

Parents

WE ARE IN THIS TOGETHER

BIG ROCKS GO IN FIRST

If you are like most Americans, you affirm the value of family. But if you're like me, you struggle to spend a sufficient amount of meaningful time with your family.

If family is our top priority, what can we do to help ensure that we are “sharing our best” at home?

I've found something that I think can help us get things in order. One family used the idea of “big rocks” and “little rocks” to help them organize the activities of a busy week. “Big rock” items were the activities that were considered to be the most important ones. “Little rock” items were less important things. This process helped the family to keep first things first. You might try this at home with your family.

Collect a half-dozen large rocks and a jar full of pea-size little rocks. Take a wide mouth glass jar and fill it with little rocks. Then try to squeeze your big rocks in.



Are you giving the least to those who matter most, or are you sharing the best with those who really aren't that close?

Notice what happens. There isn't any room for the big rocks.

Repeat the process, but this time put the big rocks in first. Notice how the little rocks fill in the area around the big rocks.

The idea is that we can actually get more done if we put our “big rock” activities in first.

If some of those activities include time with family members, putting them in first helps ensure that they don't get crowded out by other, less important activities.

In real life, everyone begins a week with an “empty jar,” defined as 168 hours of time from Monday through Sunday. As a family you can hold a weekly planning meeting to decide what to put in that 168-hour jar.

Deciding what is most important to you is easier if you

have a shared vision of where you're going together. Consider developing a family mission statement that reflects your family's core values. You might create a family mission statement during a family meeting or over a meal.

Brainstorm some ideas and eventually put them into one clear mission statement that you all agree on: “Our mission is to be a successful family through service and kindness to others, developing and sharing talents, learning, sharing our love for our faith and having

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Don't miss this....

A Tools for the Journey
Parents Seminar
led by Pastor Mike
September 24th
6:30 till 8:30 p.m.
here at SHPC!

School's back in session — MYC is starting back up!

Moms — are you longing to make a difference? Do you ever wonder if the daily fragments of life — laundry, tending to needs of your kids, your job, etc. — mean something?

Come join the Mothers of Young Children Devotional this fall and discover how the random pieces of your life hold amazing potential for making a profound difference... a difference you

are already making whether you realize it or not!

Meetings will begin Thursday, Sept. 14th with our book study of *You Matter More than You Think* by Dr. Leslie Parrott. The group will meet each Thursday through Dec. 14th from 9:30 a.m. to 11:30 a.m. Childcare is provided for a small fee. Please contact Kim Arthur for more information or to join the fall study — kim@theearthurs.net or 512-405-0220.

We're rested, we're recollected, we're ready to learn ...

How to Really Read to Your Kids So That They Will Listen

Did you know that the *single most important* factor to your child's success in school is whether you read to them or not on a daily basis, especially if you start before they enter school? One of our members, **Marti Dryk, will be conducting a 2-hour workshop 6:30 p.m. Wednesday October 18th on how to really read to your child in order to engage in conversation about what they are hearing... not just another bedtime story.** Marti will be **providing a book for all parents to take home** in order to "practice" what you have learned. This works for *all* ages of kids, so contact Britta (britta@shpc.org, 892-3580 x107) to sign up today!

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continued the process. At the end, everyone had had a chance to make amends, offer encouragement or just affirm their relationship with each of the others in the group. At the conclusion of this lengthy but heart-filling process, we took communion as a whole. And I knew Christ was with us.

Those were awesome communion moments but I find that same sense of awe sitting in my chair on Sunday morning when the bread and "wine" come my way. The versions differ, but the essence of the words are the same, "This is my body ...this is my blood...do so in remembrance of me." We who live on the other side of the resurrection understand the promise contained in his words. We need only share in communion together to be reminded of God's incredible love, Christ's sacrifice and the assurance of eternal life.



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time I got drenched in the 40-degree water. I also tried my hardest to get the best relationship I could get out of that camp, and I'd say that I reached that wonderful goal.

I left camp knowing that I'd keep this connection going once school started up again, and that I'd avoid the obstacles that'd try to detach me from Him. I left knowing that I would spread His word as much as I could, and be proud of doing so. I left knowing that my relationship with God wasn't a feeling, it was a commitment and that I was successful in my quest to get to know God. I left knowing that I knocked on His door, and welcomed Him into my life.

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lots of fun." Based on your family's vision and mission statement, review the coming week's responsibilities and opportunities and schedule important "big rock" activities first. These might include going to church, birthday celebrations, homework assignments, family outings, parent-child "one-on-one" time, "date night" for parents and other things. Then fit less important demands, the "little rocks," around them.

Putting our big rocks first may not be the only answer. But it may go a long way to ensure that we are giving our best to those persons and activities that matter the most to us. (From an article by Steve Duncan.)