

# Children's Ministries at CUMC

## *Come to the Mountain!*



Christ United Methodist Church

Volume 3, Issue 1

November/December 2013

## Children's Sunday November 17th



On November 17th our Praise Mountain (Children's Church) kids will be leading our 9:00 am worship service. They will be serving as liturgists, greeters, acolytes and ushers. Parents – the children will be helping to plan and even write parts of the service during Children's Church the next few weeks. We hope you'll be there to support our kids and show them how thankful we are for them!

## Children's Christmas Program "The Christmas Story"

Our annual Children's Christmas Program will be on **Sunday, December 8<sup>th</sup>** at the 10:30 am worship service. This wonderful program will include all of our children ages 3 years through 6<sup>th</sup> grade. Our only rehearsal will be **Saturday, December 7<sup>th</sup>** from 9:00–11:30 am in the sanctuary and will include a light lunch. If you would like to help with organizing the program, costumes or providing lunch for the children after rehearsal, please contact Vanitta Conrad, Director of Children's Ministries.



### Dates to Remember

- NOVEMBER 17TH—CHILDREN'S SUNDAY
- NOVEMBER 17TH—BIBLE BUCKS STORE
- DECEMBER 8TH—CHILDREN'S CHRISTMAS PROGRAM & ADVENT EVENT
- DECEMBER 24TH—CHRISTMAS EVE SERVICES

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## *Christmas Eve Services—Note New Family Service Time*

**12 noon**—with Holy Communion in the Chapel – Hate driving in the dark? Wish you could celebrate Communion on Christmas Eve? Have evening family plans? This service is for you.

**5 pm**—This lively, family oriented service is great for kids to celebrate Jesus, the birthday boy. The Chorister's Choir sings.

**7 pm**—Candles & carols help us celebrate the newborn King along with special music.

**9 pm**—Candles, carols, the Chancel Choir and apPRAISEation Bell Choir help us sing Joy to the World, the Lord is Come.

**11 pm**—Candles, carols and the Wesley Bell Ringers celebrate God's love in Jesus.

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### All-Church Advent Celebration



Join us on **Sunday, December 8<sup>th</sup>** (after the children's program) for a potluck lunch and fun activities as we celebrate the Advent season. This event will be an opportunity for children of all ages to join together in remembering and celebrating Jesus' birth! Please bring a dish to share and spend some relaxing time with your church friends. There may even be a special visit from a jolly, bearded guest!

#### ***Enjoying the Holidays with Your Children***

**There are a number of things parents can do to help children cope with holiday stress:**

- \* Discuss holiday plans well in advance, and let kids participate in decisions to the extent possible. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress.
- \* If you're traveling, leave plenty of extra time and bring child-friendly snacks, books, games and/or music.
- \* Don't overschedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
- \* Give kids some "downtime." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, walking in the woods or reading a book.
- \* Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability.
- \* Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
- \* Don't promise things you can't produce. For example, don't promise that a parent will be home in time for the holidays if the decision is really out of your control. Don't promise that someone will call if they're in an area with limited phone service.
- \* Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions, which can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same.
- \* Don't try and compensate for an absent parent with extra gifts or toys. It won't work. What most kids really want is time, attention and reassurance.
- \* Take care of yourself. Try to avoid getting overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children.

Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

*Dr. David Fassler, MD is a board-certified child and adolescent psychiatrist practicing in Burlington, Vt. He is a clinical professor in the Department of Psychiatry at the University of Vermont College of Medicine, and the Director of Advocacy and Public Policy for the Vermont Center for Children, Youth and Families.*

#### **Chorister's Choir**

The choir is open to all kids Kindergarten through sixth grade. We practice once a week, Sunday from 11:30 am—12:30 pm. Sarah Lea and Landon Welch are the directors. Their foremost goal for the Choristers is to develop your child's singing voice and/or instrumentality in order that they can share their unique gift in worship to the greater glory of God and proclaim his love through song and by lessons of scripture. If your child is interested in joining the Choristers, please contact Sarah at [385-218-8041](tel:385-218-8041) (call or text) or e-mail [sarahklea@gmail.com](mailto:sarahklea@gmail.com). **Join us!**



## ***Praise Mountain—Sundays at 9:00 am***

We offer Children's Church at 9:00 am for ages 3 years through 6<sup>th</sup> grade in room 201. This is a worship service with music, learning, fun and prayer designed for kids. Our curriculum is called "Kids Own Worship" and is filled with great lessons and songs.

