EUD CHILDREN'S MINISTRIES BULLETIN

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Prayer Activities

Prayer Plant

Write a prayer request on one side of a plain card. Decorate the other side of the card with a picture of your prayer request. Plant a sunflower or pumpkin seed in a large pot. Tape your prayer card onto a popsickle stick and pop your stick into the plant pot.

Whenever you water your seed, remember to pray for your prayer request. As you watch your plant change and grow, watch for the differences your prayers are making, too.

from: "My Quiet Time with Jesus. Prayer Calendar & Journal". Copyright © 2014 by CHM Department, GC, USA



Raising children is scary!

o how can we overcome parenting fears?

We had just given birth to our first child. We were new parents at the beginning of an adventure. Overnight, we'd become responsible for another human life. Our child couldn't feed himself, couldn't clean himself, and was totally dependent on us. How daunting was that? We realized that with all our preconceived ideas on parenting, we were not perfectly equipped for the job and needed advice from others.

Perhaps readers who are new parents feel the same way. So, where do we go for help? Maybe you've sought counsel from experienced friends, or took a parenting course, or have read parenting books. Parenting is the most important job in the world, but it's also the one for which we have the least qualifications.

As parents with several children will tell you, every child is different. What works for one doesn't necessarily work for the other. I have an aunt and uncle who have 10 children. My aunt often said that every one of her children was different from the others.

What's So Scary?

What could be scary about raising children? Psalm 127:3 describes children as "a gift from the Lord" (NLT)¹. Yet, raising children naturally provokes a certain level of anxiety.

Feeling some anxiety and fear is natural in this world. At the time of writing this article, the entire planet is gripped by the coronavirus pandemic, spreading fear and death. Because of sin, the world is full of risks and challenges, so it's natural for parents to be scared at times. But there's a big difference in experiencing some anxiety and fear and letting it totally take over your life.

None of us wants to parent from anxiety; we want to parent from love. And let's be honest, we all make mistakes. We're not perfect, and we live in a broken world. We all have different temperaments, and this diversity is also bought into the mix. Some of us are naturally more anxious, while others seem to take things as they come.

Depending on your specific situation, including where you live, your fears will differ from those of others. You may fear for the safety of your child or worry about where the next meal for your family is coming from. Maybe your child is being bullied, or you're struggling to meet your child's special needs. You may live in a country where guns are dangerously accessible, or you may be a migrant family on the run.

For others, your fears might involve the amount of time your child is spending on the Internet. As Christians, we might worry about whether our child will follow Jesus.

What's the Answer?

So, how can a parent possibly raise a child without feeling scared and overwhelmed by the huge responsibilities that go along with it?

SHARING VALUES WITH CHILDREN



RIGHT DECISIONS

We all have to make decisions. Have you noticed how important it is to make a decision? Even more so when the decision we make affects our friends or family members in one way or another. This was the case of a voung boy named losiah. When he was 8 years old, losiah 12, he began to cleanse Judah and Jerusalem of all idolatrous images, and at age 18, he had the temple repaired which had been neglected for years. That's when he found the book of the law that had been given for lost. Now he had the book of the law in his hands and with joy he received that gift, willing to read it and live it. You get to decide the same things. Read your Bible, your Sabbath school lesson, morning devotional, etc. God wants to change your life and wants to do it at this precise moment. written for you, to give you strength and courage when you have to make heart the desire to act correctly. He has given you the ability to choose and the freedom of thought to evaluate. Today is the right time and the perfect age to decide to love God and act like His child.

I am now giving you the choice between life and death, between God's blessing and God's curse, and I call heaven and earth to witness the choice you make. Choose life (Deuteronomy 30:19).

You can begin by determining what your personal fears and anxieties are. Writing out your specific fears and anxieties will help you to focus on where you are currently regarding your emotions. This helps to objectify fears. Once something is on paper, it tends to lessen the grip of fear on your mind. Ask yourself, Is this fear realistic? Is there anything I can do to change this? Am I reasonably concerned?

As Christians, we can bring all our fears and anxieties to God. It's remarkable how many insights we can gain that way. "Our heavenly Father has a thousand ways to provide for us, of which we know nothing."2 When we trust God with our child, we must also trust Him to help us to be the best parents we can be. See it as an adventure together with God. During an adventure, the unexpected will happen—but we're not alone.

Next, we can share our feelings with our spouse or a trusted friend. Sometimes talking to someone else helps us to gain new perspectives and ease our level of anxiety.

It's also important to take time to focus on staying healthy through physical exercise, deep-breathing exercises, and so on. Good physical health helps to promote good mental health. Love and Guidance

One of my former professors summed up raising a family with two words: love and guidance. This means being present in your child's life, showing them affection, being predictable and stable in their lives, and encouraging them. Kids need to know that you're there for them. Respect your children and help them respect others. Talk to your children, and encourage them to share their thoughts and feelings with you as well. Especially show them God's love. Children learn to know God through you. They'll make mistakes, but that doesn't mean we stop loving them.

Love and guidance also involve setting realistic boundaries for your children. Give them chores, responsibility, and guidance in healthful living. Teach them about living ethically and morally, using God's principles. The best way of equipping our children to live well is by practicing what we preach. Children see what we do better than hear what we say.

Being a good parent requires love and wisdom. We must make a conscious decision to continue gaining knowledge about how to be a good parent. It takes self-discipline and commitment.

No matter how our children turn out in life, remember that they're all gifts from God. We're only stewards of them. As we're promised in Psalm 127:3, when we commit ourselves to God, equip ourselves as parents, are sensitive to our children's needs, and lead them to God's throne—we're giving them the best start we can in life. We can trust in God and His promises (see Matt. 11:28-30; Heb. 4:15, 16; James 1:5, 6). God loves our children more than we are ever able to, and He, too, will be with them and do what's best for them.

We can fearlessly put ourselves and our children into His hands. •

²Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

²Ellen G. White, The Desire of Ages (Mountain View, Calif.: Pacific Press Pub. Assn., 1898), p. 330.

This article was first published in Adventist World,

Clair Sanches Trans-European Division Children's Ministries Director John Sanches Pastor and Psychologist 🛭





Talking with

Always near

Doing what is right can be difficult and can require more than you think and more than you can tolerate, perhaps causing you to be insecure and without courage. Remember that God has promised to never leave you alone. God promises to always be next to you. Whenever you feel insecure to do something important, this

will be the right moment for you to get on your knees next to your bed and ask God for help. You will see that you will feel better and braver as soon as you get up.

