



February 2010

**Redeemer Lutheran Church
Manitowoc, Wisconsin**

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www.redeermanty.com

Help Kids Overcome Perfectionism

With Buzz, your children continue to learn that God is perfect. Even though people are imperfect because of sin, God loves us and sent his perfect Son, Jesus, to save us. Sometimes, adults and children are tempted to set unrealistic expectations for their imperfect selves.

Signs of perfectionism include being afraid to fail or take risks, never being satisfied with one's success, feeling insecure, and lacking flexibility. Perfectionism becomes problematic when it shifts focus from God to ourselves and interferes with personal relationships. Here are some tips for helping children realize when "good enough" is good enough:

Encourage kids to enjoy the process rather than just the outcome. Let children know that it's okay to dream big but also that the outcome may be different than expected. The important part is to have fun learning, practicing, and doing, rather than being an immediate expert.

Provide age-appropriate tasks—one at a time. Perfectionists often have ambitions that outpace their abilities. To prevent frustration, ensure that children tackle (and value) tasks they can achieve. Also help them focus on one task at a time so they don't get "stuck."

Accept "good enough" yourself. Talk about times you've done your best and been satisfied with a less-than-perfect outcome. Don't dwell too much on children's mistakes. Although correction helps people know how to improve, experts say children need to hear four to five times as many comments about what they're doing right.

A Peek Into Perfectionism

- Firstborn children, children with excessively critical parents, and children who've lost a parent or sibling all may be predisposed toward perfectionism.
- An estimated 15% of gifted children will struggle with perfectionism at some point.
- Often a sense of vulnerability, inferiority, shame, or guilt lies behind efforts to be perfect.
- Perfectionist anxiety can cause headaches, digestive problems, muscle tension, and temporary memory loss.

(healthline.com)

PowerSource



Ask God:

1. To help your children accept their imperfections.
2. To help you resist the urge to be a "perfect" parent.
3. To make God's grace evident to your entire family.

Parenting Insights

"Character education" is a classroom effort to build better, virtuous children. While it's important to teach kids positive traits, focusing solely on that leads to these perils:

1. **Human efforts toward moral "perfection" will always fail.** Anything that excludes God is doomed to fail. Christian character growth is a direct result of the Holy Spirit working in us.
2. **Kids will stray from a set of rules about moral behavior.** But they're less inclined to rebel against a strong personal relationship with a loving God.
3. **The emphasis shouldn't be on ourselves.** That leads to a narrow, legalistic view of what it means to follow Jesus. We should love God from our head *and* our heart. Once kids have a relationship with God, they'll want to learn what type of life and character he desires.

OpenTheBook

**"For everyone has sinned;
we all fall short of God's
glorious standard."
Romans 3:23**

God created Adam and Eve perfect, in his image, but then sin entered the world. Now the only way we can be perfect in God's eyes is by believing in Jesus, who has washed us clean through his blood.

Teachable Moments

1. **Missing the Target**—Draw a bull's-eye target on a large piece of paper, and then try to hit it with paper airplanes. Talk about ways we "miss the target" each day by how we live. Then point out that believing in Jesus is the only way for us to be on target with God.



2. **Built to Last**—Using blocks or Legos, make the tallest tower you can. Talk about why your creation always falls down and why our efforts to be perfect will always fail. Then discuss ways that God is our sturdy foundation and how we can stand tall in him.
3. **Grace Game**—Play a favorite board game, but throughout it, give away your points or turns to other players. Afterward, ask them what it was like to receive all that undeserved kindness. Then discuss how this is similar to God's love and grace for us.



"So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are ON THE ROAD, when you are going to bed and when you are getting up." Deuteronomy 11:18-19, NLT

Help your children put perfectionism into perspective by using these discussion starters:

1. What are some things you try to do "just right," and why? How do you feel when you mess up?
2. How do you know when you've done your best or when something is "good enough"? How can you be satisfied with that?
3. Why did God give us rules for living if he knows we can't keep them all?
4. How does it feel to know that God forgives you over and over again, whenever you mess up?

Family Experience: Perfect Through Christ

Use these experiences from Group's Hands-On Bible to discover how God does away with our imperfections.

