



the Parent LINK

Children's Ministry Edition



February 2012

St. Barnabas UMC

5011 W. Pleasant Ridge Rd.

Arlington, TX 76016



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)



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.

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.

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.

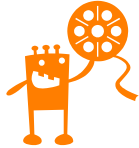
• **Hopping-Popping Bodies**—Help children draw a gingerbread-cookie-type person and then draw arrows from different parts of the body to the outer rim of the paper. From the head, help children write words that describe what they like to learn about. From the hands, write things they like to do. From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

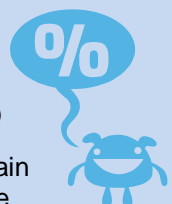


CULTURE & TRENDS

- 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)



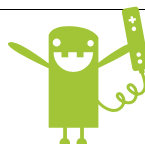
• 80% of a person's brain develops by age 3. The intellectual, social, and spiritual information you instill early on sets an important foundation. (firststeps.us)

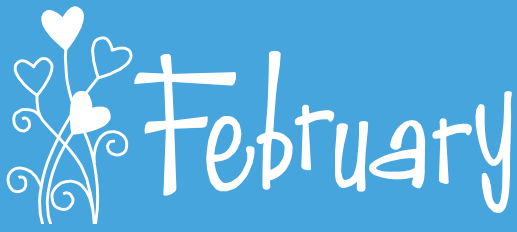
• 52% of families have been members of their current church for 10 years or more. (Children's Ministry)

GAMES, SITES & APPS

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.





February



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MPKids and GLOW SLAM JAM 1 st -6 th Grade 6:00 to 7:30	2	3 Superstart Live 4 th /5 th grade Confirmation Retreat -----	4 Superstart Live 4 th /5 th grade Confirmation Retreat -----
5 Confirmation Retreat Return noon SOUPER BOWL and SUPER BOWL *	6	7	8 SLAM JAM 1 st -6 th Grade 6:00 to 7:30	9	10	11
12 Confirmation Class 4-6 pm	13	14 Valentine's Day	15 SLAM JAM 1 st -6 th Grade 6:00 to 7:30	16	17	18
19 Confirmation Class 4-6 pm	20 Presidents' Day	21	22 Ash Wednesday	23	24	25 Route 56 Event 6:30-8:30 @ Cooper YMCA \$5
26 Confirmation Class 4-6 pm	27	28	29 Leap Day SLAM JAM 1 st -6 th Grade 6:00 to 7:30			

Important information BELOW....

MPKids and GLOW meet Feb. 1 at 6:30

NEXT MISSION: Souper Bowl of Caring

More than 20 years ago, the Souper Bowl of Caring began with a simple prayer from a single youth group: "Lord, as we enjoy the Super Bowl football game, help us to be mindful of those without even a bowl of soup to eat."

Since that day, more than \$60 million has been raised for local food banks across the country. Our Mission Possible Kids will lead this movement of sharing God's love with those in need. We hope every man, woman and child will drop a dollar into our soup pots as they leave church on February 5 before heading home to get ready for the big game.

MPKids have been invited to participate in being the leaders for the "Souper Bowl of Caring" for our church this year. We will stand at the sanctuary doors on Feb. 5 at the exit of each service to collect money in the soup pots. We will also hold our own soup can collection for our Feb. 1 meeting. Please bring at least one can of soup for our mission next week.

Route 56 SWIM/Games/& PIZZA!!

Feb. 26, 6:30 to 8:30 pm (Cost \$5 cash)

Our February Route 56 gathering for our 5th and 6th graders will be off-site this month! We will be going to SWIM at the Cooper Street YMCA indoor pool, play games, and eat pizza. What other place would you like to be but hanging with your friends at the pool? St. B will be having another event at the church that night, so we will meet at the Cooper YMCA that evening. INVITE A FRIEND OR TWO! Sign up by e-mail cathy@sbumc.org or sign up on the Route 56 bulletin board in F217 (R56 room). Cost is \$5 (cash only please). You may bring your money the night of the event. Hope to see you there!

CHILDREN'S CHAPEL

Just a quick reminder that children's chapel is held every Sunday except for Communion Sunday right after the children's time during the 11:00 service. Children's Chapel is for kids in Kindergarten through 3rd grade only. Kids younger than Kindergarten may be in childcare. Children older than 3rd grade are encouraged to be in the worship service.

SAVE THE DATE

Here are some important dates to be marking on your calendar:

1. Vacation Bible School – June 25 to June 29
2. Created By God Class (Twins, Faith, and Human Sexuality) – Class for 5th and 6th graders only. Session 1 - May 5 (5-9pm); Session 2 – May 6 (1-5pm). Must attend both sessions.
3. Easter Egg Hunt – Saturday, April 7 at 9:00 am

Just as a reminder...NEW ST. BARNABAS TIMES FOR 2012!!!

Beginning January 8, 2012, St. Barnabas will kick off new times for Sunday morning worship and Sunday school. There will be TWO worship services and ONE Sunday school time. The following worship schedule will be: 9:00 – 9:50 a.m. – Traditional Worship Service; 11:00 a.m. Blended Worship; 9:45 to 10:45 Sunday School (9:45 – 10:00 gathering/10:00 – 10:45 Class content) EXCEPTION – Route 56 5th and 6th graders and FLIGHT (youth 7th-12th) will begin at 9:30 a.m. for breakfast and fellowship. Class content will start at 9:45. We hope that you will find a place to connect during the 10:00 hour. There will be Pastor classes and Adult SS classes OR get involved with the youth or children's programs as a volunteer!

Phase two of worship will be a contemporary service on Saturday evenings beginning by August 2012...reaching the next generation of worship! If you have any questions or concerns, feel free to contact anyone on the staff or worship planning team.