always role models for their children.** Children observe what you say and do all the time. Don't make unrealistic New Year's resolutions that you'll break before you know it. Instead, make some new commitments as a family. *Each family member could take a turn sharing something they are proud he/she has accomplished in the past year.* This puts a positive focus on things. *Then each member may want to suggest something they can do together as a family.* Review what everyone has suggested and choose a few ideas that you know you can realistically achieve. Doable and meaningful goals will meet with success! **Write down your goals and post them in a visible spot for all to see!**

As a parent you may want to reflect on some of these questions as you formulate a family goal:

- Do you instill in your children an **attitude of gratitude**?
- Do you **pray together** on a regular basis?
- Do you **read and discuss the bible** together?
- Are there some **character traits, special qualities or talents** you would like to see our children develop or strengthen, that you can help to nurture?
- What **needs do you see** in your children's faith relationship that you can help fulfill?
- How can you as a family be of **service to others** in our community?

*One final thought:* Keep a record of your family life together. This may be in the form of a family calendar, photos, or daily journal. Being able to look back on all you've shared together will not only bring happy memories but will also strengthen your resolve and make everyone accountable to commit to the goals you've established.

Wishing you a blessed New Year in the Lord!

Rita

(rita.cardarelli@mzchurch.net)