



# The Beacon

News from St. John's Children's Ministries

Volume 5, Issue 1

September / October 2011

## Back to Sunday School

Sunday, September 18 is the official beginning of a new Sunday school year at St. John's. Children in **pre-school through grade 6** will meet together at **9:45 a.m.** in room 6 for a gathering time before going to their classrooms. They will join their families in the service during the Eucharist at **10:50 a.m.** after the children's procession. Preschool – Kindergarten will be using lessons developed by the St. John's Sunday school volunteers that help children discover God's love and interact with the Bible in a way that helps them connect to God, Jesus, the church, family and others. Grades 1 through 5 use the *Seasons of the Spirit* curriculum by Woodlake Publishing. This curriculum is lectionary-based and teaches children how to live in Christ and serve others.

**7th - 9th grades** will continue with the *Rite-13* class as part of our *Journey to Adulthood* program from

Leader Resources. Our **10th - 12th grades** will continue with the second session of the *J2A* program also called "*J2A*". *J2A* is based on the principles of relational youth ministry and uses Bible study, prayer, rites of passage, outreach and both serious and playful activities.

Registration forms were mailed recently with the welcome letter. They also are available from the classroom, church office or church website. For more information or questions and concerns please contact Cathy Christensen in the Church Office.



## REMINDER

### Upcoming Family Ministries Events

- Sept. 18th** First Week of Sunday School  
9:45 am Preschool –6th Grade  
9:00 am J2A and Rite 13
- Sept. 18th** National Back to Church Sunday  
at both the 8 am and 10 am Services
- Oct. 2nd** Blue Angels perform at 10 am Service
- Oct 23rd** Annual Pumpkin Carving & Potluck  
5 pm in Marsh Hall
- Oct 28th** St. John's Preschool's Trunk or Treat  
6 pm in the church parking lot
- Dec 18th** Christmas Pageant at 4 pm

## National Back to Church Sunday

According to LifeWay Research, 38% of people are receptive or highly receptive to attending church. 82% say they could be open to attending church if a friend invited them. Unfortunately, only 21% of Christians active in a church invited someone last year!

St John's has joined a network of over 4000 churches from a variety of denominations and geographic locations in the United States to participate in National Back to Church Sunday. This is an initiative that seeks to reach the "un-churched" and "de-churched" (those who once attended church, but don't anymore). We can reach these people simply by personally inviting them to this special Sunday.

Think of your friends and neighbors. Is there someone you feel God is leading you to invite? Invite those people to church this Sunday. We are preparing a great service to welcome new people into God's loving family

For more information, contact the church office.

## Blue Angels Create Beautiful Music

The Blue Angels started practices last Sunday. All children are encouraged to join the choir during practice on Sundays. Rehearsals are from 11:15am-11:40am in room 6.

Blue Angels provide music for the 10:00 a.m. service, usually on the first Sunday of each month. The choir's first performance will be on Sunday, October 2. The Blue Angels also perform for special liturgies and events through the year. They will be singing a special song for Bishop Rickel on October 30 after the 10 a.m. service.

All children kindergarten through 6<sup>th</sup> grade are invited to join our enthusiastic, singing ministry. Please come to rehearsal this Sunday.



## Fun with Pumpkins

Our annual pumpkin carving & potluck is scheduled for **Sunday, October 23 at 5:00 p.m.** This family favorite is held in Marsh hall.

Activities include games, fall crafts, costume parade, devotion time and our annual pumpkin pie eating contest. Those who want to are invited to wear their Halloween costume for this event. All willing participants are invited to participate in a Halloween fashion show.

This would be a great opportunity to invite friends and family to join in this fun event. There is something to enjoy for everyone.

Please bring a hallowed out pumpkin, carving tools, your amazing creativity and a plastic bag. We also ask that you bring your family's favorite fall dish to share in the potluck dinner.

If you would like to help with this wonderful tradition, please contact the church office.



## Trunk or Treat

Once again, St. John's Preschool is hosting "Trunk or Treat" on **Friday, October 28th at 4:00 p.m.** in the St. John's parking lot.

