



Lemont United Methodist Church
Sunday School



Notes to Parents

Dear Parents,

April 2015

When my son was in fourth grade, he learned to play the recorder. One day he and his sister called me up to his room to hear his rendition of "Hot Cross Buns" played on the recorder ... through his nose! It struck me as the funniest thing that I had ever seen and I burst out laughing. It was one of those roll-on-the-floor belly laughs that just wouldn't stop. My kids found my reaction even funnier and they cracked up too. We all wound up on the floor, doubled-over, snorting and giggling. To this day, I chuckle whenever I remember that incident.

The thing is, that probably wasn't the reaction my children were expecting from me because I usually try to be the practical mom. Another time, I may have rolled my eyes and shook my head, warned my son about germs, and scolded him for wasting time. Instead, I laughed. I don't know why I found it so funny, but I'm glad that I did. It provided a wonderful bonding experience with my children and a lasting memory. Laughter has a way of doing that.

In fact, laughter has many benefits to our mental and physical health.* It is said to relieve stress, boost the immune system, decrease pain, and release endorphins that make us feel good. Even the bible tells us that "A cheerful heart is good medicine..." (Proverbs 17:22a). Besides all that, laughing is just plain fun and laughing with someone else will surely strengthen that relationship. So go ahead and laugh with your kids! Watch a funny movie, share a joke, read the comics, or intentionally do something silly together. In fact, all we really have to do is follow our children's lead; they have a natural ability to find joy. So when that moment arises in which you can either be the practical parent or you can laugh ... go ahead ... giggle and guffaw. You'll be glad that you did. Happy Parenting!

Yours in Christ,
Karin Peraino



Mark Your Calendar

- ✓ 4/05 = Easter. No SS; Easter Egg hunt at 10am
- ✓ 4/12 = No SS due to Spring Break

Prayer Connect

This month's theme is
Contentment
(Philippians 4:12-13)



Dear Lord,
Teach my children the
secret of being content in
any and every situation,
through Him who gives
them strength. Amen

*source: <http://www.helpguide.org/articles/emotional-health/laughter-is-the-best-medicine.htm>

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
Spring 2015					
Unit 2: Easter and Beyond					
Bible Point: Jesus is with me now and always					
Key Verse: But these things are written so that you will believe that Jesus is the Christ, God's Son, and that believing, you will have life in his name. ~John 20:31					
		4/19	6	<i>Easter</i>	John 20:1-18
		4/26	9	<i>The Great Commission</i>	Matthew 28:16-20
Unit 3: In the Spirit					
Bible Point: The Holy Spirit is always with me					
Key Verse: But me! I am filled with power, with the spirit of the Lord. ~Micah 3:8					
		5/03	10	<i>Gifts of the Spirit</i>	1 Corinthians 12:1-11
		5/10	11	<i>Fruit of the Spirit</i>	Galatians 5:22-25
		5/17	13	<i>Pentecost</i>	Acts 2:1-41

(Note: Jr. High are reviewing and discussing the Ten Commandments;
HS Breakfast Club are holding a series of discussions based on the movie, "To Save a Life")

Breakfast Club Dates: 4/19, 5/03, 5/17



Thoughts for the Month

"He will once again fill your mouths with laughter
and your lips with shouts of joy." ~Job 8:21

"For the kingdom of God is not a matter of eating and drinking,
but of righteousness, peace, and joy in the Holy Spirit."

~Romans 14:17

Kidz Korner

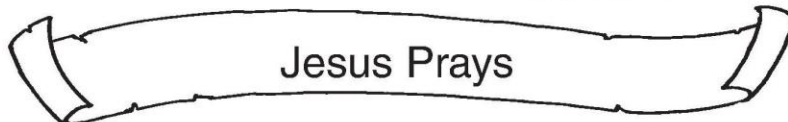


Happy April Birthday
to our Sunday School friends!

Erin Cliff 4/03, Antonio Lange 4/13
Ellie Woytek 4/20, Emily Stood 4/28



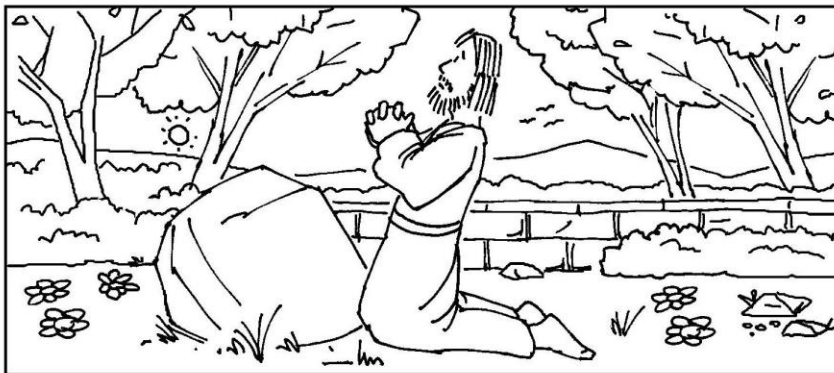
John 17:1-11



Jesus Prays

Jesus prayed to His Father in heaven.

Find 10 things that are different in the second picture.



Did You Know?

The bible tells us to “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” ~1 Thessalonians 5:16-18

Jesus prayed all the time. There are scriptures showing that he prayed alone, in public, before meals, before important decisions, before and after healing, to give thanks, and to do God’s will. He showed us that the best way to pray is to just talk to God like you would talk to a friend...often!

When do you pray?
Can you pray more?

Christian Chuckle:

During coloring time, the teacher admired little Sally’s picture and asked her what she was drawing. “I’m drawing God,” answered Sally. “But no one knows what God looks like,” said the teacher. Sally responded, “They will as soon as I finish!”