It's not always easy to do what is right, but it's always necessary! Every time you need, you can ask God for help, and He will help you.

I prayed to the Lord, and he answered me. He freed me from all my fears. (Psalm 24:4, NLT)

From: Ferreira de Oliveira, Sueli: Talking with God. Safeliz, Madrid, Spain, 2015

Helping Around the World

Mozambique

arlene is young, but she is already full of happiness and personality. The five-year-old girl loves to follow her mother, Ana Diana, around the village of Mocuba, a town in central Mozambique. She loves to dance and skip behind, tugging on the hand of her two-year-old brother as she goes. The sound of her laughter alerts everyone in town that the happy trio is coming.

Marlene also loves to teach her little brother to wash his hands with soap after using the toilet and brush his teeth before bed. These are just some of the skills she has learned from her mother.

In Mocuba, such skills are lifesaving. Before ADRA installed a water kiosk to provide cold, clean water, families like Ana Diana and her children had to walk down to the muddy banks of a nearby river just to get water. The same river where people wash their clothes, dishes, and bodies.

Now, the family can walk just a few minutes to the ADRA water kiosk and drink water that will not make them sick, or worse. Ana Diana is so happy with the clean water, she decided to make it her work to tell everyone about it.



Now, the 25-year-old mother of two walks around her village as an ADRA Community Mobilizer to tell her neighbors all about clean water and hygiene. She teaches them the same things she teaches her children: how to wash their hands after the toilet, how to brush their teeth before

bed, and how to gather and store clean water. She teaches them that water from the river brings sickness, and water from the ADRA Water Kiosk brings health.

And everywhere she goes, her children are close behind, laughing and playing and taking part in the demonstrations. Marlene loves the toothbrush demonstration most, because it means she gets to scrub her teeth and make a mouthful of white foam. Even her little brother takes part in the activity.

When she grows up, Marlene wants to be just like her mother. "I want to help people," she said.

Ana Diana is proud of her role as mother, both for her children and for the whole community.

"It's important for mothers to be leaders in the community because it is the moms who know how to identify good water," she said. "I hope that the community will remain protected from diseases"

Thanks to her hard work, her community is more protected than ever before.





Switzerland

With heart and screwdriver



During two weeks, a total of 28 volunteers from all over Switzerland have the apartment building of the T family renovated in the Weisstannental. The family with four children aged between 4 and 13 lives somewhat secluded from the dairy industry near Mels (SG).

Miner Ruedi T. has inherited the yard from his grandfather and has been leading it alone for many years. The apartment building, which was built directly on a rock, was in extremely poor conditions when the first group of volunteers from ADRA Switzerland began their work on August 10, 2020. Thus, many, partly unforeseen woodwork had to be carried out because the intermediate ceiling and the beams from the ground floor to the first floor were at risk of collapse and almost everything had to be replaced.

New windows were installed, the floors were renovated, the bathroom was completely remodeled, a used kitchen installed and the entire electrical system replaced - which, thanks to the experts among the volunteers, could also be carried out professionally in this short time. The second week completed the kitchen and floors, the bathroom was further built and many plumbing, painting and wood work carried out.

"Actually, we would have wanted to work in this house for a week back in April, since there is so much to do. Unfortunately, this week we had to cancel due to the corona crisis," explains Monika Stirnimann, project manager at the aid organization ADRA Switzerland. Therefore, in the remaining two weeks in August, the planned work could not be finished.

"Several volunteers have agreed to continue supporting the family in the next few weeks and to finish various necessary work," says Monika Stirnimann. "This solidarity is not rare for our volunteers, because they have often helped other projects in their spare time."

Family T. is grateful for the work that could be done in these two weeks and for everything that individual volunteers will finish in the next few weeks. For they could never have done this renovation on their own.

Nathalie Beck ADRA Switzerland Communication and Fundraising Manager



Dyslalia: why are some children slow to speak?

The term dyslalia refers to a primary disorder of phoneme articulation. It is the most common speech disorder in children. It is estimated to have an incidence of 5-10% among the child population.

Although each child has his or her own rhythm, one must be attentive to the signs that indicate a disorder.

Not all children begin to speak at the same time, nor do they begin to walk or eat on their own. Each one has his or her own rhythm. What is clear is that eventually they all end up doing it, sooner or later, better or worse. How to detect that our child is slow to speak or does not do it correctly?

"Dyslalia is a language disorder that manifests itself with difficulty in articulating words, and is due to malformations or defects in the organs involved in speech," defines the president of the Association of Speech Therapists of Spain, Ismael Fuentes Cortés.

The expert from the Cedesna Clinic (Xátiva, Algemesí, Valencia) explains that children are born with a genetic part and with another part that is acquired throughout life. "It is

during the first months and years of life that the "input" or input of data in the brain in reference to learning is the most important. As a child grows up, he learns everything from the world around him. Some things they learn because we teach them, and others, such as crawling or walking, they learn by instinct or intuition," he says.

In particular, they learn to speak without being taught, by imitation, and he says that it is the children who observe the movement of the lips, at the same time that they hear the sounds of speech and the neuronal schemes of communication are

"Mommy" and "Daddy" are usually the first words they say, and after these, he argues that all the other words come obeying a phonological, morphological, syntactic and lexical-semantic structure, which will appear in the child as their vocabulary and communicative interaction grows.

The moment when children begin to speak depends on many factors, since not all children have the same environment and family or social structure, not all children begin to walk at the same age, and not all children begin to speak at the same

It is not good to become obsessed, but neither is it good that a pathological process or a certain alteration is not treated early. It is best to consult with the speech therapist or health professional who can best assess this aspect and proceed accordingly.

To know the speech patterns of a child, he says that there is a guideline or subjective table and we must always take into

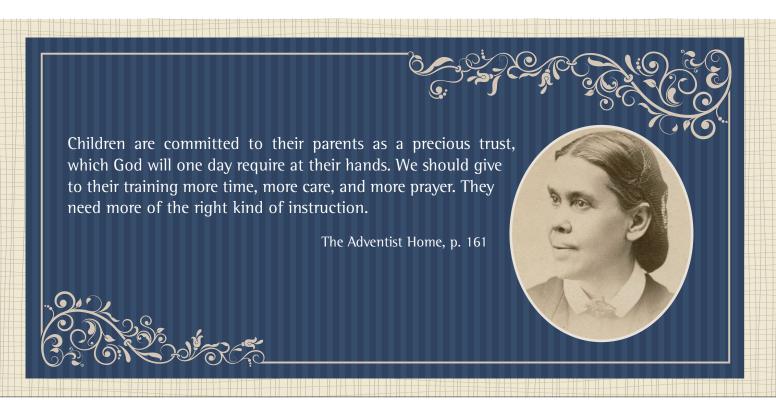
account and understand that the rhythm of children is variable. "We will make use of the well-known 'Haizea-Llevant development chart', based on a population of 1,702 children of different ages who were studied to determine when they start with the processes of communication, socialization, manipulation and posture," says Fuentes.

