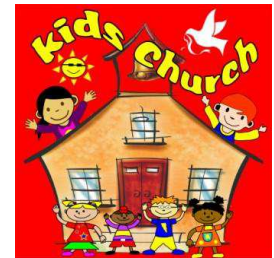




May 2014

parenting CHRISTIAN kids



Nursery up to 3
Pre K and K
1st through 5th
Classes start @ 9:30
-
10:45

Wholeness and Holiness

POWERSOURCE

ASK GOD:

1. To help you find time for a Sabbath.
2. To help you in areas where you're not whole.
3. For opportunities to teach your kids about being spiritually healthy.

Most people ignore the safety spiel before takeoff, but those flight attendants have something important to say. When they mention the oxygen masks dropping down if the cabin loses pressure, they always tell you to put on your own mask before helping others. Why? You're no good to anyone if you succumb to the pressure.

Sometimes we get so busy being everything for everyone else that we forget to take care of ourselves. This is especially hard for parents. Your kids need you—and the younger they are the more they need your constant attention.

But what does "health" look like? It's not just physical—though it is that. It's not just spiritual—though it is that. And it's not just mental—though it is that, too. It's all of it. And all of it ties back to our relationship with God.

Just think about how you react to others when you're tired, hungry, or not connecting with God. You're not you—or at least not the *you* you want to be.

Take care of yourself, and you'll be able to take better care of your loved ones. If you're connecting with God in mind, body, and soul, it will permeate everything you do.

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TEACHABLE MOMENTS

Weekly Walks

Here's an easy way to grow closer as a family and work on the "body" part of mind, body, and soul.

Commit to taking a walk with your family once a week for a month. If it becomes a habit, that's great!

Discussion Topics:

Week 1—What's your favorite Bible story? Why is it your favorite?

Week 2—What's the hardest thing about following Jesus? What's the best thing?

Week 3—What do you want to pray about?

Week 4—If you could ask God one question, what would it be?

Securing Our Oxygen Masks

Being healthy starts with our walk with Jesus. Jesus said, "Apart from me you can do nothing," and we see that truth all the time. So as you're thinking about ways to get and stay healthy—how to secure your own oxygen mask—ask yourself these crucial questions.

When was the last time you had a day of rest?

Our bodies were designed to work in a rhythm of six days of work and one day of rest. Find time to rest.

Are our kids any different? Just because they're young doesn't mean they can go without a time of rest. That might mean they shift around homework. Or they only play one sport. Or you make time to get the family to bed early before church the next day. Kids need rest, too.

You're really, really busy. But remember the beginning of Jesus' ministry? People were lined up outside the door, but he was "in a solitary place." In a sense, Jesus was securing his



How did you intentionally move into the presence of God yesterday?

Our prayer life is often the first thing affected by the busyness of life.

Prayer isn't something you should be checking off a list. However, if it's been a long time since you've spent time in prayer, maybe a list is the best way to start.

Get up a few minutes earlier. Go to bed just a little later. Whatever it takes.

How recently have you prayed, "Lord, show me myself"?

Read Psalm 139:23-24 and ask God to reveal something about yourself. It probably won't be something that's a surprise to you, but getting it out in the "light" means you can deal with it.

It's easier to see the deficiencies in other people at times. But if we're open to God showing us our own deficiencies, we can intentionally move into those and address them. And when we grow spiritually that helps our spouse and kids also.

(Adapted from Group Magazine.)

"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him."—Romans 12:1

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MEDIA MADNESS



MOVIE

Title: Legends of Oz: Dorothy's Return

Genre: Family

Rating: PG (for some scary images and mild peril)

Cast: Lea Michele, Martin Short, Dan Akroyd

Synopsis: An all-star cast stars in this animated chapter in the Oz franchise. Dorothy is whisked back to Oz to save her friends Lion, Tin Man, and Scarecrow from the clutches of The Jester. The film includes songs from singer/songwriter Bryan Adams.

Our Take: The promotional material emphasizes this will be family-friendly, and there's no reason to suspect otherwise



MOVIE

Title: Maleficent

Genre: Family

Rating: PG (for sequences of fantasy action, violence, frightening images)

Cast: Angelina Jolie, Elle Fanning

Synopsis: The untold story of the evil witch from Sleeping Beauty. She was once a pure-hearted girl, but a betrayal leads her to a path of revenge, and a heart turned to stone.