This is an amazing event in which people decorate the trunk of their car for Halloween and then give out candy to the children attending the event. The crazier the decorations, the more joy it gives to the children.

This is a great opportunity to interact with the preschool students and their parents. If you wish to decorate your car for Trunk or Treat, you must sign up with Joan Sullivan at 425-822-5079. Register soon, this event fills up fast.

## Important Safety Issue

As some of you may know, St. John's outside play structure is over 10 years old and designed for children who weigh less than 50 lbs. For the safety of everyone, please monitor your children and only let children who weigh less than 50 lbs. play on the play structure. We appreciate your care in this matter.



## Bishop Rickel Visits

Sunday, October 30th Bishop Greg Rickel will be visiting both services at St. John's. Bishop Rickel was elected the eighth bishop of the Diocese of Olympia on May 12, 2007, ordained bishop on Sept. 15, 2007 and installed on Sept. 16, 2007, at St. Mark's Cathedral in Seattle. He has served the wider church as a stewardship consultant for the Stewardship Office of the Episcopal Church and for the Episcopal Network for Stewardship. He also served on the Resolution B004 Mission Funding Task Force and as an Episcopal representative to the Earth Charter meeting in Geneva, Switzerland. Bishop Rickel embraces radical hospitality that welcomes all, no matter where they find themselves on their journey of faith. He envisions a church that is a safe and authentic community in which to explore God's infinite goodness and grace as revealed in the life and continuing revelation of Jesus Christ. As Bishop of Olympia he has articulated a vision with three main mission foci: congregational development, concentration on those 35 years of age and under, and stewardship of all creation. Bishop Rickel was born June 27, 1963 in Omaha, Neb., and has been married to Marti, a psychiatric nurse practitioner, since 1984. They have one child, Austin. Follow his blog at [www.bishoprickel.com](http://www.bishoprickel.com).



## ALPHA Classes at St. Johns

Sunday, October 18th we start ALPHA classes at St. Johns. The ALPHA Course is a ten-week practical introduction to the Christian faith where people consider questions such as **What is the meaning of life? What happens when we die? What relevance does Jesus have for our lives? How do we deal with guilt?** Each weekly session begins with an informal dinner, followed by a large group presentation, and ends with a small group discussion and interaction. ALPHA began in an Anglican church in London and is now held in thousands of churches throughout the world. Join others who have found answers to their questions about life and God and how they relate. ALPHA is for people investigating Christianity, for newcomers to the church, new Christians, and for those Christians who want to brush up on the basics. The St. John's ALPHA Course is scheduled to start **Sunday, September 18th, at 5PM**. A children's program and childcare will be provided upon request.



## Local Profile—Flora Komba Glimsdale

Flora Komba Glimsdale is an amazing woman that has had many hardships in her life. She was born in Songea, a small town inside of Tanzania, Africa and went to school there until age 14. She was then put into a pre-arranged marriage. She soon discovered that she was unable to have children and was kept to cook, clean and sew.

Flora always knew that she was meant to help people and when her father passed away and left her family with 4 houses, Flora and her mother decided to start an orphanage and care for the many children that were homeless due to the epidemic of HIV/Aids taking many parents lives.

Flora was able to come to America and get caretaking jobs to raise money to put herself in school to learn English.

She then formed a non-profit foundation to be found at [www.mwangazajitegeme.org](http://www.mwangazajitegeme.org). People can sponsor children from her orphanage and help them with all facets of their lives including education, healthcare & shelter/clothing.

Until 2 weeks ago, she was the caretaker for Kathy Tremain. She took care of her 5 days a week for 2 years.

She has always complained of stomach issues and pain.

The doctors would tell her that she had fibroids and that they will go away on their own. 2 weeks ago she was diagnosed with ovarian cancer. With further examination they found 2 large tumors on her ovaries and other intestinal cancers.

Flora was self employed and therefore did not have health insurance. Her husband, Devon, does have insurance, but it will not cover the entire treatments. Of the money she made, 1/2 was for her rent and the other half was sent back to Tanzania to help her mother take care of the children.

They currently are taking care of 75 children from infants to teenagers.

