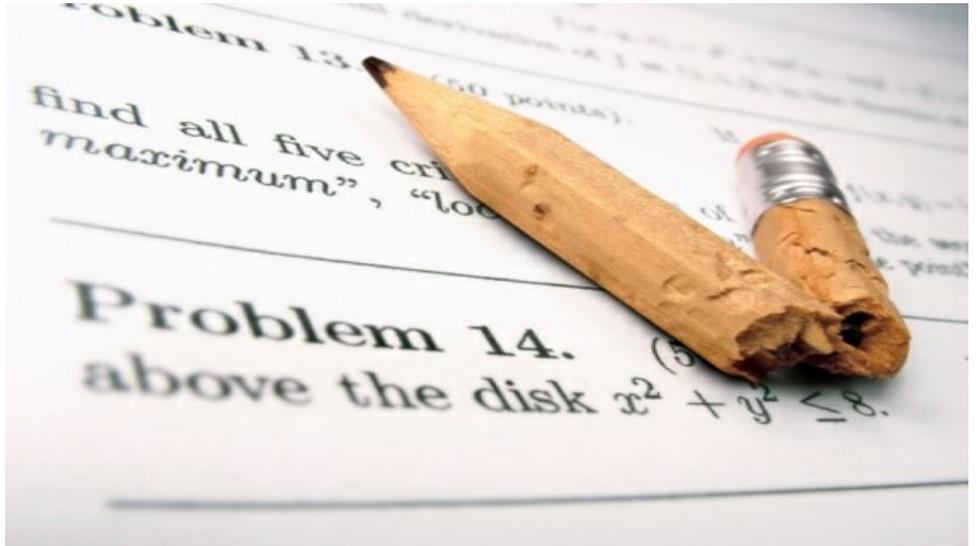




# PARENT CONNECT

A BRIDGE BETWEEN PARENTS AND YOUTH MINISTRY



## UPCOMING EVENTS!

### F56 Year End Party

May 1, 2015 6:30pm

### Youth Lead Team/Youth Lead Team Apprentice applications due

Tuesday May 12, 2015.

### The Edge YEP (Year End Party)

Tuesday May 26, 2015 7pm

### Grad Celebration

May 29, 2015 6:30-9pm.

### After Grad, Sun Peaks

May 29 9:30pm - May 30 11am  
(Grade 12 and Young Adults only)

### No Youth in June - Exam Break

### Youth Start up for the summer

Tuesday July 7, 2015 7pm

## COMBATING TEST ANXIETY

With finals come late nights and loads of anxiety. Whether you have middle-schoolers panicking over standardized testing or college freshmen pulling their first all-nighters, you're likely familiar with exam-related stress.

Here are some tips to calm down your young scholars:

**Preparation** is the best remedy for test anxiety, so help kids develop good study habits. Early-onset studying has been known to reduce the effects of long-term panic.

**Sleep** is a known stress reducer. Getting plenty of shut-eye the night before an exam isn't just a way to avoid studying!

Believe it or not, **chewing gum** during a test can mitigate anxiety. Some teachers allow that only during exams—or not at all—so be sure to check school policies.

**Exercise** is a proven way to minimize stress. Before buying a gym membership for finals week, though, remember that a walk around the block or a driveway game of basketball is just as powerful. Plus, those

activities provide coveted one-on-one time with your teenager.

Remind kids that they're way **more than a score**. Sometimes test anxiety is more about not disappointing people than about apprehension over grades. Be generous in love and admiration about who your kids are—regardless of what grades they make.

Make a **good breakfast**...or any breakfast! Teenagers are known for skipping breakfast or grabbing a Snickers on the way out the door. Breakfast may not directly reduce their fears, but it will help them think better. Even adding a brief morning meal to their daily routine can help refocus their attention for a few moments.

**Pray** with kids. Nothing brings peace like taking your concerns directly to Jesus. And as long as there are tests, there will always be prayer in schools!



