

# Family Ministries Musings

## National Social Wellness Month:

**Social Wellness** deals with everything positive and helpful about communication and interacting with others. From making good impressions to sending thank you cards, this month is all about presenting yourself succinctly, positively, and effectively.

Social Wellness can be demonstrated through the observance of **Cell Phone Courtesy**. Here are some hints:

**Be all there.** When you're in a meeting, performance, or church, let calls go to voicemail to avoid a disruption. In some instances, turning your phone off may be the best solution

**Keep it private.** Be aware of your surroundings and avoid discussing private or confidential information in public. You never know who may be in hearing range.

**Keep your cool.** Don't display anger during a public call. Conversations that are likely to be emotional should be held where they will not embarrass or intrude on others.

**Learn to vibrate.** Use your wireless phone's silent or vibration settings in public places such as religious services, schools, restaurants, theaters or sporting events so that you do not disrupt your surroundings.

**Avoid "cell yell."** Remember to use your regular conversational tone when speaking on your wireless phone. People tend to speak more loudly than normal and often don't recognize how distracting they can be to others.

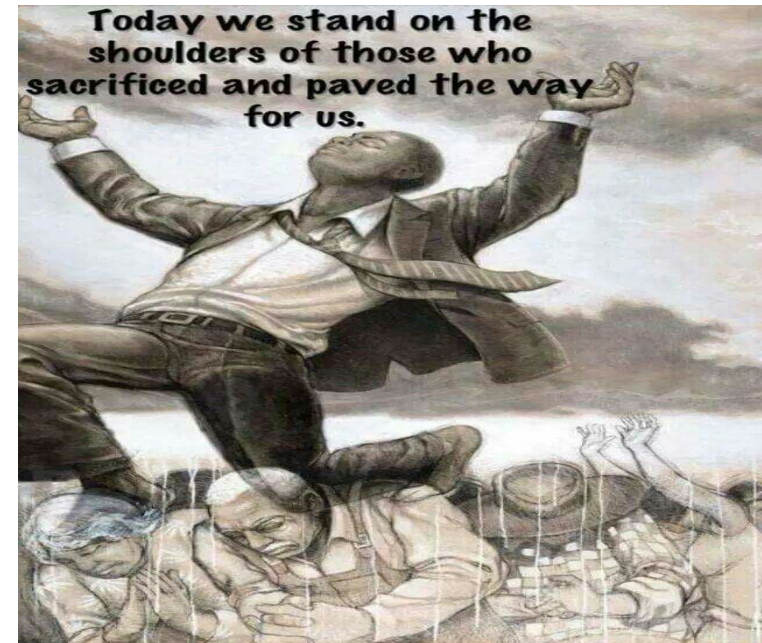
**Follow the rules.** Some places, such as hospitals or airplanes, restrict or prohibit the use of mobile phones, so adhere to posted signs and instructions. Some jurisdictions may also restrict mobile phone use in public places.

**Excuse yourself.** If you are expecting a call that can't be postponed, alert your companions ahead of time and excuse yourself when the call comes in; the people you are with should take precedence over calls you want to make or receive.

**Send a message.** Use Text Messaging to send and receive messages without saying a single word.

**Be a good Samaritan.** Use your cell phone to help others.

**Focus on driving.** Always make safety your most important call.



**SWRC Family Ministries Department**

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**&**

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It's July! The year 2020 is more than half finished. It's summertime and families are on vacation, having family reunions, and just enjoying the longer days and time to spend together.

Just in case you have some regrets about things you had resolved for 2020, today is a present for you! July has a day called *Toss Away the "Could Haves" and "Should Haves" Day*. Every major decision we make through our lives affects us either positively or negatively. Even though we make the best choices we can at the time, they are often not the same choices we would make today. When we think about those life-altering moments, we find it easy to say to ourselves, "I could have spent more time with my family."

