

Mount Zion - Children's Church News

We are learning, loving and serving God together!

The cooler weather and changing vibrant colours of the leaves signal the fall season! We are so blessed and thankful to God who supplies all our needs.

Our theme this month is prayer. It is so important to teach children to spend time with God. He is the source of your strength, joy, peace and love. He wants a relationship with you! Teaching children how to connect with God is an important gift as a parent you can give your child!

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:

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October's Theme: Prayer!

Communicating with God through prayer!

We will be reviewing the concept of prayer because it is such an important experience. We want the children to understand the power prayer can have in their daily lives.

Underlying Concepts:

- prayer powerfully impacts our daily lives
- different ways in which we can pray
- purposes of prayer

Please, take some time to pray with your children every day. Remember, as you pray, you are modeling and teaching your children how to pray. Praying together is an enduring gift you give to your children. You show them that you love and care for them. Further, you show them that God loves and cares for them too.

October's Scripture Memory Verses:

Jeremiah 29:13

"You will seek me and find me when you seek me with all your heart"

Upcoming Dates/Events:

Oct. 12: Thanksgiving

November: During the month of November we will be working on a children's presentation for our Dec. 6th Christmas Banquet. Please, commit to bring your child to church every Sunday in November so he can prepare.

Thank You!

What Parents Can Do:

Express your love!

Action speaks louder than words... so be sure to give your children lots of hugs, kisses and spend quality time together. Your actions will bless your children, giving them a sense of worth and build their confidence knowing that you love them.

Our pastor recently started the **Thanksgiving Group** on Facebook giving people an opportunity to share with others the blessings God has provided in our daily lives.

As a family why not do the same thing! In the morning before going off to work and school or at the supper table, let everyone share a blessing. What a great way to focus on the positive and acknowledge how wonderful God is to us every day!

"Always give thanks to God the Father for everything, in the name of our Lord Jesus Christ."

Ephesians 5:20

See helpful hints: see next page!

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Helpful Hints: Teaching Children about Forgiveness-Part 1

As parents, you have an important responsibility to guide and teach your children life lessons through God's word; how we love others, show compassion, and deal with hurt feelings. Teaching your child about forgiveness is an essential principle that will help them navigate their life. We want them to know that holding on to anger, resentment or hurt will negatively affect them in the end.

As an educator, I had to mediate many difficult situations with children (and parents). Getting to the root of a problem, exploring feelings and arriving at a positive resolution was not an easy task. However, with the Holy Spirit's guidance I learned over the years that **teaching forgiveness at an early age gives children an incredible gift of releasing their hurt and an ability to move forward in love**. Instead of seeing themselves as victims, we want our children to see themselves **"as more than conquerors in Christ Jesus"**. (Romans 8:37)

Here are some things I've learned that may be helpful when teaching your child about forgiveness:

- **Identify the feeling.** When children came to my office to deal with a situation I always gave them time to talk about what happened. Then I would help them identify how it made them feel. Were they sad, mad, embarrassed or disappointed? (With younger children, I had visuals of different faces they could pick out to help them explain their feelings.) It is important for children to understand how the situation made them feel before they can forgive.
- **Forgiving someone is a decision.** Deciding to forgive someone is a choice you make. Forgiveness is not saying that what the other person did was okay; it's that you have decided not to hold it against him/her. Forgiveness is for **you** not the person who hurt you. I always told the children that they could never control the behaviours or reactions of others, but that they could control their own. Forgiving someone or asking for forgiveness is about them **letting go of the negative emotions** surrounding the situation. Forcing a child to say sorry or to decide to forgive someone is never the solution. It has to come from their heart. Therefore, you may have to give them some time to think about it. When I dealt with some serious situations, it took many days to arrive at a positive resolution. Therefore, as parents don't expect a quick fix. In the end, the time you spend dealing properly with a problem will be a benefit to addressing future situations. I would tell the children "don't forgive that person just because I'm asking you to or to make me happy, you have to decide because **you** want to feel better."
- **Let go of the hurt.** Children need a concrete symbol to help them let go of their hurt. There are many ways to accomplish this. With older children, I had them write down what happened and how it made them feel. Then they would read it out to me, expressing their negative feelings. They would say aloud, "**I'm letting go of _____ and sending it away.**" I would then ask the child to tear up the paper symbolizing **sending away** all the pain. Another way would be to blow up a balloon and, as they are blowing, to think about all the negative feelings going into the balloon. Then they would say aloud, "I'm letting go of _____ and sending it away." The child would pop the balloon as a final act releasing the hurt.

Next month I will continue to share on this important topic. Note that these strategies are effective for everyone, even parents! When children observe how you deal with hurt feelings, they will learn how to follow your example.

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