By Darren Sutton



## YOUTH CULTURE

### A WORD FROM THE WORD

He sat down, called the twelve disciples over to him, and said, “Whoever wants to be first must take last place and be the servant of everyone else.”

Mark 9:35 (NLT)



## SUMMER SERVING

With heat and humidity come complaints of “I’m bored” and “There’s nothing to do!” Yes, summer vacation will soon overtake the household. Some kids get jobs; others take summer classes or tackle long-overdue chores. But a few become permanent fixtures on the couch. Fortunately, that problem is entirely preventable!

Summer is the perfect season to encourage kids to invest in something greater by serving. Many church youth groups take mission trips during summer, so encourage your teenager to participate. Whether the team does construction, runs a vacation Bible school, or visits shut-ins, mission work is a stretching—and often life-defining—moment for many kids.

If your church doesn’t offer that option, consider Camp Lifetree ([www.camlifetree.com](http://www.camlifetree.com)). Young people from around the United States gather to change a community through hard work while forming great

relationships.

Fortunately, a trip isn’t a requirement to engage in service. Local opportunities abound as close as your church. Whether kids serve snacks at VBS or organize a supply closet, they’re making a difference—and getting out of the house!

Community agencies can always use a friendly face and sincere passion. First, find out what your teenager is passionate about. If it’s animals, check with a local humane shelter for volunteer opportunities. Shy kids might prefer tasks such as packing boxes or organizing shelves at a food pantry. If kids love the outdoors, try the local rec center or parks department.

No matter their interests, young people can make a mighty difference this summer by serving.

By Darren Sutton

### SERVICE BY THE NUMBERS

The “Youth Helping America” study from the Corporation for National and Community Service offers these insights about young volunteers:

- About 55% of kids ages 12 to 18 volunteer; that’s nearly twice the adult volunteering rate (29%).
- Teenagers who volunteer are more likely to report academic success than academic struggles.
- Although 38% of kids say they’ve served in their community as part of a school activity, only 5% say they volunteer because it’s required.
- Young people who attend religious services are nearly twice as likely as non-attenders to give back to the community through volunteering.
- When one or more of their parents volunteer, kids are almost twice as likely to be volunteering, as well.

Additional findings are available here: [www.nationalservice.gov/pdf/05\\_1130\\_LSA\\_YHA\\_SI\\_factsheet.pdf](http://www.nationalservice.gov/pdf/05_1130_LSA_YHA_SI_factsheet.pdf)

**THE  
EDGE  
YOUTH MINISTRY**

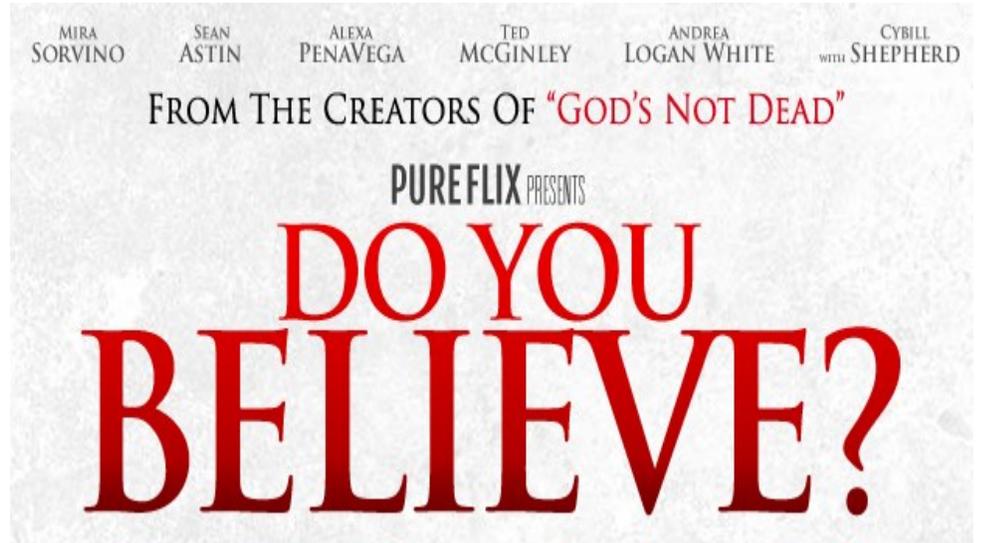
# IN THEIR WORLD

## RELIGIOUS RELEASES SPARK DISCUSSION

From the new Bible-based mini-series AD: The Bible Continues to big-screen movies such as Do You Believe? and David and Goliath, Hollywood seems to be experiencing a religious resurgence. Regardless of the cinematic proficiency of these portrayals, each offers a unique chance to talk to teenagers about theological issues and personal beliefs.