- **Clean Up Your Act**—Have family members share things they've done wrong during the past hour, the past day, and the past week. (Parents can share about times they got in trouble as children.) Read aloud Luke 19:1-10 and talk about the wrong things Zacchaeus had been doing. Say: "Jesus didn't wait for Zacchaeus to stop sinning before he called to him. It's the same with us. We don't have to clean up our lives or be perfect before we get to know Jesus. He calls us just the way we are." Next, fill two glasses halfway with water. Add a few drops of red food coloring to one and a few drops of blue food coloring to the other. Say: "The red water represents our sins. The blue water represents Jesus." Then pour the blue water into the red water. Say: "Look—a big change! When we follow Jesus, he makes big changes in our lives...changes that we can't make by ourselves."
- **It's Free!**—Read aloud Ephesians 2:8 a few times and then have family members each write the verse in their own words. Say: "Being saved is a free gift that God gives us when we believe in Jesus. We can't earn it. We can't take credit for it. But we can give credit for it—to God, of course!" Then write thank-you notes to God, explaining how you feel about his free gift. Close by talking about ways you can share that gift with other people.





What's Playing at the Movies

Movie: *Percy Jackson and the Olympians: The Lightning Thief* (Feb. 12)

Genre: Fantasy, Adventure

Rating: PG

Cast: Logan Lerman, Pierce Brosnan, Uma Thurman

Synopsis: Chris Columbus directs this adaptation of the popular children's book series. A modern-day teenager learns that his father is the Greek god Zeus—and right now the gods are angry. Greek mythology comes to life with *Harry Potter*-esque adventure as Percy and his friends solve a powerful mystery.

Discussion Questions: How have your parents shaped you? What do you think your life would be like if you had different parents or a different family? Why do you think people used to have so many gods? Read 1 John 5:21. How do some people worship lots of "gods" today?



What Music Is Releasing

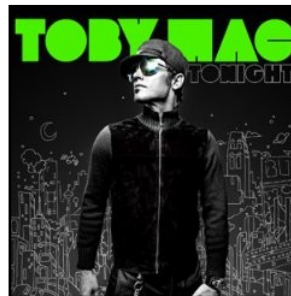
Artist: TobyMac

Album: *Tonight*

Artist Info: Grammy-winning Christian pop and hip-hop artist TobyMac (Kevin McKehean) was one of the first Christian rappers. He was part of the trio DC Talk, and as a soloist he's had six number-one singles. His music provides a positive alternative to secular rappers such as Drake.

Summary: TobyMac's fourth studio album is a mix of pop, rock, hip-hop, and funk. The first single, "City on Our Knees," hit number one shortly after its August release. In it, TobyMac sings, "If you gotta start somewhere, why not here? If you gotta start sometime, why not now?"

Discussion Questions: How do you manage your time? What are some things you tend to put off, and why? Read Matthew 25:13. How does being a Christian affect your priorities?



What Games Are Out

Title	Content	Rating & Platform
<i>Mario & Sonic at the Winter Olympics</i>	Players go through trial runs and then compete in sports such as snowboarding, bobsledding, and ice skating.	E; Wii
<i>Polar Panic</i>	Players navigate through mazes of snow and ice to rescue bears and protect the environment. Mild cartoon violence.	E; PSP, Xbox 360
<i>The Legend of Zelda: Spirit Tracks</i>	In the franchise's newest installment, Link travels via steam train. Players solve puzzles and problems with inventive gameplay.	E; Nintendo DS

RATINGS: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



Culture & Trends

What's happening right now that may affect your children and family:

- Personal safety is more evident than ever before in children's movies. More characters are wearing seat belts and helmets and using crosswalks.

(Associated Press)

- U.S. children are more likely to grow up with a pet than with both of their parents.

(*The Child: An Encyclopedic Companion*)




Quick Stats

- Schoolwork and tests are kids' biggest problem. If they had five minutes to talk to President Obama, children said they would ask him to help ease their burdens at school.

(*Highlights* magazine)

- Immunization rates are on the rise, with about 72% of children fully immunized as of 2008. Among only children, 81% have had all their shots.

February 2010

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
					LADIES CRAFT NIGHT 7:00p— 12:00a All crafters welcome!	
7	8	9	10	11	12	13
Super/Bowl/Anti-Super Bowl Party @ First Lutheran 521 N. 8th Street 4-9p						
14	15	16	17	18	19	20
			Ash Wednesday Supper @ 5p Worship @ 6p			VALENTINE DANCE!!! 6:30-9:30p ROCK THE FLOCK DJ!!!
21	22	23	24	25	26	27
Sunday School Teachers meeting 12:00 pm			Lenten Service Supper @ 5p Worship @ 6p			
28						
BRAT FRY To help the Senior Youth attend National Youth Gathering in July						

Plan Ahead!!!
 Sunday, March 21, 2010
 FAMILY WORSHIP
 More details to come

Lenten Coin Folders

Do you want to help the people of HAITI? This year half of the money collected in the Lenten Coin Folders will go to help the relief efforts in Haiti. Lenten Coin Folders were distributed in the February 2010 church newsletter. If you did not receive one or would like another extra coin folders are available in the narthex.





