



Lemont United Methodist Church Sunday School



Notes to Parents

Dear Parents,

October 2013



I once received a gift labeled, "Queen of Multitasking." I could definitely relate to the frazzled mother wearing a taxi visor and carrying a soccer ball, ballet shoes, cell phone, teddy bear, and bag filled with other essentials. When my children were younger and I was taking piano lessons, the teacher marveled that I could play piano and answer questions from my children at the same time. But quite frankly, I didn't think it was much of a feat, just a way of life. I am sure that you can all share a similar story of juggling more than one activity at a time. As a parent, multitasking is a necessity. In fact, I've found that some of my best ideas come while I'm in the midst of doing something else.

But as I pat myself on the back for all that I am accomplishing, I wonder...am I missing out on the moment? How many times when I was playing with my children was my mind actually on what I was making for dinner, the things I needed to accomplish, or my upcoming Sunday School lesson? As much as we know that we can't retrieve lost moments, it is too easy to get caught up in a busy life and let time fly by. If we want to really savor each moment, we have to make a conscious effort. Here are some tips from "Psychology Today" on how to do that:

1. To improve your performance, stop thinking about it. Loosen up!
2. To avoid worrying about the future, focus on the present. Use all your senses.
3. To increase your self-control, be aware of your emotions. Breathe.
4. To make the most of time, lose track of it. Become engrossed in what you are doing.
5. If something is bothering you, move toward it rather than away. Accept what is.
6. To avoid mindlessness, make a habit of noticing new things.
7. Don't just do something, sit there! Carve out 10 minutes each day to just be with God.

There is no doubt that we lead full lives...but are they as fulfilling as they can be? If not, take a deep breath and try these tips. And when you put down your work to play with your children, make sure that your mind joins you.

Happy Parenting!

Yours in Christ,

Karin Peraino & Mary Rohrer

Prayer Connect

This month's theme
is **Strong Work Ethic**
(Colossians 3:23)



Dear Lord,
Help my children to work
at whatever they do with
all their heart, as working
for you, not for men.

Amen

October Open Pantry Need:

Rice or Egg Noodles



GROW



Fall 2013

Teacher	Date	Session	Bible Story	Scripture
Unit 1: From Judges to Kings Bible Point: I am called to be a servant of God. Key Verse: "Speak, Lord. Your servant is listening" ~1 Samuel 3:9,				
	10/06	5	<i>Choosing a King</i>	1 Samuel 8:1-22; 10:17-24
Unit 2: David the King Bible Point: God's love is with me all the days of my life Key Verse: "I will live in the Lord's house as long as I live" ~Psalm 23:6				
	10/13	6	<i>Samuel Anoints David</i>	1 Samuel 16:1-13
	10/20	7	<i>David and Goliath</i>	1 Samuel 17:1-51a
	10/27	8	<i>David Dances</i>	2 Samuel 6:1-19
	11/03	9	<i>David's Son Builds the Temple</i>	1 Kings 6; 8
Unit 3: Prophets and Kings Bible Point: The Bible teaches me how God wants me to live Key Verse: "Teach me your way, Lord, so that I can walk in your truth." ~Psalm 86:11				
	11/10	11	<i>Elijah and the Prophets</i>	1 Kings 18:20-39
	11/17	12	<i>Elisha</i>	2 Kings 4:1-7
	11/24	13	<i>Josiah/Huldah</i>	2 Kings 22:1-23:23

(Note: Jr. High is watching and discussing "The Bible" miniseries. This month we review Exodus. The HS Breakfast Club holds discussions based on various religious materials.)

Breakfast Club dates: 9/15/13, 10/06/13, 10/20/13, 11/03/13, 11/24/13, 12/08/13, 1/12/14, 2/02/14, 2/23/14, 3/09/14, 3/23/14, 4/13/14, 4/27/14, 5/11/15

Thought for the Month

"This is the day that the Lord has made.

Let us rejoice and be glad in it!"

~Psalms 118:24



Kidz Korner



Happy September Birthday to our Sunday School friends!

10/6 Taylor Smith 10/9 Josh Miller

10/19 Jill Ferguson 10/24 Layla Topete



*“There is a time for everything,
and a season for every activity under the heavens.”*

~Ecclesiastes 3:1

How well do you know the Fall season?

1. _____ Garden tool used to gather fallen leaves
2. _____ Changes colors and falls from trees in Autumn.
3. _____ The season when the leaves fall from the trees.
4. _____ Fall begins during this month.
5. _____ Red and yellow makes this color.
6. _____ A goat's horn filled with grain and flowers and fruit symbolizing prosperity
7. _____ Protects the crops from birds
8. _____ The gathering of a ripened crop.
9. _____ Large pulpy round orange fruit
10. _____ The fruit of the oak.
11. _____ Grows on stalks: bearing kernels or large ears.

Orange	Scarecrow	Harvest	Autumn	September
Pumpkin	Acorn	Cornucopia	Leaves	Rake Corn