On this day, take a piece of paper and write down your list of "could haves" and "should haves" in your life. Then throw it away, bury it, or burn it. Once the list is gone, make the following resolution, ***From this day forward, I choose not to live in the past—the past is history that I can't change. I can do something about the present—I choose to live in the present.*** Yesterday is passed, tomorrow is not promised—the only thing we have is today: that's why it's a present!

Scripturally, we are admonished to adhere to the concept of *Toss Away the "Could Haves" and Should Haves Day*". Isaiah says in chapter 43: 18-19, (NLT) "But forget all that—it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it?"

**Never look back, unless you are planning to go that way!**

This month is a time of connection and commitment. This is a month to invest in family and participate in a variety of activities good for everyone. Anything goes! Any activity that encourages health and a strong family, and that helps to create cohesion and togetherness.

Spending quality time together, and engaging in family activities that enrich your lives through education, health and well being, and development, is all in the spirit of this month. This is so important, because many times we see that Black families are somehow disconnected. Stereotypically, we see the absence of the father, or father figure, a strong, matriarchal head that alienates outside males, and a dysfunctional extension of relatives that are far from the best role models; however, this is a stereotype, unfair and untrue. Black families have some of the richest heritage, they are full of love and in many instances instill a great respect for family and ancestry, living by the "village" proverb, all hands raising the children in order to raise productive individuals. Just remember, it's up to you to make your family time special. ***"All the families of the earth will be lessed through you."*** (Gen.12:3,MSG)

One of the ideas to try during July would be to create your family tree. Blacks are an oral people—we share our history by the stories we tell! Imagine the sharing times with families as you develop the family tree together. What a rich legacy you will create.

Paul encouraged the Colossians to have endurance and patience.

Circle those showing patience and endurance.



# Children's Worship Bulletin™



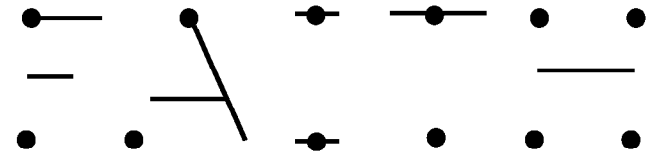
Ages 3-6

Colossians 1:1-14

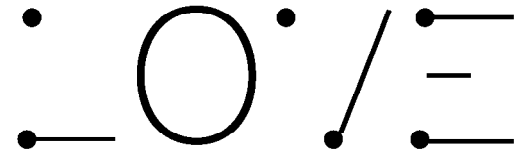
## Paul's Message To The Colossians

Paul wrote to the Colossians when he heard about their ...







Draw straight lines to connect the dots.



and


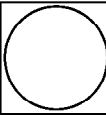
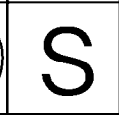
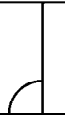


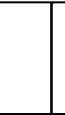
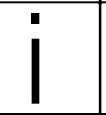



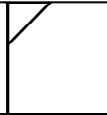
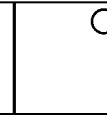



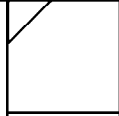
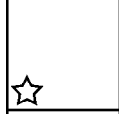





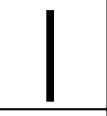
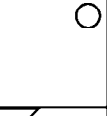
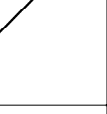


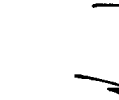









Paul never stopped praying for the Colossians.  
 He asked God to fill them with ...

Use the code to finish the word puzzle.  
 = d   
  = e   
  = n   
  = o   
  = r   
  = t



A crossword puzzle grid with the following letters and symbols:

										
u				s		a		i		g
										
										
										

Illustrations surrounding the puzzle include a man at a desk, a group of people talking, two women in traditional dress, two men standing, a man kneeling in prayer, and a man speaking to a group of people.



There are many reasons we should pray with thanksgiving to God the Father.

	▼	▲	◀	▶
I	A	D	E	F
—	G	H	I	K
	L	M	N	O
—	R	S	T	V

Use the code to complete the sentences.



