

Lemont United Methodist Church Sunday School



Notes to Parents

Dear Parents,

February 2015

Ah, February, the month of love! As parents who love our children, one of our greatest wishes for them is to just be Happy! Did you know that one of the best ways to ensure one's own happiness is to volunteer to help others?

Many studies* have found that helping others can lead to happiness. It gives you that blissful feeling of a "Helper's High," a euphoric feeling and subsequent calm that comes from a release of endorphins. Helping others can create a higher self-esteem, a greater psychological well-being, reduced stress, a sense of community, and a sense of accomplishment. All of these things lead to improved health and happiness, and some studies even say it leads to longer life! Volunteering also gives one the opportunity to make new friends, increase social skills, develop new expertise, and enjoy a change in routine.

Jesus said, "This is my commandment, that you love one another as I have loved you." ~John 15:12. So why not take your children and go volunteer together? We know that children watch everything we do and this is a great way to lead by example. By helping others together, we show them that volunteering is important and has great benefits. Plus it's a lot of fun to share these experiences together! My children, my husband and I all have fond memories of the times we spent together at Red Bird Mission. But you don't have to go that far to find volunteer opportunities. A quick search of the internet brought up 1,172 volunteer opportunities near Lemont! There is sure to be something there of interest to you and your family. You can also check with the church and the village for local needs.

Even if you take your children kicking & screaming, it will still have a positive impact on them. Children who help others are more likely to volunteer as adults. So they will continue to experience the health benefits and happiness that we desire for them!

Happy Parenting!

Yours in Christ,
Karin Peraino



Mark Your Calendar

- ✓ 2/01 = "Souper Bowl" collection at 10:45am service
- ✓ 2/15 = No SS due to President's Day weekend
- ✓ 3/01 = No SS due to Combined Church service at 9:30am; come to worship & potluck afterwards!

Prayer Connect

This month's
theme is a **Servant's
Heart** (Ephesians 6:7)



Dear Lord,
Please help my children
to develop servants'
hearts, that they may
serve wholeheartedly,
as if they were serving
the Lord, not men.

Amen

Sources: <http://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm>;
<http://money.usnews.com/money/personal-finance/articles/2012/04/04/why-helping-others-makes-us-happy>;
http://www.huffingtonpost.com/2013/12/28/health-benefits-of-helping-others_n_4427697.html;

GROW



You can learn more about our curriculum at www.growproclaimserve.com.

One Room Sunday School Schedule 2013-2014 (GROW Curriculum)					
Teacher	Helper	Date	Session	Bible Story	Scripture
Winter 2014-15					
Unit 2: Touched by Jesus					
Bible Point: Jesus Loves Me!					
Key Verse: "This is how God showed his love among us: He sent his one and only Son into the world that we might live through him." ~ 1 John 4:9					
		2/01	7	<i>The Ten Leapers</i>	Luke 17:11-19
		2/08	8	<i>Mary & Martha</i>	Luke 10:38-42
Unit 3: Miracles					
Bible Point: Jesus can do Great Things					
Key Verse: In his defense Jesus said to them, "My Father is always at his work to this very day, and I too am working." ~ John 5:17					
		2/22	9	<i>The Wedding at Cana</i>	John 2:1-12
		3/08	10	<i>Jesus Walks on Water</i>	Matthew 14:22-43
		3/15	11	<i>Feeding 5,000</i>	John 6:1-14
Spring 2015					
Unit 1: Preparing for Easter					
Bible Point: God is with me in difficult times					
Key Verse: My help comes from the Lord, the maker of heaven and earth. ~Psalm 121:2					
		3/22	4	<i>The Garden</i>	Mark 14:32-42
		3/29	5	<i>Palm Sunday</i>	John 12:12-19

(Note: Jr. High will be watching and discussing the "Last Lecture" by Randy Pausch;
HS Breakfast Club will be holding a series of discussions based on the movie, "To Save a Life")

Breakfast Club Dates: 1/11, 2/01, 2/08, 2/22, 3/08, 3/22, 4/19, 5/03, 5/17



Thought for the Month

"By this all people will know that you are my disciples,
if you have love for one another."

~John 13:55

Kidz Korner

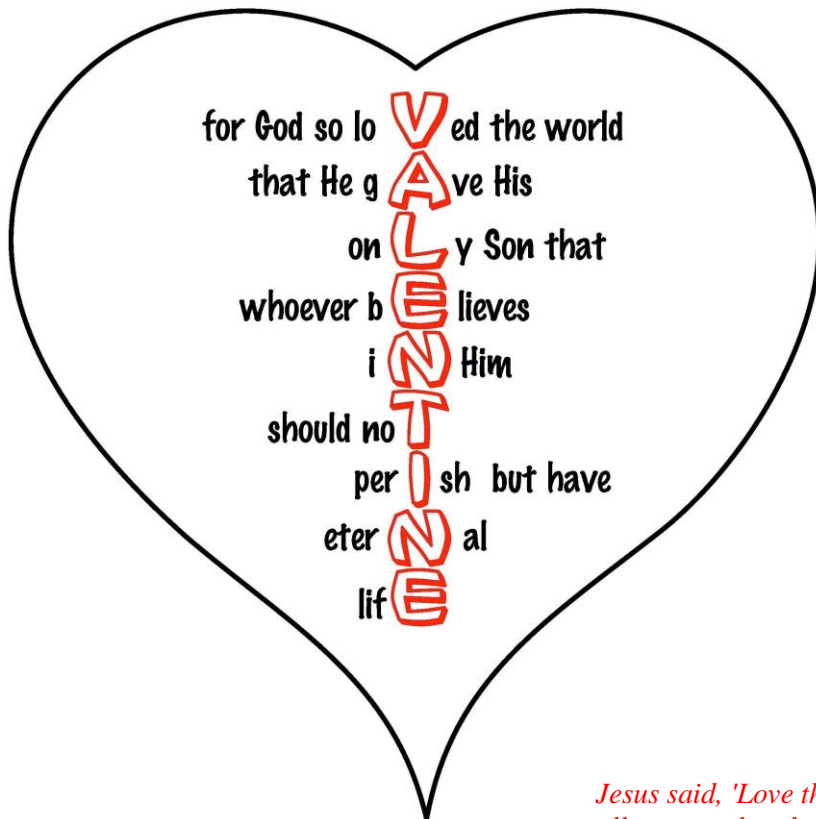


Happy February Birthday
to our Sunday School friend!
Joey Miglio 2/25



Happy Valentine's Day! Here's a valentine for you to color.
Cut it out and give it to someone special to remind them that God love us!

John 3:16



Did You Know?

♥ Valentine's Day is the second largest seasonal card-sending occasion of the year (next to Christmas).

♥ About 1 billion Valentine's Day cards are exchanged in the US each year.

♥ The oldest surviving love poem is written in a clay tablet from the times of the Sumerians around 3500 BC.

♥ About 8 billion candy hearts will be produced this year.

♥ Candies are some of the earliest Valentine's Day gifts. The most common are chocolates in heart shaped boxes.

♥ In Medieval times, girls ate unusual foods on St Valentine's Day to make them dream of their future husband.

Source: <http://www.stvalentinesday.org>

Jesus said, 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'

~Matthew 22:37-39