At the communication level, he points out that the first thing they usually do is to attend in a conversation, followed by laughter, or babbling. "Fifty percent of children can say 'pa-pa-ya' at 7.6 months of age. Seventy-five percent say it at 8.8 months and 95 percent at 9.6 months. It is a 'pa-pa' or 'ma-ma' that can be non-specific. In other words, they say it just because they do, because they know, without being very clear about the meaning of what they are saying," he adds.

Finally, it is necessary to understand that if many children do not pronounce a phoneme or word correctly, it is because they have created a condition for it. "Most of the time it is a multifactorial disorder that must be diagnosed and treated appropriately by a health specialist/logopedist".

It is during the first years of a child's life that his mind is most susceptible to impressions either good or evil. During these years decided progress is made in either a right direction or a wrong one. (Ellen G. White, Child Guidance, p. 193)

Taida L. Rivero Herrera Spanish Union Director of Deaf Ministries



Up in smoke

ust for fun, picture this: It's the late 1500s. The great adventurer Sir Walter Raleigh has just stumbled across a group of natives enjoying something called "tobacco." Sensing a money-making opportunity, Sir Walter immediately puts a phone call through (this is just for fun, remember?) to his London-based business agent. He figures the agent will want to this new product on the market real soon.

But to Sir Walter's surprise, the agent doesn't seem too jazzed about the explorer's latest discovery. Here's how comedian Bob Newhart has the man responding to Raleigh's hot new idea: "Let me get this straight, Walt. You roll leaves up in paper, set fire to 'em, and suck the smoke into your lungs?"

When you hear it put like that, smoking seems ridiculous. Why, then, do people take up doing some really brain-warped things, such as smoking cigarettes? One big reason is that these people simply aren't thinking for themselves. They're letting advertisers and even their own friends tell them what's cool and what's not. Unfortunately, to a lonely young person nicotine addiction and possibly cancer can seem a reasonable price to pay for being accepted by others.

You don't smoke? Excellent. But did you make that choice because you thought it through, or just because none of your friends happen to "do it"?

Someday you may go to a school or work someplace where people do all sorts of wacky, life-destroying things. Things like smoking. Drinking alcohol. Stealing from an employer. It's at those times, when you see sin "up close and personal," that you'll be glad you once thought these things through—and decided your choices would be much wiser.

Power Burst

"The path of life leads up-ward for the wise to keep him from going down to the grave."

Proverbs
15:24



From: Fishell, Randy: Supercharged! Fast-moving, eye-popping, heart-changing devotional stories. Review and Herald Publishing Ass., Hagerstown, MD, USA, 2000

TOUGH QUESTIONS & POSSIBLE ANSWERS

How come I keep having nightmares?

Preschooler

Nightmares often spring from fear and, occasionally, from spiritual attack. Well before bedtime, talk with your child about what fears may be bothering him/her. Avoid things that contribute to those fears. Then pray with your preschooler before he/she sleeps. Read Bible verses with your child (see below) and assure him/her God is with him/her even while he/she sleeps.

Elementary Age

Ask your child to share what happens in his/her dream and, together, explore what fears might be prompting the dream. At this age your child may be able to articulate his/her fears and concerns. Pray with and for your child, especially before she/he goes to bed.

Let your child know that dreams are often based on something that happened during the day. Help your child process negative things that happen each day so they won't plague his/her dreams.

Preteen

Pray with your preteen, too, but also talk with your child about the "input" into his/her imagination. What sort of television programs, movies, and Internet sites are feeding his/her mental images? How might limiting (or eliminating) those influences improve his/her ability to sleep peacefully? If cutting negative input doesn't help, have your preteen write out what happens in his/her nightmares—then rewrite it so it's not scary. Before going to bed, your preteen can visualize the

rewritten version of the dream to help aid him/her sleep.

Related Scriptures

See these passages: Psalm 4:8; 34:4; and Proverbs 3:24. Second Timothy 1:7 speaks to our spirit of fear.



Shutterstock.c

From: Trust Us... They'll Ask. Answers to your kids' toughest and most awkward questions. Group Publishing, Inc., Loveland, Colorado, USA, 2011

Good Ideas for Bad Behavior: Anger

Question: What's happened to one of my favorite preteens? She says everything's okay, but she acts like she's angry.

Answer: When a child's behavior changes suddenly or is out of character, ask yourself:

- When did the behavior first change?
- · What happened int he child's life just before that change?
- Is there an issue that may've upset the child that's gone unresolved?

In some families, expressing anger while working through a conflict is unacceptable or unsafe. Children may learn to suppress anger, but

their feelings eventually ooze out. This often results in subversive defiance (or passive-aggressive behavior) toward authority—including you.

Passive-aggressive behavior is unhealthy at any age, but preteens often don't have the ability to confront their feelings head-on. Give preteens space to work through their anger as long as they're doing so in ways that won't harm them or others and they're making progress toward leaving passive-aggressive strategies (such as saying things are okay when they're clearly not) behind. If preteens fail to move forward, intercede by having frank discussions about anger and how to express it constructively.

What you should do

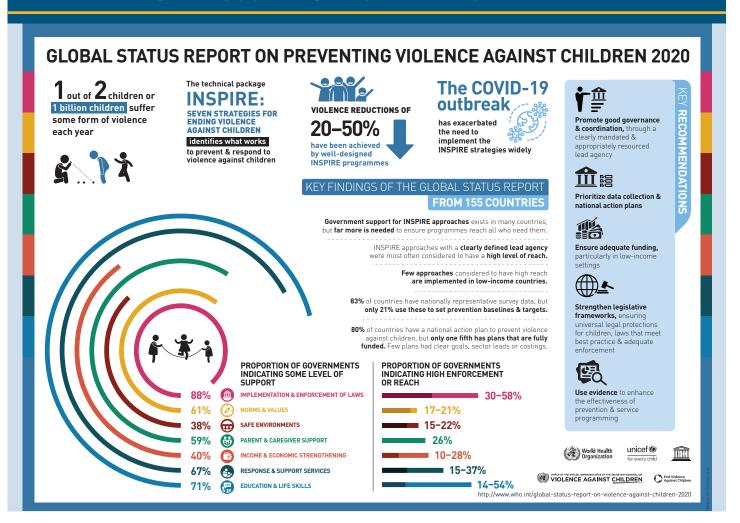
- · Celebrate the preteen's positive behaviors
- Let her know you're there to help her deal with problems and
- · Provide a safe environment where kids can express their feelings openly, honestly, and without fear of retribution.