## ***Miracle Mountain—Sundays at 10:30 am***

At the 10:30 hour we feature our rotation format Sunday School for ages Kindergarten through 6<sup>th</sup> grade. All the children gather in room 201 for our opening, then they are accompanied by their shepherds to various workshops to learn the Bible story. These workshops include *Loaves & Fishes* (cooking), *Creation Station* (arts & crafts), *The Sermon on the Mount* (drama & storytelling), *Where in the World is Jonah?* (science) and many more. Our upcoming Bible story themes are:

**November—*Out of Egypt***

**December—*Good News***



*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."*  
~Oprah Winfrey



For our **3 & 4 year old children at 10:30** we offer a traditional Sunday School class with some great curriculum called "**Buzz**". Come join Miss Judy in room 103 after Children's Time in the sanctuary for this relaxed and fun learning time as our youngest begin their Sunday School experience.

## ***Sunday Morning Nursery***

Loving childcare is provided for newborns through 2 years old in our bright, friendly nursery located in the north hallway, room 102. Our fully trained staff is there from 8:30am—Noon to welcome your littlest ones. Please pick up your children promptly after each service.

*Our Childcare Coordinator is Barbara Jolley—[bjolley58@gmail.com](mailto:bjolley58@gmail.com)*

## ***Tween Flicks***

**November 10th & December 8th**

**Meets the Second Sunday of the month.**

Tween Flicks is for all 5<sup>th</sup> and 6<sup>th</sup> graders and their friends. We'll meet in room 201, watch a movie and eat popcorn and pizza. While an RSVP is not required, it will be helpful so that we have enough food! Please contact Jon Jolley ([801-557-6075](tel:801-557-6075)) to RSVP. Parents are also needed to help.



## Come to the Mountain



Christ United Methodist Church

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All children are welcome at Christ UMC. We strive to be a place where everyone can come to learn about Jesus Christ and develop a personal relationship with our Lord. We would love to have you join us anytime, especially during the busy holiday season. If you ever have any questions or concerns about our programming, please feel free to contact me at the addresses or phone listed here.

Blessings,

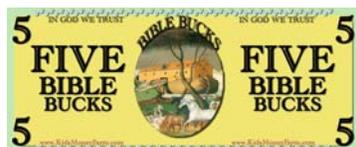
*Vanitta Conrad*, Director of Christian Education

Visit the Children's Ministries page at our website:

[www.ChristUMCUtah.net](http://www.ChristUMCUtah.net)

### Attention Seamstresses!

We have so many preschoolers we need to make more sheep costumes! We will provide the fabric, pattern and all supplies. If you would be willing to sew a costume by December 7th, please contact Vanitta at 801-486-5473 ext. 12 or [Vanitta.conrad@gmail.com](mailto:Vanitta.conrad@gmail.com).



Our kids have been earning lots of Bible Bucks for attending Sunday School, bringing their Bibles, etc. Now it's time to SHOP! **On Sunday morning, November 17th, we'll have our Bible Bucks store open from 10:00—10:30 am & 11:30 am—Noon in room 208.** Please stop by with your child and let them shop. We will have lots of items available including Christmas gifts they can give to family or friends and mission opportunities from Heifer Project. If you'd like to donate new toys, games or other children's items for the store, please bring them to the church office anytime before November 13th.



### Volunteers Needed

We're looking for Children's Church leaders for Praise Mountain (Sundays @ 9) and Workshop Leaders and Shepherds (January—May) for Miracle Mountain (Sundays @ 10:30). Please prayerfully consider where you can help and contact Vanitta Conrad.

### Special Announcements

**There will be no Sunday School on December 29th to allow our teachers to enjoy the holidays. Regular programming will resume on Sunday, January 5th. Your children are always welcome to join you in worship.**