Our Take: Though it's based on a beloved Disney franchise, this take on the story looks very dark. And Jolie as Maleficent would scare most young children. You could talk to your kids about how someone's heart can change—for the worse and for the better—and how a desire for revenge can tear us down.

Games, Sites & Apps

Kirby: Triple Deluxe

With Nintendo's 3D technology, Kirby can move both left and right, and between the foreground and background. Kirby can still inhale his enemies and take on their powers. The Kirby games are always imaginative and very clever. **Rating: E;** Nintendo 3DS

kids.national geographic.com/kids

This companion site to the prestigious magazine has kid-friendly games, photos and features. It's full of the award-winning photography National Geographic is known for.

Stack the States app

This 99-cent iPhone/iPad app helps kids learn the U.S. states; their capitals; and their shapes, locations, and abbreviations—through flash cards, puzzles, and quizzes. You can create six different accounts, so the whole family can play. Available in the App Store.



CULTURE & TRENDS

Preschoolers who get to choose to share rather than be rewarded for sharing are more likely to share in the future. Making the choice to share lets children see themselves as caring people, a trait they desire to replicate. (*Astro Awani News*)

QUICK STATS

Running on Empty: On average, it takes kids 90 seconds longer to run a mile than it did 30 years ago. Heart-related fitness has declined 5 percent per decade since 1975 for kids ages 9 to 17, and the World Health Organization data shows 80 percent of kids globally may not be getting enough exercise. (*latino.foxnews.com*)

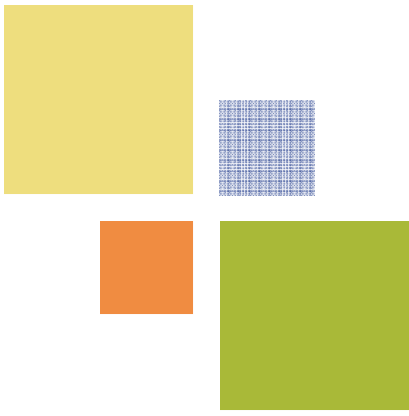
Be Happy: Two percent of children across the globe, when asked, "What makes you feel safe and happy?" responded with "religious beings/places/God." The majority (56 percent) said being with family makes them feel safe and happy. (*childfund.org*)

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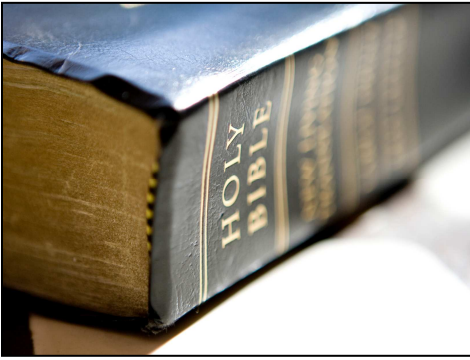
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This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Kids Church 9:30-10:45	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day Kids Church 9:30-10:45	12	13	14	15	16	17
18 Kids Church 9:30-10:45	19	20	21	22	23	24
25 Kids Church 9:30-10:45	26 Memorial Day	27	28	29	30	31



We partner with Gospel Light
When we use the materials
to teach in our Kids Church.

There are curriculum and
definite teachings about Je-
sus and thanking Jesus for
all the things He made to
the babies. Teaching them
about the love that Jesus
has for us, how He cares
for us.

For Pre-K and K class we
teach the same Bible Story
for one month. We have
different crafts and different
snacks but the same Bible
teaching to reinforce the
principle and story to the
children.

For 1st through 5th grade
we use Audio, Visual, Dis-
cussion, Action, Reading,
Telling, Sharing to teach the
Bible Stories and to help
the children apply principles
of Gods Love and Provi-
sions to them.

Promotion Sunday is Coming

If your kids are moving up to Pre K age or 1st
grade or 6th grade

We will have a moving up ceremony for them here
at Pacific Church of Irvine.

June 22nd is the day for that so mark your calen-
dar and be sure to come to church that day to en-
joy your children's moving up ceremony.

Be on the lookout for information about our Vacation
Bible School.

The dates are June 30 - July 3rd

Gospel Light's
**SON TREASURE
ISLAND VBS**

Location is at :15 Orangetree Irvine Calif. 92618

Pacific Church of Irvine

www.pacificchurch.com