What you should not do

- · Don't pressure the child to talk about what's wrong.
- Don't call attention to negative
- · Don't allow the preteen to bully others through her actions or words.

From: The Quick Guide to Discipline for Children's Ministry. 101 Good Ideas for Bad Behavior. Group Publishing, Loveland, Colorado, USA, 2009

360° CHILDREN'S LIFE ISSUES



Inspirational Quotes



"If we never have headaches through rebuking our children, we shall have plenty of heartaches when they grow up."

-Charles H. Spurgeon.

From: https://fierceparenting.com/parent-resources/12-parenting-quotes-from-charles-h-spurgeon/

QUICK AND EASY WORSHIP IDEAS FOR KIDS

Hope Alive!

Bible Connection

Matthew 28:1-10. Even when things look hopeless to us, God can still do miracles. Jesus was dead and the disciples felt hopeless, but God brought Him back to life. Seeds may look dead, but they sill contain life that can be "resurrected" with sunlight and water into something green and tasty.

Things you need:

- A rectangular plastic food tray
- · Paper towels and water
- Cress or alfalfa seeds
- Pencil; scissors; tan, green, and brown paper

Worship activities

- After reading Matthew 28:1-10, think about the words that describe what the Resurrection means to you as a family. Choose one or two shorter words, such as hope, love, life, or joy.
- 2. Fold several sheets of paper towels to neatly line your food tray.
- 3. Draw the outline letters of your chosen word onto the paper towels, so that seeds can be "planted" inside the shapes of the letters. If these letters are hard to draw, use a large computer font to help you, and resize the word so that it fits within the edges of the food tray.
- 4. Use water to dampen the paper towels and then sprinkle cress or alfalfa seeds within the letter outlines.
- 5. Place the seeds in a warm, bright place and keem them damp so that

they can sprout and grow to spell the word you have chosen.

- 6. The seeds that looked dead and lifeless will be resurrected to new life!
- 7. Cut the cress when it has grown and serve it in delicious sandwiches. You could even cut the sandwiches to spell the letters of your word!

Other ideas:

 Work together to plant purple crocuses or seasonal flowers in your This activity explores the story of Jesus' resurrection.

front yard, to spell a word such as hope or a phrase such as Jesus is alive!

- Time your planting so that the words are visible or flowering for Easter.
- Plant bulbs to give away, and make plant tags or labels with brightly colored signs and Bible verses about hope and new life.



Prayer

Invite each person to write one of their hopes on a piece of tan paper cut to look like a seed. Stick all of your hope seeds onto a sheet of brown paper and label it "The soil of faith." Cut a green paper shape of a simple watering can and write on it "Water regularly with prayer." Place this poster where it will remind you to pray for your hopes. Add paper flowers to the poster when a hope becomes a reality and your prayers are answered.

From: Holford K.: 100 Creative Worship Ideas for Busy Families. Pacific Press Publishing Association, Nampa, Idaho, USA, 2014

Grow a Plant (Creation Sabbath Challenge #1)

"Jesus went on to say, "The Kingdom of God is like this. A man scatters seed in his field. He sleeps at night, is up and about during the day, and all the while the seeds are sprouting and growing. Yet he does not know how it happens." Mark 4:26-27 (GNT)

Plant growth is a mystery, a fascinating mystery that can help children, and adults, connect with nature and learn valuable spiritual lessons.

The activity that I want to propose for this month, Grow a Plant, it is not just for children but I hope that children and children leaders in the EUD can be the seed for it to sprout and grow throughout our territory. This initiative responds to very current needs:

- We are living difficult times and many people are feeling discouraged and alone.
- This pandemic taught us that we should take better care of nature because we are destroying the planet and suffering the consequences.

The European Branch of the Geoscience Research Institute, along with the EUD Departments of Communication, Youth, Children, Family, and Ministerial have developed a project to help people in the EUD to reconnect with nature and with each other through



a very simple activity: **growing a plant from seed**. This is something that everybody can do, young and old, and has many benefits:

- It can be a personal or family project that creates illusion and expectation.
- It promotes patience and perseverance.
- It fosters empathy and care, because you are responsible for a little living being that depends on you.
- It fosters faith because we plant and water but the growth is God's task.

We want to use the project to create community connections, giving people the opportunity to share their experiences, pictures, videos, and thoughts.

During the next weeks we will launch the campaign Grow a Plant through several EUD communication channels but I would love to count with the children leaders to start testing it right away with your children's groups. There are different plants that can be used but these are my recommendations:

- Radishes: They are ideal for small children because they start sprouting in just 2-3 days after planting the seeds, and it only takes about one month for the radishes to grow enough to be eaten.
- Tomatoes: You can buy the seeds and plant them but you can also cut a tomato in thin slices and plant those. It takes a little longer for them to germinate (about 10 days) but it can be a great lesson for older children about patience and perseverant care.



If you need tips for planting or ideas to enrich the project, stay tuned to our Facebook and YouTube sites GRI Live Creation, or contact me at noemi. duran@eud.adventist.org. We are also working on several platforms that will allow you to share your experiences, in your language, with the EUD entire church.

This initiative is connected with **Creation Sabbath**. Every year on the 4th Sabbath of October, the Seventh-Day Adventist church celebrates creation with special programs and events all around the world. In 2021, the Inter-European Division has decided to use this special date to promote the care for Creation, both inside and outside the church. Grow a Plant is our first project towards this goal and we would love for you to be part of it.

Noemi Duran Geoscience Research Institute Director of the European Branch Office



Children's Developations



BRANDON (3 YEARS)

I'm just gonna give you little kisses because big kisses make you grow and Mommies aren't allowed to grow anymore.

From: https://www.boredpanda.com/cute-funny-quotes-kids-little-hoots/?utm_source-google&utm_medium=organic&utm_campaign=organic



From the POCKETBOOK

for Peer Helpers

Skills

The word "skill" may be defined as an ability which is gained by knowledge and practice. To work effectively as a peer helper, certain skills must be learned through this process. These skills are constantly improved and perfected as you put them to use.