God has qualified us "to share with the saints in the \_\_\_\_\_"  
 ▼ ▶ ◀ ▼ | ▲ ▶ ▲  
 ▶ ▶ ▼ ◀ ▼ ◀ ▲ ◀

For He has rescued us from the \_\_\_\_\_"  
 | ▲ ▶ ▲ ◀ ◀ ◀ ▶ ◀  
 ▶ ▶ | ▲ ▼ ▼ ▶ ◀ | ◀ ▲ ▲

In God's Son, Jesus, we have the \_\_\_\_\_"  
 ▶ ▶ ▼ ▼ ◀ ▶ | ◀ ◀ ◀ ▲ ▲  
 ▶ ▶ ▲ ◀ ◀ ▲

# Children's Worship Bulletin™

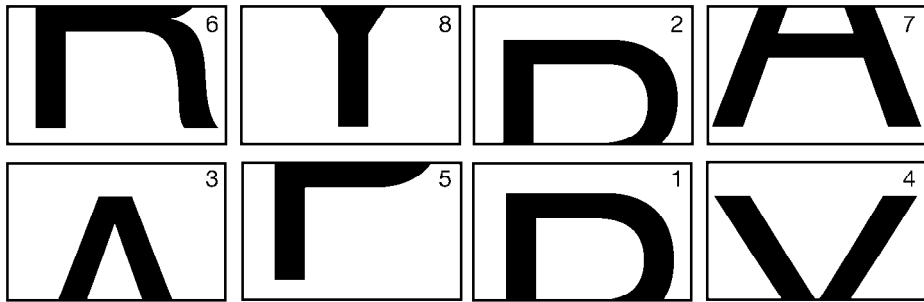
Ages 7-12

Colossians 1:1-14

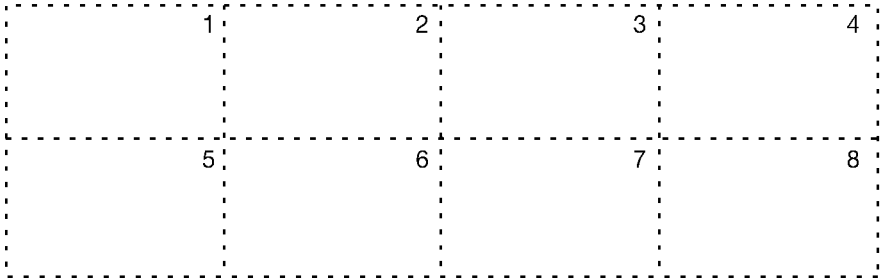
## Paul's Message to the Colossians

Paul faithfully did one thing for the Colossian believers.

Arrange the numbered designs in the grid to find what he did.



"We always thank God, the Father of our Lord Jesus Christ, when we



for you." - Colossians 1:3

Paul shared the prayer he always prayed for them.

Find the list of words in the word search. All words go diagonally. Then place each word in the blank with an equation answer that is the same as the word's number. The first word is done for you.

- |              |              |               |              |                  |                   |
|--------------|--------------|---------------|--------------|------------------|-------------------|
| 1) asking    | 7) fill      | 13) great     | 19) Lord     | 25) pray         | 31) understanding |
| 2) bearing   | 8) fruit     | 14) growing   | 20) might    | 26) praying      | 32) way           |
| 3) being     | 9) giving    | 15) joyfully  | 21) order    | 27) spiritual    | 33) will          |
| 4) endurance | 10) glorious | 16) knowledge | 22) patience | 28) stopped      | 34) wisdom        |
| 5) every     | 11) God      | 17) life      | 23) please   | 29) strengthened | 35) work          |
| 6) Father    | 12) good     | 18) live      | 24) power    | 30) thanks       | 36) worthy        |