Flora no longer can work and her surgery took place on the 12<sup>th</sup>. She will be in the hospital for 10 days and then have more recovery at home for 4 weeks. She then will start chemotherapy.

We have started a service called meal train. If you click on the link <http://www.mealtrain.com/?id=m1ldvbbciost> you can then sign up and help her family out with making a meal. Any small thing is appreciated in this time of need.

## Family Dinners are Important

### 10 reasons why and 10 shortcuts to help get the family to the table.

After-school activities, late workdays, long commutes -- it's no wonder few families eat dinner together. Yet studies show that the family dinner hour is an important part of healthy living.

When families dine together, they tend to eat more vegetables and fruits -- and fewer fried foods, soda, and foods with [trans fats](#), research shows. When younger kids frequently eat dinner with their families, they are less likely to be [overweight](#) than other children. That tends to change in the teenage years, when they're less likely to eat at home.

It's a serious concern, since statistics show that nearly one in five children aged 6-19 in the U.S. are overweight. That puts them at higher risk for many health problems later in life, including [heart disease](#), high blood pressure, and diabetes -- as well as emotional problems.

"One of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners," says Joseph Califano Jr., chairman and president of The National Center on Addiction and [Substance Abuse](#) at Columbia University (CASA).

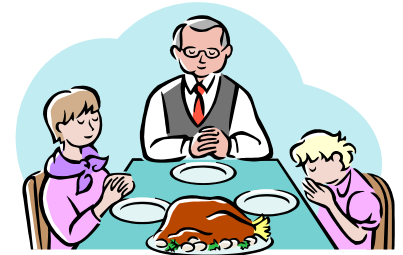
CASA recently reported on a national phone survey of 1,000 teens and 829 parents of teens. Eating dinner as a family helped kids in many ways. It helped them get better grades, and kept them away from cigarettes, alcohol, and [marijuana](#), and more.

**10 Benefits of Family Dinners.** Toting up all the benefits of frequent family dinners:

- Everyone eats healthier meals.
- Kids are less likely to become overweight or obese.
- Kids more likely to stay away from cigarettes.
- They're less likely to drink alcohol.
- They won't likely try marijuana.
- They're less likely to use illicit drugs.
- Friends won't likely abuse prescription drugs.
- School grades will be better.
- You and your kids will talk more.
- You'll be more likely to hear about a serious problem.
- Kids will feel like you're proud of them.
- There will be less stress and tension at home.

### 10 Tips for Organizing Family Dinners

Don't let this mission feel daunting! Even the simplest meals — like order-in pizza — qualify as family dinners. The goal is to get everyone to the dinner table and to spend quality time together - not to force



Mom into June Cleaver or Carol Brady mode. Here are tips on pulling it off:

- Set a goal. Twice a week, perhaps? Build from there.
- Keep it simple. Family meals don't have to be elaborate. Work salads and vegetables into meals. Focus on familiar favorites, like chili or frittatas.
- Be prepared. Keep ingredients for healthful meals on hand, including plenty of fruits and vegetables.
- Keep healthy 'appetizers' on hand. Stock the kitchen with fresh fruits, nuts, and low-fat cheese -- stuff the kids can snack on after school, instead of chips.
- Get the family involved. Let kids help prepare meals and set the table.
- Use the crock pot. Put everything together before leaving for work in the morning. You'll come home to the delicious smell of a cooked meal.
- Pick up take-out, order pizza, or eat out. It still counts as quality time spent together.
- Avoid portion distortion. Keep serving sizes under control, whether you're at home or eating out.
- Make it enjoyable. Leave the serious discussions for another time. Family meals are for nourishment, comfort, and support.
- Set the mood. Play soothing music. Put flowers on the table. Light a candle. Create a relaxing environment.

Here's another hint — no TV allowed, no phones answered! This is time for listening to each other, sharing the day's stories, and nurturing the family connection.

Written By [Jeanie Lerche Davis](#)  
WebMD Feature

Reviewed by [Brunilda Nazario, MD](#)

SOURCE: Joseph Califano Jr., chairman and president, The National Center on Addiction and Substance Abuse, Columbia University.