Basic to all peer helping will be skills in developing active listening, responding to helpees, sending effective messages, practicing values clarification/ problem solving/ decision making, and intervening in a crisis.

Sending effective messages

- Use "I" statements for expressing feelings.
 Remember to "own" your feelings.
 A correct example: "I am angry with you because..." An incorrect example: "You make me angry when you..."
- Be congruent with verbal and non-verbal messages. Your body language should match your words. An incongruent message is often

confusing because the receiver must decide whether to pay attention to the verbal or the non-verbal message. A congruent example: A person says he or she feels fine, while a smile is on his or her face. An incongruent example: A person says he or she feels fine, and a look of pain is on his or her face.

- Communicate caring and acceptance of the receiver's feelings and reaction. Active listening may be used to respond to the receiver. Examples: "I seem to be hearing you say the break-up with your boyfriend was not something you wanted. That must make it very painful." or "It sounds like you are in a lot of pain because of the unwanted break-up with your boyfriend."
- Be specific. "You always..." or "'You never..." are generalizations. It is important to give someone an exact example of his or her behavior. A correct example: "'You cut classes four times last week;" An incorrect example: "'You always cut classes."

Asking questions

In sending effective messages, there are three kinds of questions used in communication. These are: closed questions, open-ended questions, and "Why" questions.

- Closed questions ask for specific information, such as: "Did you go to the store?" This type of questioning discourages the person from talking. Closed questions usually begin with "Is," "Did," or "Have" and are usually answered with a "Yes" or "No."
- Open-ended questions encourage conversation because feelings are allowed to be discussed. The most effective questions begin with "How" or "What"
- "Why" questions should be used infrequently because they often put the receiver on the defensive.
 Sometimes "Why" questions make people feel they must explain or justify what has happened.

Remember: As with any skill, peer helping improves with practice.

From: Sturkie, J. & Gibson, V.: The Peer Helper's Pocketbook. Resource Publications Inc., San Jose, CA, USA, 1992

BENEVOLENT EDUCATION

How to embrace positive parenting (part 1)

7 effective strategies for practicing positive parenting every day.

- 1. Tell them what they can do and not what they can't do. When you say "Don't run" or "Don't hit your brother," you are telling your child what not to do rather than what to do. Since children's brains still have trouble processing negatives, your little one may get confused. "If you tell your child not to run, his attention goes to the word run, which could make him think he should be running," explains psychoeducator Marie-Hélène Chalifour. "Try telling him what's okay to do. For instance, instead of saying, "No jumping on the sofa," say, "Sofas are for sitting on." Another good idea is to focus on what's most important. When there are too many rules, some are bound to be forgotten. Sonia, mother of three, uses visuals. "I made a sign listing our five house rules: share, speak calmly, pick up after yourself, sit down at the table to eat, and be respectful of others and objects. Each rule is associated with an image. When someone needs reminding of one of the rules, I just show them the image."
- 2. Make them think. To teach your children about responsibility and keep them from digging in their heels, try asking questions instead of giving orders. This tip comes from Sandra, mother of two girls: "When they forget to clear their plates, I ask, 'What are you supposed to do when you're done eating?' Knowing the answer—and doing it—makes them feel proud." Getting children to think helps them feel grown up and responsible. They become more cooperative. Another trick is to let your children make some of the smaller decisions, which satisfies their need to be independent and assert themselves. "When it's bath time, you could ask your child if he wants you to carry him to the tub or if he'd prefer to hop to the bathroom like a frog," suggests Chalifour.
- 3. Acknowledge their feelings. When a child is upset, it's tempting to say, "Stop crying," "It's okay," or "Calm down." That's what Sonia used to do. "Now, I try not to dismiss my children's feelings. The other day, my daughter was sad about an argument she'd had with her friend over crayons. Instead of telling her that it wasn't worth getting upset over, I said: 'It's a drag when

- someone takes your things; I know how you feel.' She didn't bring it up again." Acknowledging what children are feeling is comforting because it makes them feel understood. Showing empathy instead of saying no straight out can also curb frustration. For instance, you might tell your child, "I know you want a cookie, but it's almost dinnertime. You can have one for dessert."
- 4. Avoid labels. "It's taking you a long time to get dressed. You're slow!" It's perfectly normal to find some of your child's habits irritating, but it's important not to put children down. In addition to hurting their feelings and damaging their self-esteem, you could be encouraging bad behavior. Children who are told they are "annoying" will end up thinking it's true and begin acting the way they've been labeled. If your child makes a mess, describe things as you see them without judging or chastising. "If your child spills his glass of milk, for instance, say: 'Oops, some milk spilled on the floor. What do we do when that happens?" recommends Chalifour. You could then suggest cleaning things up together.



ACTIVITY REPORT





News from the Portuguese and Spanish Unions

Sabbath school Training

On January 23, 2021, we began the year with a training for leaders of children and youth in the context of the Sabbath School for Children. We offered several workshops, according to the different age groups, on the topics Projects, Nature Activities, Music and Crafts. Altogether, 150 parents, Sabbath school teachers and leaders participated. It was an opportunity to inspire new models of action in a context where demands are increased in the face of the constraint in church services. Elsa Cozzi from EUD joined us and spoke to us about the new world curriculum of the Children's Sabbath School, and motivated us for this ministry of teaching spiritual values. Finally, it was a moment of evaluation for the Sabbath schools and their functioning; creating an Online survey tool that allows us to adjust new, more efficient models for their maintenance. We are grateful for the participation of all who we believe meet the challenge launched by our God: "Teach the children...!"







KID Revival

On February 26-27, as foreseen in the action calendar of the Portuguese Union, we had the KID weekend. There were two moments of great importance to mobilize KID teams and churches in the development of the KID project. We are grateful to God that despite the forced pause of this activity due to the pandemic, we feel the teams and churches mobilized for a new beginning that, despite being made slowly, advances among the 22 churches involved.

The possibility of sharing challenges, testimonies and plans has revitalized the teams to move forward with the encouragement of the various experiences presented. It was also encouraging to receive Pastor MacLafferty, Elsa Cozzi, Samuel de Abreu, the President of the Portuguese Union and all the participants of the 22 churches (Madeira, Azores and mainland Portugal) via Zoom. This initiative opened up the possibility for us to support the entire KID group more closely with the new quarterly meetings that have been scheduled. No doubt that God works well, and everything we do under prayer with personal surrender, the Lord will make you prosper! This is the vision of successful discipleship with God and our families!