M Y H K B L W G R Y T B T H E A G  
 F I R A N E T E I E E H E V S N H  
 P O G Y V O A N O V D W E I I T I  
 W R O H N E W R I L I R H W N O M  
 H U A D T I L L I Y Y N O E L G F  
 A T N Y S L P F E N A R G A E A D  
 V G I D I L E W O D G M U C T E O  
 E I O W E N O T A R G T N H N S E  
 S M S A T R G R Y Y I E E E T C G  
 I I S A T G S L D R I R H O N L L  
 H E E H U G L T I T P T P A O L Y  
 E R Y O N U H P A R G P R R A S O  
 G A R I F A S P A N E U I N T N R  
 M H K Y N I T Y E D D O D I G E D  
 T S O K H A L R I N U I U Y W O D  
 A J S T H F T L E S O R N O O N D  
 A N O T O S H A V E F F P G A I N

“We have not \_\_\_\_\_  $14 + 14 =$  \_\_\_\_\_  $33 - 7 =$  \_\_\_\_\_  
 for you and \_\_\_\_\_  $49 - 48 =$  \_\_\_\_\_  $33 - 22 =$  \_\_\_\_\_  $13 - 6 =$  \_\_\_\_\_ you  
 with the \_\_\_\_\_  $8 \times 2 =$  \_\_\_\_\_  $11 \times 3 =$  \_\_\_\_\_ of His \_\_\_\_\_ through  
 all \_\_\_\_\_  $21 + 6 =$  \_\_\_\_\_  $37 - 3 =$  \_\_\_\_\_ and  
 \_\_\_\_\_  $29 + 2 =$  \_\_\_\_\_  $5 \times 5 =$  \_\_\_\_\_ And we \_\_\_\_\_ this  
 in \_\_\_\_\_  $7 \times 3 =$  \_\_\_\_\_ that you may \_\_\_\_\_ a \_\_\_\_\_  $9 + 9 =$  \_\_\_\_\_  $20 - 3 =$  \_\_\_\_\_  
 \_\_\_\_\_  $6 \times 6 =$  \_\_\_\_\_ of the \_\_\_\_\_  $20 - 1 =$  \_\_\_\_\_ and may \_\_\_\_\_  $27 - 4 =$  \_\_\_\_\_  
 Him in \_\_\_\_\_  $30 - 25 =$  \_\_\_\_\_  $8 \times 4 =$  \_\_\_\_\_: \_\_\_\_\_  $1 \times 2 =$  \_\_\_\_\_  $12 - 4 =$  \_\_\_\_\_  
 in every \_\_\_\_\_  $36 - 24 =$  \_\_\_\_\_  $13 + 22 =$  \_\_\_\_\_, \_\_\_\_\_  $7 \times 2 =$  \_\_\_\_\_  
 in the \_\_\_\_\_  $8 + 8 =$  \_\_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_  $33 - 22 =$  \_\_\_\_\_  $12 - 9 =$  \_\_\_\_\_  
 \_\_\_\_\_  $23 + 6 =$  \_\_\_\_\_ with all \_\_\_\_\_  $6 \times 4 =$  \_\_\_\_\_ according  
 to His \_\_\_\_\_  $60 - 50 =$  \_\_\_\_\_  $4 \times 5 =$  \_\_\_\_\_ so that you may have  
 \_\_\_\_\_  $26 - 13 =$  \_\_\_\_\_  $19 - 15 =$  \_\_\_\_\_ and \_\_\_\_\_  $11 + 11 =$  \_\_\_\_\_  
 and \_\_\_\_\_  $5 \times 3 =$  \_\_\_\_\_  $27 - 18 =$  \_\_\_\_\_  $10 \times 3 =$  \_\_\_\_\_  
 to the \_\_\_\_\_.”  
 \_\_\_\_\_  $18 - 12 =$  \_\_\_\_\_

# RESILIENCY: GOD TAKES OUR WORRIES

Student Page

Cast all your anxiety on [God] because he cares for you.  
1 Peter 5:7

When you worry, follow these 4 steps:

- 1** Recognize that you are worried.
- 2** Say what you are worried about.
- 3** Think positive thoughts.
- 4** Give your worry to God.

Give your worry to God by completing the prayer.

Dear God, I am worried about \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please take my worry from me. Help me think positive thoughts. Fill me with Your peace. In Jesus' name, amen.