

NEW SCHEDULE TODAY FOR GRADES 1-6

Because some of our teachers are preparing for the next stages in their lives, and to prepare for things we want to do in our ministry, we're making a few changes in our Sunday morning ministry to kids.

- **10:00am**

Nursery through grade 2 will have regular nurseries and classes as in the past. Grade 1 will move down the hall to a different room for the summer. Signs are posted in the hallway.

Grades 3-6 will enjoy Kids Church in room 302 with Pastor Herb Owen. This is a worship service for children with Bible teaching, music, and lots of fun.

- **11:30am**

Nursery through kindergarten will continue their classes as in the past.

Grades 1-6 will meet together in rooms 300/302 for **SACK: Sunday at Cherrydale for Kids**. This summer we will focus on learning basic things about the Bible kids may have never picked up before. Led by Herb, Bart and Sarah, the hour will be fun and instructional.

Adults have all sorts of jobs and careers. But parenting isn't usually thought of as either. In the past, stay at-home-moms were considered unemployed or non-working moms, for example.

And then there are jobs that people do for free and are called volunteer positions. But those positions usually allow people to work when they want and they can quit anytime they want. So anyone can recognize that parenting would probably not fit the definition of a volunteer either. So parenting is what?

When do parents reap the benefits of all their hard work and sacrifice? All parents would agree that there is nothing more wonderful than those little arms wrapped around a parent's neck or hearing their children laugh for the first time or take their first step. But the big payoffs come when children grow to be adults and are happy, healthy, productive people living a quality life for the glory of God.

So since parenting is not a job it must not require training—people can simply have babies and the babies just grow up and become wonderful adults no matter what parents do. **Yeah right!** Parenting is the hardest job on the planet. Parents are responsible for teaching their children every single lesson needed in life. Parents are teaching lessons to their children in every move they make and every interaction they have with their children and with others. And worse yet, parents can become emotionally twisted and often unable to make logical



decisions upon the birth of their children, all because of this thing called love. Yet, people seem to believe that just because they are adults and are good people, are intelligent, and love their children, they can take on the role of parent without any training or additional information.

Governments and institutions mandate a requirement for licenses and skills training for all sorts of other responsibilities or activities in order to maintain safety and keep society in order. People get trained, licensed and certified, to drive a car, clean teeth, cut hair, sell real estate, give a massage, go fishing, manage a restaurant, and on and on. Training is a good thing and it helps people do things better, more efficiently and more effectively. Training can save time, energy, and money. So why is it that people train for just about everything except for parenting?

Parenting requires more skills and knowledge than most jobs. It requires not only lots of knowledge regarding physical, psychological, and social development, but also emotional stability, excellent communication skills, frustration tolerance, multi-tasking, patience, flexibility, tenacity, creativity, organization, an ability to be humble, and generosity—lots of generosity of time—being willing to give up personal needs and desires. From teaching children how to brush their teeth to how to fill out a college application, from how to cope with the child who will not share to how to work for a boss who is a tyrant—how do parents know when their child is developing normally? Physically and mentally? How do parents know when their child is socially normal?

Parents must teach children and prevent them from touching the hot stove and why it can be so unsafe to experiment with drugs. Parents must teach their children how to choose good friends and deal with peer pressure. And what about the milestones? When are they old enough to be in the bathroom alone, use a knife, cross the street, have a cell phone, hang at the mall, spend the

night away from home, go to a party, drive a car....??? How do parents teach children all these life lessons without alienating or controlling (which is the worst method ever) their children? And people think they can do all this without reading a book or planning ahead?

Many parents have healthy children. But if parents are faced with unhealthy or special needs children all the challenges are magnified immensely. Unhealthy children include those that have medical or mental health issues, which include those children who have emotional needs, have ADD or ADHD, who are autistic, or one of a host of other issues. Those children are another topic and it is recommended that parents with those special challenges seek professional assistance.

Society wonders why there is so much addiction, abuse, violence, divorce, mental confusion, dysfunction, anger, toxic energy, etc. in the world. Perhaps one of the solutions is that there should be more education readily available for developing parenting skills, more information to provide insight for parents about how to cope with this huge responsibility of parenting, and lessons in how to teach their children how to live healthier lives and how to know God.

Parenting is challenging and rewarding. Parenting requires skills—specific skills. Parenting can be easier, much more fun, and less stressful when parents are equipped with the knowledge and skills required to parent well. So parents—if you want to enjoy the journey of parenting and reap the optimal benefits....do your homework and get trained!