Conoceteens

This Christmas we offered a three-day national Online meeting for teenagers. There we addressed the issues that most concern them and helped them to get to know themselves better, to get to know others with the same beliefs and to get to know God better.

We offered a Creative Journal to continue working on these aspects at home, at the end of the meeting. It is a diary in the format of "Destroy this Diary" a very well-known book that proposes to tear, burn, sew, paint and above all enjoy, in this case, reflecting on what we know about ourselves, others and God.

If you want to get the PDF version and adapt it to your environment, you can download it from the following page:

https://infancia.adventista.es/ producto/diario-conoceteens-pdf/





The LIBI Method

Laboratorio de Investigación Bíblica Intergeneracional (Intergenerational Biblical Research Laboratory)

The LIBI method is a simple but effective approach to Bible study. It is a systematization of the inductive method. With a series of simple steps, it opens the door to a participatory and stimulating learning process that holds children's attention like no other. It invites them, above all, to read the Bible not only to find data or stories from ancient times. It invites them to encounter God himself in the text and find truths relevant to their lives to-day and along the way, develop critical, creative and careful thinking.

You have all the information and the complete course, plus application examples in 10 minutes on the next page:

https://familias.adventista.es/ proyecto-libi/





ACTIVITY REPORT





News from the Spanish Union

Hopetown

It is a story written for children between "5 and 99 years old" that proposes us to live adventures with the Hoffen Family and their intrepid sons Tim, Timy and Tom. For some time something strange has been happening in the village. The colors are being lost, in fact, Don Aurelio's house has lost them completely. This is how Tim, Timy and Tom find the Book of Truths and Mysteries (the Bible) and with it all the secrets to recover the colors.

I wrote this story 7 years ago, when my daughters were 2 and 4 years old. I was tired of seeing television proposals loaded with values and content far removed from those of my family.

The adventures of these children take place in different learning environments, they show us a healthy lifestyle proposal with recipes embedded in each story and they tell us about alternatives of spiritual life in family.

At the time it was not possible to realize this audiovisual project, but a little over a year ago, the production company Steam and HopeMedia Spain, agreed to produce this material. We got a small Catalan production company specialized in children's visual products and after casting actors, getting the sets and props, we were blocked by the beginning of the pandemic.

However, in June last year we had a small respite in Spain from the restrictions and in that one week window we managed to shoot all the episodes. It was a real marathon.

We have seen the hand of God in this whole project. We want it to be shared among many families of believing children, regardless of their denomination. We wish that the values of Jesus in his word will be lifted up and that hope will shine stronger than ever.

You can find all the Episodes + Activity Booklets + A Family Conversation Guide at www.hopetown.tv.

If you are interested to have the series for your territory and translate it, please get in touch with Hope Media Spain (https://hopemedia.es/)..























ACTIVITY REPORT





News from the Italian Union

Creative Church and Covid-19

The year 2020 will remain engraved in our minds. As we know, our lives have undergone an unexpected change that we had to get used to, constrained and saddened by all that the Covid-19 pandemic was and is causing all over the world: needing to adjust to the restrictions imposed by the government; total lockdown in March throughout all Italy; gradual and distinct re-openings, depending on the infections rates in different regions of Italy, by May; severe isolation, having to give up hugging relatives and friends and experiencing truly traumatic moments; facing illness and death, even of our church members, friends and relatives.

Our church meetings have been changed. After having closed all churches for more than two months, not all of them were able to resume meetings according to current safety regulations. Many church members were isolated, though pretty soon technology provided some help. Families with children struggled a lot and still could not resume activities as before.

The Creative Church (Italian name for Messy Church) is a family project that informally and happily brings the Gospel to those who are not familiar in attending the church. With its joyful gatherings, full of Bible stories, songs, creative meals, hugs and friendly relationships, it had to stop this classic way. So, a new approach was born, though it will never be normal for a Creative Church meeting, but it allowed to continue to see each other from apart.

The two pilot churches of the project, Latina and Pesaro, cities from central Italy, did not want to stop their meetings and the possibility to have it virtual turned ev-



ervthing easier, because they could smile. create, sing, listen to the Word of God and praise Jesus together.

During Easter time, Creative Church took place at home, and focusing on the last days of Jesus' life on earth, the opportunity to meet virtually was still bringing joy.

The children were involved in activities that were recalling them specific moments of the last days of Jesus on our earth, by reproducing the scene of "The Last Supper" painted by Leonardo da Vinci, or representing specific moments of His death and resurrection by using different tools and ideas.

They could sing and watch some videos presenting the scenes of Jesus' death and resurrection. The virtual meeting finished with a prayer of blessing.

In that specific festivity, the Children's Ministries department provided to all Italian Adventist families the material to celebrate the Creative Church at home, to live this special celebration in family, explaining the different symbols also through the Easter dinner planned to be a "Creative Meal".

After that experience, other churches shared their interest in the Creative Church project. Of course, it was needed to adapt the meetings to the new situation due to the pandemic, by producing material to use during virtual meetings.

At the end of the lockdown, in May 2020, three categories of people were considered heroes and were celebrated: the doctors, the nurses and the mothers. Creative Church got involved in such special celebration! Children were asked to prepare flowers pots and hearts to thank all the moms, whom, during the previous months, have to perform thousand different roles for their children and families

Some church communities, despite of having resume their activities, were not able to offer a proper program to the little ones so, taking advantage of the Creative Church material available, they decided to enjoy special moments and activities with "The Creative Church at home". For instance, the children of the churches of Catania and Lentini (Sicily), throughout the month of May, crafted flowers, hearts and decorated jars, with a small candle light inside. They learned that this small light represents the love of a mother that shines and warms, a kind of love that is infinitely smaller than the great love God has for all of us.

After this one, other creative meetings took place, cheering up the families thus



2020 got to its end with a lovely virtual meeting in December, celebrating the birth of Jesus, the special Gift of Salvation.

The churches that experienced the virtual Creative Church meetings shared the wish to continue doing the Creative Church, despite of the long-lasting pandemic.

During Summer 2020, "The Creative Family" project, drawn from two classic Creative Church meetings, and developed to be run over ten work days (except Saturdays and Sundays), has been put in place. This material was designed to meet in presence, with children and their families.

