



Lemont United Methodist Church
Sunday School



Notes to Parents

Dear Parents,

Friends of ours start their family dinners with a "High-Low" game. Each person takes a turn sharing one high and one low from their day. I like this for a multitude of reasons. It is a wonderful conversation starter; it provides a safe outlet in which to share; it helps the parents to keep in touch with their kids' lives; and it shows kids that parents have lives too. Even more, it encourages each person to pay attention to their day in order to identify something to share. For the positives, it's obviously a chance to cheer for each other. For the negatives, sometimes all that's required is a sympathetic ear. But if the sharer desires, the family can help brainstorm solutions.

I also think that these conversations can provide a perfect opportunity to develop and practice an Attitude of Gratitude. (See Parents Notes issue #40 for more ideas on how to do this.) I truly believe that our happiness is directly related to our attitude. One of my favorite quotes is by Charles Swindoll, "I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes." By sharing the highs and lows of our days, we can celebrate our daily blessings and we can encourage our children to maintain a positive attitude no matter what life throws their way.

If your family is not used to these types of conversations, this game might be a little uncomfortable at first. But once it becomes habit, it is sure to become something that everyone looks forward to. Why not give the "High-Low" game a try this month? It might just become a family tradition.

Happy Parenting!

Yours in Christ,
Karin Peraino & Mary Rohrer

November 2012

Prayer Connect

*This month's theme is **Living Wisely** (Ephesians 5:15)*



Dear Lord,
May my children be careful how they live, not as unwise but as wise.
Serving and obeying you.
Amen

Mark your Calendar
Family Church Decorating

November Open Pantry Need:

Breakfast Cereal



GROW



Teacher	Date	Session	Bible Story	Scripture
Fall 2012 for Grades K-5				
Unit 3: We Remember God's Promised Land				
Bible Point: I can choose to serve and obey God				
Key Verse: "We will serve the Lord our God and obey him." ~Joshua 24:24				
	11/11	10	Spies in Canaan	Joshua 2:1-24
	11/18	11	Crossing the Jordan	Joshua 3:1-17; 4:1-24
	11/25	12	Jericho (Thanksgiving)	Joshua 6:1-27
Winter 2012-13 for Grades K-5				
Unit 1: Peaceable Kingdom				
Bible Point: God's son came into the world as a child to offer me peace				
Key Verse: "And a little child will lead them" ~Isaiah 11:6				
	12/02	3	Mary & Joseph	Luke 1:26-38; Matthew 1:18-24
	12/09	4	Birth/Shepherds	Luke 2:1-20
	12/16	5	The Wise Men	Matthew 2:1-12

Fall 2012 for Jr. High

Teacher	Date	Session	Topic	Bible Story	Scripture
Dave	11/11	10	Knowing Yourself	David & Bathsheba	2 Samuel 11:1-12:15a
Karin	11/18	11	Wise Choices	Solomon	1 Kings 3:1-28
Erik	11/25	12	Choosing our Actions	Divided Kingdom	1 Kings 12:1-33

(Note: The HS Breakfast Club will hold discussions based on Talksheets.)



Thought for the Month

"Your attitude should be the same as that of Christ Jesus."
~Philippians 2:5

Kidz Korner



Happy Birthday to our Sunday School friends:
Sydney Nelson 11/5, Nina Risatti 11/17,
Olivia Nelson 11/23, Jacob Woday 11/29, and Emily Ivanciets 11/30

Did You Know?

The first Thanksgiving celebration lasted 3 days.

Lobster, rabbit, chicken, fish, squashes, beans, chestnuts, hickory nuts, onions, leeks, dried fruits, maple syrup and honey, radishes, cabbage, carrots, eggs, and goat cheese are thought to have made up the first Thanksgiving feast.

Psalm 107:1

"Give thanks to the LORD, for he is good; his love endures forever."

Thanksgiving Word Scramble

1. fstaе _ _ _ _ _
2. tkhfanlu _ _ _ _ _
3. sftnugif _ _ _ _ _
4. fiymла _ _ _ _ _
5. pslgmiri _ _ _ _ _
6. pkpunmi _ _ _ _ _
7. hvartes _ _ _ _ _
8. crsernebira _ _ _ _ _
9. diernn _ _ _ _ _
10. tkeruy _ _ _ _ _