-Copied

The next Principles for Parents Seminar is Sunday afternoon, July 12 from 2:00 until 5:30pm. Registration information is available online or at the Welcome Center Kiosk display.

Study links teen depression to bedtimes

This week's USAToday reports that teens whose parents let them stay up after midnight on weeknights have a much higher chance of being depressed or suicidal than teens whose parents enforce an earlier bedtime, says research being presented today at a national sleep conference.

The findings are the first to examine bedtimes' effects on kids' mental health — and the results are noteworthy. Middle- and high-schoolers whose parents don't require them to be in bed before midnight on school nights are 42% more likely to be depressed than teens whose parents require a 10 p.m. or earlier bedtime. And teens who are allowed to stay up late are 30% more likely to have had suicidal thoughts in the past year.

The differences are smaller but still significant — 25% and 20%, respectively — after controlling for age, sex, race and ethnicity.



A team led by Columbia University Medical Center researcher James Gangwisch examined surveys from 15,659 teens and their parents who took part in a National Institutes of Health (NIH) study of adolescent health. Previous research has established a firm connection between teens getting less sleep and feeling depressed or suicidal.

The NIH survey found that kids whose parents called for a 9-10 p.m. bedtime said they were in bed, on average, by 10:04 p.m. They slept for 8 hours and 10 minutes on average, compared with 7½ hours for kids allowed to stay up past midnight.

The lesson for parents is simple, Gangwisch says: Try as much as possible to sell teenagers on the importance of getting enough sleep — even if it seems that they don't need as much as younger children (actually, they need as much — about nine hours — but usually get only 7½ hours or so, according to the NIH).

"We feel like we can just eat into our sleep time," he says, "but we pay for it in many different ways."

The new data come from analyses of NIH surveys from 1994 to 1996, but Gangwisch believes the disparities between teens with and without prescribed bedtimes are even greater today, given greater distractions in their lives. In 1996, for instance, teens couldn't stay up late texting friends and checking Facebook pages.

"I would guess that there are more kids getting less sleep," he says.

Gangwisch is presenting the findings in Seattle at SLEEP 2009, the annual meeting of the Associated Professional Sleep Societies.

Teens, sleep and depression

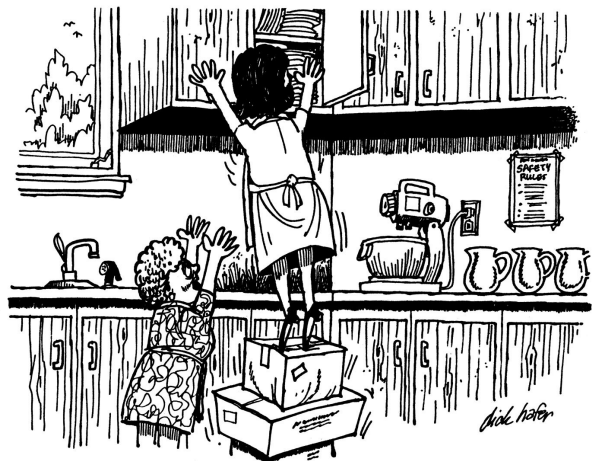
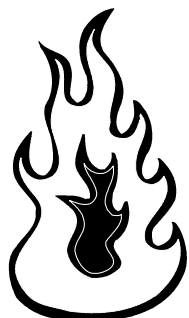
The percent of teens who feel depressed based on hours of sleep:

- Feel depressed with 5 hours sleep or less: 18%
- Feel depressed with 10 hours of sleep or more: 6%
- Don't feel depressed with five hours of sleep or less: 82%
- Don't feel depressed with ten hours of sleep or more: 94%

Source: Columbia University Medical Center

Missions Factoid

Did you know that Azerbaijan means "The Land of Fire"? Every year Azerbaijanis celebrate *Noruz*, the Zoroastrian New Year. They jump through the flames of a fire in an attempt to be cleansed of their sins! Pray today for the team from Cherrydale who left on Saturday. Pray the Lord will provide opportunities to share the truth about how a personal relationship with Jesus cleanses us from sin.



THE TALL MEN ON THE BUILDING COMMITTEE NEVER CONSULTED THE WOMEN WHEN PLANNING THE NEW KITCHEN.