



the Parent LINK

Children's Ministry Edition



February 2012



Roseville Lutheran Church
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<http://www.rosevillelutheran.org>



POWERSOURCE

ASK GOD:

1. To protect your children from harmful messages about physical attributes.
2. To help your children view themselves as God's creation.
3. To heal any body-image struggles you've been facing.

Promote Positive Body Image

The topic of body image is usually associated with teenagers, but it's becoming an issue for younger children now, too. Media and advertising, toys, and peer pressure are among the many factors that make kids question their appearance and build.

But what's said and seen at home matters, too. Often parents inadvertently contribute to their child's body-image issues with their comments or through their own weight issues. A parent's focus on body image can make a child think his or her value is based solely on appearance. Here are tips for promoting healthy body image in your children:

- Emphasize that God created our bodies, which he calls "the temple of the Holy Spirit" (1 Corinthians 6:19).
- Model healthy eating. Show children how to make wise food choices, and don't require them to always clean their plates.
- Accept yourself. Resist an obsession with calories and pounds.

INSIGHTS

- 80% of girls in third- through sixth-grade report displeasure with their bodies. Young girls say they're more afraid of becoming fat than they are of cancer, nuclear war, or losing their parents. (U.S. Dept. of Health & Human Services)
- 36% of third-grade boys have tried to lose weight, and "muscle dysmorphia," an obsession with body size and shape, is on the rise among young males. (Time)

The Good News Gazette

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CORNERSTONE KIDS HELP WITH THE BIG WRAP!

February 5th is the Big Wrap for Cornerstone Kindergarteners through 4th Graders...



In a combined effort with Mission and Outreach, our Kindergarteners through 4th Graders will help with The Big Wrap on February 5th. They should go to the Activity Center to meet with their Small Group

Shepherds, and will be working with the Mission and Outreach team to wrap kitchen utensils in towels to give to Bridging.

Mission and Outreach is collecting wash clothes, hand towels and bath towels, and 3 kitchen utensils: can openers, spatulas and wooden spoons. The 3 items will be rolled together to give to someone who is having their first home a few essentials to cook and prepare food.

Parents are encouraged to join their kids. Cornerstone Preschoolers will meet in Small Groups as usual in Room 45.

Jesus, Use Me Please!

We will honor and thank the many people that give us their time to make Cornerstone happen...

The Cornerstone Appreciation Banquet will be on Sat. morning, Feb. 11th from 9-11 a.m.

If you and your family can help us with prepping, serving or cleaning up, please contact Julie Hanson at 651-487-7752, ext. 227 or jhanson@rosevillelutheran.org

Jump! in and let Jesus Use YOU!

MISSIONS MONTH



tacklehunger.org

The time is rapidly approaching for the Super Bowl. But while we are planning parties and all the food we are going to consume during the commercials, what about those who are in need. Many families in our community are struggling with hunger due to the increasing costs of in heating, gas, and basic essentials. The Mission and Outreach Team with Youth Ministries are supporting the RLC Souper Bowl of Caring. We will be collecting cans and cases of soup throughout January till Super Bowl Sunday on February 5th. Your donations will be sent to our local foodshelf - Keystone Community Food Shelf. Please take this opportunity to help those less fortunate in our community by participating in the RLC Souper Bowl of Caring.

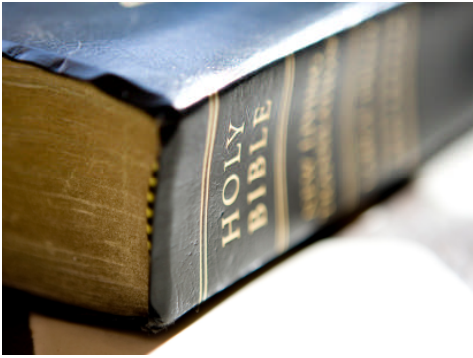
FOOD DRIVE VOLUNTEERS NEEDED

The Mission and Outreach Team is looking for people interested in the food ministry program at Roseville Lutheran. Each year RLC has 3 food drives: Thanksgiving, Souper Bowl of Caring in January to February and the Mountain of Love in March. These food drives support Keystone Community Foodshelf. This would be a great opportunity for families. If you are interested, please contact Dave Tetzlaff at tetzl001@comcast.net or 651-365-6303.



Mark your calendar for the Children Ministry Garage Sale on April 27 and 28. Proceeds from the sale benefit Children's Ministry. We will be accepting donations of saleable goods from April 21 through 25. We are also seeking volunteers of all ages to help set up and/or staff the sale. The Garage Sale is an opportunity to meet others at RLC that you may not connect with at other times.

More information will be forthcoming in the March newsletter. To volunteer for the sale or to arrange for a pick-up of large items, contact Kim Rehfeldt at 651-487-7752, ext. 226 or krehfeldt@rosevillelutheran.org



TEACHABLE MOMENTS

1. Turn to the Book—Read and discuss Bible passages about beauty (see 1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-4) and strength (see Isaiah 41:10; Ephesians 6:10-11; Philippians 4:13; 1 Timothy 4:8).



