

HAM LANE FLN

FAMILY LIFE NEWSLETTER

SPRINGTIME: GOD'S RENEWAL

The arrival of March reminds me of a kids joke I heard once: Why were the ants so tired come April 1st? Because they had to March for 31 days! Doesn't that just summarize the life of families right now!?! But while we're busy this month with springtime sports, sprucing up our weed-filled yards and gardens, and spring-cleaning the house, God is busy as well! I think God gives us springtime as a reminder that he is working behind the scenes, making all things new. Those days of thick tule-fog were long and dark, but they weren't permanent. And now that the sun is back out and the sky is blue once again, that fog is just a distant memory. So this month, as spring takes hold, take a moment or two to pause and look around at what God is doing in and around your family. What is God renewing that you may have thought was long gone? Where do you see His promises shining through? If our God can raise the dead back to life, there's nothing he can't redeem, restore, and renew!

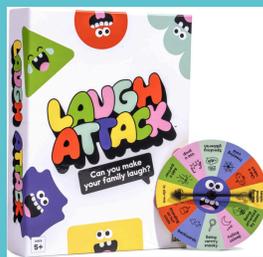


SPRING TEAM FAMILY POWERPAKS COMING SOON!

Need some easy, ready to go at-home discipleship resources? Look no further! These bags come complete with devos, prayer prompts, crafts, and more! Perfect for families on the go. I'll be putting these together and set them out to pick up at the church soon. When you see a balloon display in the family room, come and pick one up!

SOMETHING WE LIKE

A brand new game popped up in my Amazon "you might like" section. It looked fun and simple, so I figured we'd give it a try! Filled with crazy, off-the-wall scenarios and prompts, this is sure to get the whole family laughing...and that's the idea! Its the perfect game to have some silly time with the kids.



YOUR TEEN REALLY DOES WANT TO TALK TO YOU

Excerpt. Written By: Dr. Jennifer Salerno / Author Teen Speak

As your kids transform into full-fledged teens right before your very eyes, you might be surprised to find they've suddenly got minds of their own and are questioning everything under the sun!

Ah, the teenage years – where conversations can feel like you're traversing a minefield.

But it may be helpful to know that your teen really does want to talk to you and they do value your opinion – it just takes a little finesse to get the conversation flowing smoothly.

To set a solid foundation, start with:

1. Ask Permission - Okay, bear with me on this... You might think, "What? I'm the parent!" But trust me, this sets the stage for open conversations. Gently approach those tricky topics by saying, "Hey, I've been thinking about XYZ. When's a good time for us to chat without distractions?"

(continued on page 2)

CONTINUED FROM PAGE 1

2. Open Up With Empathy - Your teen comes home late and looks upset. Instead of jumping into a deep discussion about curfews and consequences, start with empathy. This paves the way for a safe, open space to have a real talk with your teen.

3. Really Listen - This can be the hardest strategy for parents when learning to build open lines of communication. Teenagers often perceive themselves as not being heard, especially when having difficult conversations.

4. Mirror Back What You Heard - After they share something, reflect and mirror back what they said. It's like saying, "Got it, this is what I think you meant."

These strategies will help open the door to those "real talks" with your teen!



YOUNG FAMILIES SWEEP CHILI COOK-OFF!

Congrats to our young families who took 1st, 2nd, & 3rd in the annual Heat on Ham Lane chili cook-off! Felicity and I enjoyed sampling every chili, even the spicy ones! We even were lucky enough to take home a couple servings of the grand prize winner to enjoy later! The room was packed with people, the excitement and energy of the evening was relaxing and fun. What a great time! If you missed out, be sure to join in next time!

FAITH CONVERSATION STARTERS

- Where have you seen God at work this week? Month?
- Who is someone who could use your prayers right now?
- What's something broken that you have fixed or restored?
- What are you most excited for God to fix around you?
- Why should we trust God?
- What is a hurt God has healed?
- What is your favorite healing story in the Bible?
- What do you enjoy doing in the Spring?
- Do you have a favorite flower/tree that blooms in the Spring?

COMING UP THIS MONTH



Put on something green and join us at our annual Potluck 'O the Irish on Sunday, March 15, immediately following the morning service.



Invite your neighborhood down to the church parking lot on Apr. 4th for a fun evening of carnival games, prizes, and food!



If you still haven't joined the band app group, now's the time! This is the best place to get all the up-to-date info on events, class, and family news.

MEMORY VERSE

“Kind words are like honey—sweet to the soul and healthy for the body”

—Proverbs 16:24