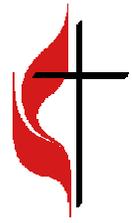




Lemont United Methodist Church
Sunday School



Notes to Parents

Dear Parents,

January 2010

Happy New Year! How many of you have made New Year's Resolutions? Are they of the typical serious, self-improvement type. It's not too late to add another one...just for fun. Make it a point to add more laughter into your life this year. Research has shown that laughter plays an important role in both physical and mental health. So following these tips from "Children's Ministry" magazine may be just as valuable for you and your family as going to the gym and vowing to eat right.



- **Act Silly.** Gather the family together and act out your favorite children's stories. Play a game of charades. Tell a goofy made-up story. Hum your favorite songs on kazoos.
- **Joke Around.** Let the kids share their favorite jokes...and reward them with a hearty laugh. Then share some of your own. Check out some joke books from the library to increase your repertoire; soon you'll hear the kids repeating them.
- **Shake up the routine.** Turn your usual routines inside out. Have dessert first at dinner. Watch TV upside down. Take a walk around the block—backwards.
- **Supply comic relief.** Do something just to make your kids laugh—like waking them wearing a crazy costume or making a funny face. Play games to induce laughter. Rent an old comedy—like "I Love Lucy"—break out the popcorn and the giggles.
- **Find the humor.** Relax a little. When something goes wrong, find the humor in it. If you'll laugh about it later, why wait?

Yes, there are problems in the world, but while your kids should understand these things, they shouldn't have to worry about them. Help lighten up their lives with a little laughter this year! Happy parenting!

Yours in Christ,

Karin Peraino & Mary Rohrer

Mark Your Calendar

- ✓ 1/17/10 – Jr. High Youth Fellowship bowling at Lemont Lanes
- ✓ 1/29-1/31/10 – Sr. High Youth Fellowship ski retreat
- ✓ 1/31/10 – Confirmation kick-off meeting for parents & youth in grades 6-8
- ✓ 2/07/10 – "Souper Bowl" Collection for Food Pantry at church services
- ✓ Feb. (date TBD) – Couples Valentine's Day gathering



Prayer Connect

This month's theme is
Desire to Know Christ;
Philippians 3:10a.



Dear Lord,
I pray that my
children want to know
Christ and the power
of his resurrection.

FaithWeaver

FaithWeaver Bible Curriculum – Weaving Faith Through Life!

Following is a calendar of upcoming lessons so that you may follow along with your child and review them at home should he/she have to miss a week of Sunday School.

Lesson & Date	Bible Story	<i>Scripture</i>	Key Verse	Bible Point Ages 3-5	Bible Point Grades 1-9
Winter 2009/2010 (mostly New Testament)					
6) 1/10	The Word Became Flesh	John 1:1-18	John 1:12	<i>We are God's children</i>	<i>People who know Jesus are God's children</i>
7) 1/17	Satan Tempts Jesus	Luke 4:1-13	Hebrews 2:18	<i>God helps us do what's right</i>	<i>With Jesus' help we can resist temptation</i>
8) 1/24	Jesus Performs His First Miracle	John 2:1-11	John 20:31	<i>Jesus can do miracles</i>	<i>Jesus did miracles to show us He is God</i>
9) 1/31	Jesus Teaches in a Synagogue	Luke 4:14-21	Luke 19:10	<i>Jesus helps us</i>	<i>Jesus came for all people</i>
10) 2/07	Jesus is Rejected in His Hometown	Luke 4:22-30	Deuteronomy 6:5	<i>Believe in Jesus</i>	<i>Jesus deserves our love and gratitude</i>
11) 2/14	Fishermen are Astonished by a Miraculous Catch	Luke 5:1-11	John 14:15	<i>Obey Jesus</i>	<i>We show love for Jesus by obeying him</i>
12) 2/21	Jesus Teaches About Rewards	Luke 6:17-26	Colossians 3:2	<i>Put God First</i>	<i>Our lives should focus on what's important to God</i>
13) 2/28	Jesus Teaches about Loving Enemies	Luke 6:27-38	Luke 6:31	<i>Jesus says love each other</i>	<i>Jesus says to treat others as we want to be treated</i>