Later on, churches were eager to go further with the project once a month, thus Creative Church was fitting perfectly. So the existing material has been re-adjusted to be respectful of the safety standards needed, allowing again one hour and thirty minute meetings in attendance: the "Covid-free Creative Church" meetings. The church Rome Appia was the first that experimented it.

Those communities that have experienced the modality and spirituality of the Creative Church asked to be trained and start the "Covid-free Creative Church" meetings as soon as possible.

On March 13, 2021 the first webinar to train the working group was held. Some other churches such as Catania, Lentini, Acate (Sicily), and Roma Appia participated in this course, along with the pilot churches, after receiving the approval of their church boards.

The second webinar for churches will take place on April, 10.

The new and unconventional way of worshiping God, the need of friendship and relationships, and the joy of sharing lesus as best friend with those who don't know Him has overcome the fear and emotional block that Covid has created and continues to create.

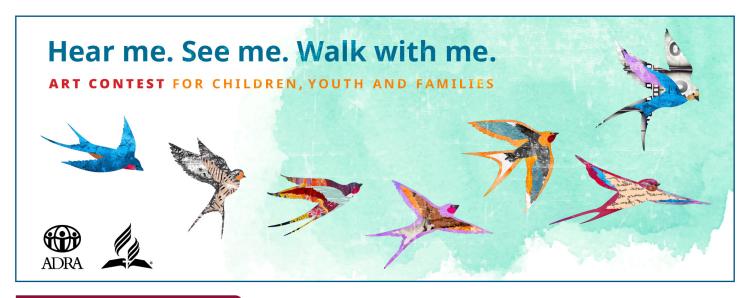
May the Lord guide and protect families in this new project of the Adventist church



SPECIAL PROJECTS

LET'S GET INVOLVED

Art Contest for Refugee Sabbath (June 19)



Hear Me. See Me. Walk With Me

A call to be creative and support foreigners among us

The contest is open to all **children** and **youth** aged **5 to 25 years** and to **families**.

The Deadline to submit art creations is Sunday, 23 May 2021.

For detailed information and application see: https://adra.eu/get-involved/world-refugees-sabbath/

Creation Sabbath Challenge 2021



1000 Events in Europe

Goal: 1000 events in Europe for Creation Sabbath 2021 Topic: Caring for Creation

Creation Sabbath is a special date (the fourth sabbath of October), when the Seventh Day Adventist church celebrates Creation and God the Creator all over the world We would like to take advantage of this event to create an EUD program for most of the year 2021 that will help to unite the church in Europe. We decided to devote the program to the care of creation because it is an important topic that we tend to forget, and because it will make it easier to share the Creation message with others

The program will be carried out in three phases:

- 1. **GROW A PLANT (March-May).** In this first phase of the project we want to engage people of all ages to re-connect with nature through a very simple activity that can be done at home: GROWING A PLANT FROM SEED. Although this is an individual/family activity, the fact that the entire church in Europe is doing it as the same time will make us feel united
- 2. **PLANT A TREE (June-August).** The second phase of the project is a collective project to be done at the union level (although it can be done

- as well at the regional or local level). It consists of participating in at least one conservation project that can be a PLANTING TREE event, but also something different such as a BEACH/ FOREST CLEANING event, etc.
- 3. **BRING A FRIEND (Sept-Oct).** The third phase of the project is the preparation and celebration of Creation Sabbath in the local churches on Oct 23rd. There are many different types of programs that can be done. The goals are to achieve the maximum participation (all church members) and to BRING FRIENDS/VISITORS to the program.

The EUD is a very diverse territory in almost every aspect: culture, language, climate, landscape... The goal of this project is to unite the entire EUD church in a project devoted to the care of Creation but with a wide margin for adapting it to local realities and circumstances.

No limits here. This is about Creation so... BE CREATIVE!



GOOD IDEAS AND TOOLS





From Germany: Podcast on Parenting

"TheBond"—A new podcast

"Ouch!"—The toy car hit my head. I turn around and see my two-year-old son standing in front of me, grinning. "No, honey, this is not funny, it hurts when you throw things at others. I do not want to be hurt and I do not want you to throw around toys! I am done with my laundry in two minutes, then we can do a car race together, alright?" With these words I turn back to the laundry. —"OUCH! Stop throwing toys!! I am almost done; can't you wait for a minute!??" I feel anger rising up in me. Why does he do that? He already speaks quite well, so he DID understand me the first time. These toy cars really hurt! And his grin...is he delighted to see me, his mom, in pain? What is going to become of him with an attitude like that? A sociopath??—"OUUUUCH!! ARE YOU SERI-OUS!?? THIS HURTS!!! No toy car race, you go to your room, right now, and think about what you have done!!" I am yelling while I am dragging my now sobbing

son to his room. He is trying to cling to me, but I am merciless and peel his arms off of me. Now, he is starting to panic, howling, a look of anguish and terror on his face. I close the door between us and feel like crying, too. WWJD. What would Jesus do? Is this what Jesus would have done? Probably not. But how else does he learn to obey? Why does it always have to go thus far until he accepts a "no" or a rule? And where does this mighty feeling of anger I feel come from??

It was situations like this one—and not finding answers to their questions in (Christian) literature on education – that brought five young moms from Germany to start reading about attachment theory and need-oriented parenting. What they found was a way of parenting as Jesus would have done while understanding why children (and parents!) act as they

Through miraculous ways, the five got together, and after starting an Instagram-page, they launched a podcast in September 2020 where they have shared

their findings. They talk about neuroscience and different levels of attachment, thus explaining why our children behave the way they do. At the same time, they link all of their explanations to Christ and the Word of God.

Since their audience grew and they were receiving more and more amazing feedback about what the podcast had accomplished in the life of its listeners, they decided to try to start the podcast in other languages, too. With divine help, they quickly found people willing to unite with them in this cause, and so far, podcasts in English, French and Spanish have started, too. They are available on all common platforms (Google, Apple, Spotify, Anchor etc.)

We want to encourage you to give it a listen, it will be worth your time! If you find it to be helpful, feel free to spread the word and thus help distributing the podcast. The five moms wish that everyone will be blessed as themselves were when listening to the podcast!

With love from Germany,



Anna Born



Sonja Eitzenberger



Marina Hoffmann



lunita Horch



Iulia Wanitschek

And this is where you can find the podcast:



English: ("theBond"): www.anchor.fm/thebondpodcast www.tinyurl.com/thebondpodcast (Spotify); Instagram: @thebondpodcast



French: ("leLien"): www.anchor.fm/lelien www.tinyurl.com/lelienpodcast (Spotify)



Spanish: ("enVínculo"): www.anchor.fm/envinculo



German ("inBindung"): www.anchor.fm/inbindung www.tinyurl.com/inBindung (Spotify) Instagram: @inBindung





FOCUS ON...