2. Branch Out—Encourage children to try new things. These experiences help affirm kids' bodies in unexpected ways. Also look for activities that diversify children's experiences, fortify their emotional strength, develop their talents and interests, and widen their circle of peers and mentors. Your church or children's ministry is a good place to start.

3. Unique Creations—Make clay sculptures of things that are important to each of you. Then talk about why you cherish and care for that item. Remind children that God cherishes and cares for us—and wants us to do the same with our bodies.

I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.
(Psalm 139:14 NIV)

Everything God created is good, including our amazing bodies.
One of the many things we can do with our bodies is praise
God for caring for us physically.

Chat with your children about body image by using these discussion starters:

1. Why did God give us bodies? What are some special things you can do with your body?
2. What does God want us to do with our bodies? How does he want us to take care of them?
3. What are some ways we can be kind to our bodies—and to other people's bodies?

FAMILY EXPERIENCE

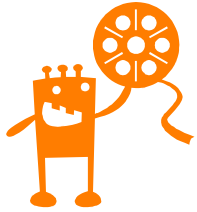
Try these activities to celebrate God's gift of our bodies. The first works well with younger children, and the second works well with preteens.

• **Hopping-Popping Bodies**—Help children draw a gingerbread-cookie-type person and then draw arrows from different parts of the body to the outer rim of the paper. From the head, help children write words that describe what they like to learn about. From the hands, write things they like to do. From the feet, places they like to go. From the stomach, things they like to eat, and so on.

Read aloud Psalm 139:14 and use your bodies to express the information on the papers. Have children act like kernels of popcorn. Have family members "burst" open with their answers as you mention each body part. For example, say: "We thank God for our minds to think about...." After everyone has popped up and shared an answer, move on to the next body part.

• **Wonderfully Made**—Remind older kids of how wonderfully God has made them. Read aloud Psalm 139:14. Discuss messages that today's society communicates about beauty and body image. Then describe what God sees in each person. Together, create a poster that communicates either Psalm 139:14 or our worth and image in Christ. Hang the poster near a mirror as a reminder of how much God values each of us.





MEDIA MADNESS



MOVIES

Movie: *Big Miracle*

Genre: Drama, Romance

Rating: PG (for language)

Cast: Drew Barrymore, John Krasinski, Kristen Bell

Synopsis: This film is based on the 1989 book *Freeing the Whales*. An Alaskan reporter and a Greenpeace volunteer work to save a family of gray whales trapped in ice in the Arctic Circle.

Our Take: Nature lovers and fans of *Dolphin Tale* will likely enjoy this movie. It can spark discussion about people's responsibilities to care for God's creation.



MUSIC

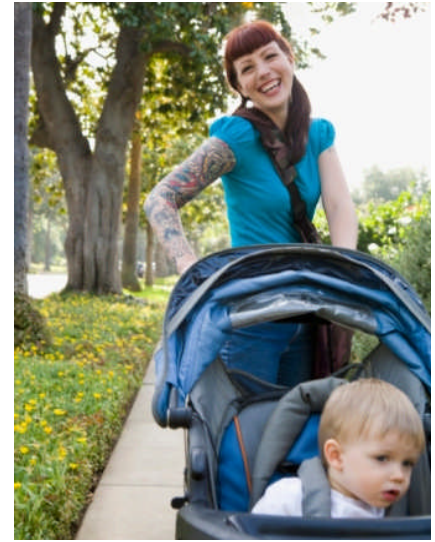
Artist: Kari Jobe

Album: *Where I Find You*

Artist Info: Jobe, a 30-year-old worship leader in Texas, knew her career path by age 10. Her self-titled debut album from 2009 was accompanied by a Spanish-language version, *Le Canto*.

Summary: Jobe uses music to bring people to Jesus, where they find peace, life, and healing. In her hit single "We Are," she reminds Christians that we "impact people's lives in everything we do."

Our Take: Jobe's voice and message shine in her pop tunes and acoustic ballads.



CULTURE & TRENDS

- More new moms are getting inked to honor their offspring. Mothers say tattoos bearing their children's names leave little room for regret, unlike other types of tattoos. Tats also remind moms they're still "cool," even though they're parents. (babycenter.com)

- Last year at ClubPenguin.com, children adopted more than 25 million Puffles, or virtual pets. The *Club Penguin Times* is read as much as *The New York Times*. (Mashable.com)

QUICK STATS

- One-quarter of America's 16 million Latino children live in poverty. (pewhispanic.org)
- 80% of a person's brain develops by age 3. The intellectual, social, and spiritual information you instill early on sets an important foundation. (firststeps.us)
- 52% of families have been members of their current church for 10 years or more. (Children's Ministry)



GAMES

Title	Content	Rating & Platform
<i>National Geographic Challenge</i>	Players can brush up on geography, science, and history as they answer questions and complete puzzles. Best for kids ages 8 and up.	E; Xbox 360, Wii, PS3
<i>YourSphere</i>	This kids-only social-networking site offers blogging, games, social interaction, and more. Parents can view all their children's online activity.	YourSphere.com is appropriate for preteens.
<i>iSock</i>	A sock puppet's mouth mimics your speech as you talk. Young children—and their parents—will have fun being creative with this app.	Requires a smart phone with sound; 99 cents at iTunes.

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