What They Are Learning in Sunday School at Redeemer...

Pre-School:

KEY VERSE: "Be Still And Know that I am God!" Psalm 46:10a

2/7: "Jesus is Missing" Luke 2:41-52

2/14: "Jesus Blesses the Children" Mark 10:13-16

2/21: "A Boy Shares His Lunch" John 6:1-15

2/28: "Isaac is Born" Genesis 18:1-14; 21:1-7

Kindergarten:

KEY VERSE: "Create in me a clean heart, O God." Psalm 51:10

2/7: "Jesus Calls His Disciples" Luke 5:1-11; Matthew 9:9-13

2/14: "The Good Samaritan" Luke 10:30-37

2/21: "Peter's Faith: Before & After" Matthew 14:22-33; 16:13-19; Acts 3:1-11

2/28: "Saul Meets Jesus" Acts 9:1-19

1st & 2nd Grade

KEY VERSE: "But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God." John 20:31a

2/7: "Jesus Walks on Water" Matthew 14:22-33

2/14: "Jesus Calms a Storm" Mark 4:35-41

2/21: "Jesus Heals a Blind Man" Mark 10:46-52

2/28: "Jesus Raises Jairus' Daughter" Luke 8:40-56

3rd & 4th Grade

KEY VERSE: "Jesus grew in wisdom and stature, and in favor of god and all the people" Luke 2:52

2/7: "Wise Men Bring Gifts in Bethlehem" Matthew 2:1-12

2/14: "Joseph Takes His family to Safety in Egypt" Matthew 2:13-18

2/21: "Joseph, Mary, and Jesus Return to Nazareth" Matthew 2:19-23

2/28: "Jesus Teaches in the Temple in Jerusalem" Luke 2:41-52

5th & 6th Grade

KEY VERSE: "Come, worship and bow down. Let us kneel before the Lord our maker, for he is our God." Psalm 95:6-7a

2/7: "Jesus Fulfills Prophecy" Isaiah 9:1-7; Matthew 4:12-17

2/14: "Jesus Begins His Ministry" Isaiah 61:1-2; Luke 4:14-21

2/21: "Jesus is Rejected in Nazareth" Isaiah 53:1-3; Luke 4:22-30

2/28: "Jesus is Our Shepherd" Isaiah 40:9-11; John 10:1-15



SUPER BOWL/ ANTI-SUPER BOWL PARTY

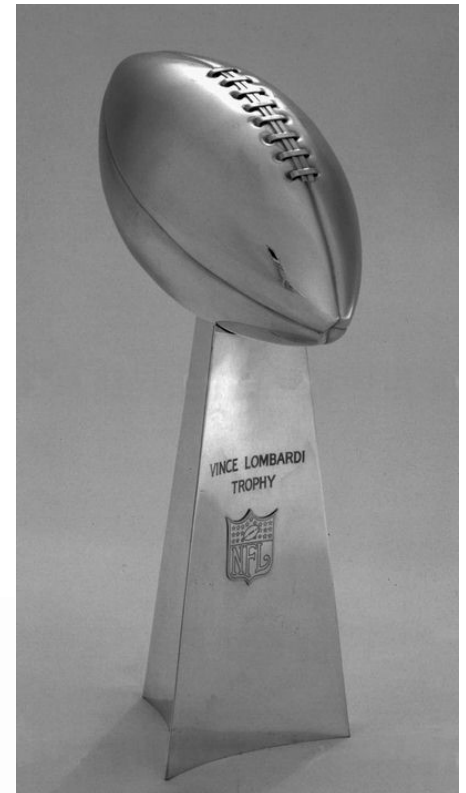
**Bring your family to a fun evening of
football and/or fun & games!!!**

Where? First Lutheran (521 N. 5th St)

When? Super Bowl Sunday (2/7/2010)

Time? 4:00-9:00 pm

**Bring a snack to share and
soda if you desire!**





VALENTINE DANCE
SATURDAY, FEBRUARY 20th

6:30-9:30 PM

@ Redeemer Lutheran Church

FEATURING
ROCK THE FLOCK DJ

Bring Your Family & Friends!!!