Special Activities & Events

CHM WILL PARTICIPATE!

Adventist Virtual Global Campmeeting 2021

May 19-23, 2021

The Adventist Virtual Global Campmeeting will provide a unique opportunity for our church organizations, supporting ministries and businesses to reach out to the vast membership of our church all around the world.

Many of the same activities that you enjoy at a physical campmeeting are planned for this year's virtual Campmeeting. Uplifting and inspiring speakers, informative seminars, interactive workshops, a booth area featuring many Adventists organizations, prayer sessions, networking, visiting with friends and most importantly having a 'mountain



May 19-25, 2021

Adventist 🏸 🗗 🖂 Global Campmeetin

enth-day Adventists, have fond memories of Campmeetings. While many of our church members can't meet physically, we can still have a memorable and impactful Campmeeting. We will have many of our world church leaders and influential speakers share with a global audience, messages of love, hope and faith for our members living in these uncertain times.

The Adventist Virtual Global Campmeeting replaces the GC2021 Virtual Exhibition Experience which was to coincide with the GC Session. The GC Session was postponed to 2022 due to the on-going pandemic, however, our need to meet as a global church may be greater than ever before.

For more information visit https://gc.adventist.org/2021-virtual-exhibition/





Get into Their World

Where do you begin when God calls you back to your children? This is what I wondered in 1999. I knew I wanted to be close to our children. I knew I wanted them to feel close to me. I longed for our children to experience Jesus on a very personal level along with all the joy, peace, and purpose He has to offer. I wondered where to start. But what's a good entry point to having this kind of experience with our children, and seeing them walk with God?

Prayer. We all talk about it. Do it! God knows just the way for us to connect with the hearts of each one of our children. He is passionate about calling us back to our children. He is the One who prophesied in the last two verses of the Bible's Old Testament:

"See, I will send you the prophet Elijah.... He will turn the hearts of the fathers to their children and the hearts of the children to their fathers..." Malachi 4:5-6

I was more emotionally connected with my work than with our own son and daughter. I started praying that God would emotionally connect me with our children. I asked God to give me a bigger place in my heart to love them. You can't pray that prayer again and again without God setting you up to start something better with your kids.

I wanted to learn to listen to our children with my heart, and without looking at my watch. God was moving my soul to want to talk with them day in and day out. I didn't want my children and me to be strangers, living in the same house.

As I passed by Julie's bedroom a few days after the call-back from God, Julie called out, "Hi, Daddy!" "Good morning, Julie," I said as I briskly passed by the doorway to her room. My conversations with her were usually short and quick. God wanted me to slow down.

His still, small Voice whispered to my heart, "If you're ever going to reach this girl for Me, you've got to get into her world." "OK," I thought to myself, "how do I get into my daughter 's world?" I needed to see what she was interested in. Julie needed me to participate with her in activities that were important to her.

I slowly swung around and retraced my steps back to her room. "What was little Julie interested in?" I thought. I hadn't even noticed what she was playing with as I had passed by her room. So I stood by her open door and watched her in action.

All over the floor my three-year-old daughter had doll clothes, a doll house, doll furniture and, of course, her precious little dolls all dressed up for the day. "Great!" I thought. "Just what I wanted to do this morning. Play with dolls. I know nothing about dolls. As a boy, I hadn't played with my sister's dolls. Maybe I'll just come back later." But Julie was too quick for me.

"Daddy! Did you come to play with me?" Her green eyes were dancing with delight... and hope. How could I say, "No?" I cautiously edged my way towards my daughter and her dolls, her treasured friends.

I reached down and picked up one of her beautiful dolls—by the head! I didn't know how to pick up the thing. I plucked if off the floor gingerly, as I would if I found a dead rat in our tool shed. Praise the Lord for the mercy and kindness of little children! Instead of lashing out at me for handling her doll with such disrespect, she encouraged my heroic

deed. "Good, Daddy! That's my doll. You can hold her."

"What do I do now?" I asked her painfully. "Just tell me stories with her. You know, like you tell stories at church." So I did. And so began an odyssey to get into the world of my daughter.

It took several years to win her heart back to me. She had learned too well that her father had no time for her. She had already begun to pull herself away from me emotionally. It takes time for God to turn our hearts back to each other again.

With my son, I had to find different ways to get into his world. At the time, Jason loved taking things apart: our lamp, the front door, the alarm clock. You get the idea. When he was a toddler, we had given him a set of plastic tools, which he had put to good use. But now he was borrowing my tools to take apart anything and everything.

I'm not too gifted with technology. I am OK with taking things apart, not so good with putting them back together. But this was Jason's world, so to connect with our boy's heart, I chose to join him in the world of tools. Jason was so happy to have me work with him! It gave us time to laugh, talk, and explore together. Spending time with Jason and Julie has paved the way for me to get into the life of our youngest daughter Jessica.

Begin to pray for God to open your heart up to your children, grandchildren, or the children that God has trusted to your influence. Don't be discouraged if it takes some time to connect or reconnect with your children. They're worth it! Be patient with yourself and with them.

From: MacLafferty, D.: Inside Out. Children and Families Trusting, Following, and Sharing Jesus. College Press, Collegedale, TN, USA, 2015. For more helpful resources to disciple your children, youth, and family, go to www.indiscipleship.org

RECOMMENDED RESOURCES



OBJECT LESSONSKidzana Ministries

Why did God make yucky things? Do animals go to heaven? Why can't I hear God talk? Today's kids have big questions. The answers they receive can make the difference between choosing to serve God for a lifetime...OR NOT! This book is designed to help you guide kids to find answers to their MOST important questions about God, Jesus, and themselves! Kids will touch, feel, think and laugh with you as they discover truths from objects they see everyday in their real-life world.



OBJECT LESSONSKidzana Ministries

Does God know how to use Internet? What kind of music does God listen to? Can I worship God if I can't sing in tune? Today's kids have big questions. The answers they receive can make the difference between choosing to serve God for a lifetime...OR NOT! This book is designed to help you guide kids to find answers to their MOST important questions about God, Jesus, and themselves! Kids will touch, feel, think and laugh with you as they discover truths from objects they see everyday in their real-life world.



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