As you watch these shows and movies together, look for themes that reflect your family's faith and values. Try to overlook any production weaknesses; instead, seize opportunities to have conversations about the storyline and how the events apply to modern-day experiences and challenges. And if major theological concerns come up, turn to Scripture for answers.

The new crop of religious-themed media isn't necessarily perfect, but it can open doors for great conversations with kids about their faith walk with Jesus.



## DO YOU BELIEVE? REVIEW

As 12 people's lives intersect, the new movie Do You Believe? offers a simple yet compelling treatise about the miracles behind everyday "coincidences."

The latest release from Pure Flix Entertainment (makers of God's Not Dead) digs deeply into the importance of leaning on and learning from one another. Do You Believe? also offers, not surprisingly, a strong invitation for viewers to make a decision to believe in Jesus.

As with many Christian films, the emphasis is on storyline rather than individual acting performances. The action scenes and intense plot may prove moderately disconcerting for the youngest viewers or for people with extra-delicate sensibilities. But overall, the movie is an easy watch for nearly all family members. Best of all, it's sure to launch great conversations about faith.

*Use these questions to get your discussions started:*

- What are the differences, if any, between miracles and coincidences? How can you distinguish between them?
- What can make it difficult to take a stand for your faith? What can make it easy?
- Are you willing to put your personal safety or comfort at risk to share Jesus with someone else? Why or why not? If you're hesitant to take a stand, do you think Jesus understands?
- How can friends who share your beliefs make a faith walk easier? Has a stranger ever played a role in your relationship with Jesus? If so, explain.
- In this movie, what could you relate to the most, and why?
- If you had a cross in your pocket, who would you give it to right now?

# MAY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 The Edge Youth Ministry 7-9pm (Grades 7-12)	29	30	1 F56 Pre-Teen Ministry Year End Celebration 6:30pm (Grades 5-6)	2
3	4	5 The Edge Youth Ministry 7-9pm (Grades 7-12)	6	7	8	9
10	11	12 The Edge Youth Ministry 7-9pm (Grades 7-12)	13	14	15	16
17	18	19 The Edge Youth Ministry 7-9pm (Grades 7-12)	20	21	22	23
24	25	26 The Edge Youth Ministry YEP Party 7-9pm (Grades 7-12)	27	28	29 Grad Celebration 6:30-9pm After Grad (Sun Peaks) Leaving KAC 9:30pm	30 After Grad 11:00am student pick up at KAC
31	1	2 Exam Break - No Youth in June Will start up again on Tuesday July 7 7pm	3	4	5	6



Dear parents!

With summer fast approaching, you're undoubtedly planning vacations, proofreading your teenagers' job applications, and looking for ways to prevent the boredom that often creeps in once the school routine comes to a halt.

Good news—we can help with that! Tons of stuff is happening this summer. Once again we have hired a summer intern to help with summer ministry. His name is Stephen Boughton, he started on April 28 and will be with us until Aug 28. Stay tuned for more summer ministry updates.

As another school year winds down, know that we're here to support you. During seasons of transition—as your kids move up in school, in responsibilities, and in life—please don't hesitate to

connect with us if we can minister to you in specific ways.

Thank you for raising great kids. Know that our ministry honors and prays for you and your families. We recognize how challenging it is to navigate all seasons of parenthood. You're doing great!

Pastor Tim Busse  
[timb@kamloopsalliance.com](mailto:timb@kamloopsalliance.com)