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## Family Round the Table — Potato Night

### Eating Together

If you have a Mr. Potato Head game, decorate some potatoes and use them as your table centerpiece, or create your own by drawing features on clean potatoes with water soluble markers.

**Menu:** Loaded Baked Potatoes & Apple Crisps with Ice Cream

**Blessing:** One potato, two potato, three potato, four...  
Praise to our Gracious God, hear us roar!  
Five potato, six potato, seven potato, eight...  
Thank you God, you sure are great! Amen!

### Playing Together:

**Potato Bowling:** Styrofoam cups for bowling pins, potatoes (NOTE: After this game, potatoes can be washed, dried and used for a meal on another night.)

**Directions:** Set up a bowling lane in a hallway or on a long table top. Arrange the cups as in regular bowling; the goal is to knock over as many cups as possible. Allow players two tries for each set-up. Keep it simple! Score by counting the number of cups knocked over.

**Juggling Potatoes:** small potatoes, enough for each player to have three (NOTE: After this game, potatoes can be washed, dried and used for a meal on another night)

**Directions:** Toss the potatoes from hand to hand and try to keep all the potatoes in the air. Animated juggling instructions can be found at [www.funnyjuggler.com/juggling](http://www.funnyjuggler.com/juggling)

### Studying God's Word Together

Introduce the first verses for today's reading by explaining they tell about a conversation between Jesus and the disciples. Jesus has been traveling from city to city teaching and healing. The things he says and the things he does have started people talking. Invite a family member to find and read aloud Mark 8:27-39.

*Jesus and his disciples went to the villages near the town of Caesarea Philippi. As they were walking along, he asked them, "What do people say about me?"*

*The disciples answered, "Some say you are John the Baptist or maybe Elijah. Others say you are one of the prophets."*

*Then Jesus asked them, "But who do you say I am?"*

*"You are the Messiah!" Peter replied. Jesus warned the disciples not to tell anyone about him.*

*Jesus began telling his disciples what would happen to him. He said, "The nation's leaders, the chief priests, and the teachers of the Law of Moses will make the Son of Man suffer terribly. He will be rejected and killed, but three days later he will rise to life." Then Jesus explained clearly what he meant. Peter took Jesus aside and told him to stop talking like that. But when Jesus turned and saw the disciples, he corrected Peter. He said to him, "Satan, get away from me! You are thinking like everyone else and not like God."*

*Jesus then told the crowd and the disciples to come closer and he said: "If any of you want to be my followers, you must forget about yourself. You must take up your cross and follow me. If you want to save your life, you will destroy it. But if you give up your life for me and for the good news, you will save it. What will you gain, if you own the whole world but destroy yourself? What could you give to get back your soul? Don't be ashamed of me and my message among these unfaithful and sinful people! If you are, the Son of Man will be ashamed of you when he comes in the glory of his Father with the holy angels."*

### Reflections Questions for the Family

1. Jesus said to his disciples "Don't tell anyone about me." Can you think of some reasons he wouldn't want people to know who he was?
2. Who do you say Jesus is?
3. What do you think it means to let Jesus lead you?
4. Do you know anyone who is following Jesus all the time? What makes you think so?
5. Do you think it is hard or easy to follow Jesus? Why?
6. Do you think it is safe to follow Jesus? Why or why not?

### Praying Together

Prepare a worship center by placing an open Bible and lighted candle on the table.

Read Psalm 19:14 as a call to prayer: *Let the words of my mouth and the meditation of my heart be acceptable to you, LORD, my rock and my redeemer.*

Invite each family member to share joys and concerns and then pray together:

**Leader: Dear God, hear our thanks...**

*(Each family member responds with their joys.)*

**Leader: Help us follow Jesus more closely...**

*(Each family member shares their concerns.)*

**Leader: Help us know who we are to tell about Jesus...**

*(Each family member speak of those who need God's love and comfort.)*

**Leader: Be close to us each day as we seek to follow you. AMEN.**

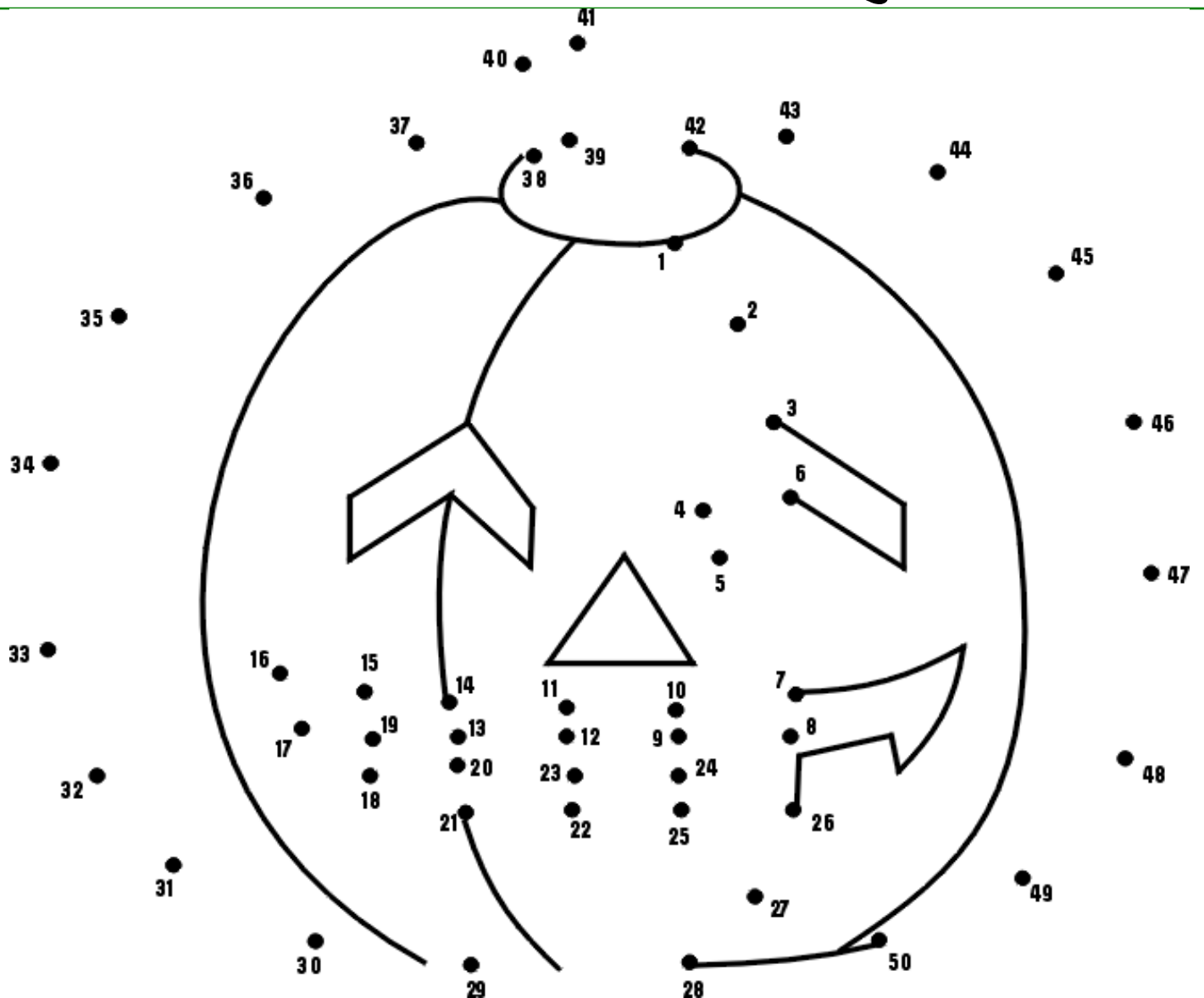
Close the time of prayer by singing, speaking or listening to "Day by Day" from *Godspell*:

Oh dear Lord  
Three things I pray  
To see thee more clearly  
Love thee more dearly  
Follow thee more nearly  
Day by day  
Day by day  
Day by day

From: [www.thelogosministry.org/heartfelt.html](http://www.thelogosministry.org/heartfelt.html)

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In the same way let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Matthew 5:16 (NIV)