

Mount Zion - Children's Church News

We are learning, loving and serving God together!

The Christmas season is upon us! This is the perfect opportunity to let **"your light shine"** to all those around you. Let them know why we celebrate, so that they too can have the peace, joy and love of Jesus!

On **December 13**, we will have a Children's Christmas celebration. The children are encouraged to bring a friend to join in the festivities!

If you have 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	Maria Makuch
Cathy Harris	

Dec.'s Theme: Let your Light Shine.

We continue the theme we started in November.

Underlying Concepts:

- Jesus is the "Light of the world". We are in Him, so we can bring His light to others.
- So how do you shine before others? The Bible verse gives us a clue. It says, "That they may see your good deeds". So one way to shine is by doing good deeds.
- During the Christmas season, the best gift we give others is our love.

Dec. Scripture Memory Verse:

Review scriptures from the last 3 months:

John 12:46 "I have come into the world as a light, so that no one who believes in me should stay in darkness."

John 15:12 "Love others as I have loved you."

Mathew 7:12 "Do to others what you would have them do to you."

1Thessalonians 5:17 "Be joyful always, pray continually; give thanks in all circumstances, for it is God's will for you in Jesus."

Upcoming Dates/Events:

Dec.13: Children's Celebration!

What Parents Can Do:

Only God can turn
a **MESS** into a
message, a **TEST** into a
testimony, a **TRIAL** into
a triumph, a **VICTIM**
into a victory.

GIRLFROMPARIS | TUMBLR

See helpful hints: see next page!

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Helpful Hints

There is no such thing as the perfect parent!

In my career as an educator, I've shared many conversations with parents who feel guilty that they aren't doing enough for their children. They always feel stressed because there's never enough time to do anything "the right way". I'd like to share a few nuggets of wisdom I've learned over the years.

- **Drop too high expectations from yourself and your children.** Often, we put unnecessary pressure to succeed on our children and ourselves. Take a step back and examine your motives to determine if your expected achievements truly are what God wants for you and your family.
- **Let GO.** Do not try to control everything. Give it to God. Of course, you have to set limits for your children, but stop trying to control every aspect of their lives. Pushing them too hard usually leads to rebellion. Teach them responsibility and independence. Let them fall and make mistakes, That's how they will learn to rely on God. Teaching them self-reliance rather than trying to do everything for them may make you feel guilty for a while, but in the end, it will produce good results.
- **Set your priorities.** As a Christian parent, you should talk about what's important to your family. What values do you cherish? Model for your children how you stick to them and don't compromise, regardless of what the "outside world" chooses to do.
- **Seek out help.** Parents can't do it all by themselves. The saying "it takes a village to raise a child" is true. Don't be afraid to ask for help from a family member, trusted friend, pastor or teacher when confronted with difficulties. There are many people ready to lend a hand.
- **Don't worry.** We know from scripture (Mathew 6:27) that worrying adds nothing to your life, and, it doesn't make your children safer. I remember a time when I was worrying about a nephew and I kept bringing it up to the Lord, when He finally whispered in my ear, "Stop anticipating the worst case scenario, rely on Me and **anticipate the best!**" Now I keep a sticky note on my desk with those words on it to remind me of God's love and abundant mercy! He promises to take care of us in all circumstances. We have to believe that!
- **Find time for yourself.** No matter how hard and as complicated as it is to raise children, you have to find time for yourself. Set out time to talk to God, exercise, and develop your own passions. When you feel fulfilled, you will feel better equipped to deal with family life.

As a parent, you will make mistakes! That's part of life. Stop trying to be perfect and let go of the guilt. Enjoy the small moments you share with your children every day. When they see that God is the source of strength of your life, they will model your behavior.

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