

WEEKLY UPDATE

FOR CHILDREN AND FAMILIES

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*I pray that the eyes of your
heart will have enough light to
see hope*

EPHESIANS 1:18

SEEING HOPE

When someone we care about dies, it might be hard to see hope. Christians have hope in resurrection, but that can feel very far off. Our hope comes from God, but God doesn't always show up in a burning bush. We hope (and believe) that the world is getting more and more like God's kingdom on Earth. How can we see hope?

- A sign that says hope, a flashlight, and a dark bathroom can help us remember that even if we can't see it or feel it, hope is there.
- In some video games, players can gain an object that lets them see magical objects with a purple or green outline. Take a walk as a family and put on imaginary hope glasses. Where do you see hope? (The neighbors who planted a new tree, the kids at the park who welcome newcomers to their game of tag.)
- Listen to hymns, songs and carols for how hope is described. One favorite is "The thrill of hope, the weary world rejoices" (Can you find this in a Christmas display at a store? Why is Christmas a time of hope?)



Today in worship we are remembering people who have died by ringing a bell and saying their names. Your family could plan a special meal and tell stories about people you love who have died. Do you have a bell? Who would you name?

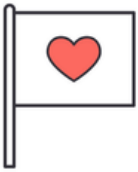
4 WAYS TO HELP CHILDREN UNDERSTAND

GRIEF AND LOSS



SHOW THEM THAT EVERYONE EXPERIENCES GRIEF, BUT LIFE MUST CONTINUE

While we may want to lock ourselves in a room (I know I do sometimes), we can't. Life doesn't stop when we experience tragedy and loss, and our children need to see that.



SHOW THEM THAT EMOTIONS ARE OKAY

It is okay to be sad and to have bad days. You don't have to pretend like everything is fine and dandy in front of them. What we do need to show them is that they can cry or be angry about it, as long as they work through those feelings on their own or with someone else. Bottling them up and closing them off won't get them anywhere. Show your own emotions in a healthy way.



BE PATIENT AND UNDERSTANDING

Do not get mad if they suddenly start regressing as they are navigating grief. Some may wet the bed again after years of being potty trained, some might start randomly throwing fits, some may have trouble sleeping. All of these may be normal things that they are struggling with due to the loss. Understanding that and remaining patient with them is extremely important.



TALK TO THEM ABOUT IT

Your children can understand and handle a lot more than you think they can. Open up to them about the loss or whatever the grief is from, and help them to understand it. This will prepare them for handling it on their own if and when the time arises as they get older. On that same note, let them talk about it with you. Don't shush them if they bring it up, even if it is difficult for you to talk about.

COLOR A CARD FOR A FRIEND



May the God of
Hope fill you
with all Joy and
Peace as you
Believe in God

Romans 15:13

SAVE THE
DATE

Interfaith Thanksgiving Service
November 22, 7pm

Children (9:00) and Youth (11:00)
Christmas programs
December 18