



# GRAHAM STREET

## CHURCH OF CHRIST

**Rooted - Growing - Reaching**

**August 15, 2021 Sunday**

**DB's Dabblings: "Ways Parents Can Reduce the Stress of Back to School"**

Next week the children, teachers, staff, and parents start back to school. For most children this is very exciting and they look forward to it, but for some there is dread and anxiousness. If you sense your child may have some fears, talk to them about what they look forward to and what makes them nervous. This is especially true due to COVID. It will help them to be able to talk about it. Pray with them about it. Here are some other things that parents can do to make the start of school special and less stressful. I call it "a reduction plan for the first day of school."

1. **Reduce your stress as a parent.** Prepare the night before and get up a little earlier to be fully awake and pray. This also gives you a little extra time for dealing with the inevitable mishap that takes extra time on first days.
2. **Reduce decisions.** Everything that can be decided the night before, decide. What clothes to wear? Who gets the bathroom first? What will you have for breakfast and lunches? The route you will take to school and what time to leave?
3. **Reduce distractions.** No TV, computer, cell phone, etc. to capture a child's attention and get them off track with what they need to do. Keep the flow flowing without breaking away from what needs to be the new morning routine.
4. **Reduce the drama.** Some conflicts and confusion are going to happen, but stay calm and don't make it bigger than what it is. Where you can anticipate these and plan for a course of action that you can use to avoid them is wise. As much as possible, every child needs their own things and space, while sharing is a great value to teach your children, the first day of school is not the best time to try to get your girls to share the same hairbrush. (I speak with experience on this.)
5. **Reduce the unknown.** Anticipate questions and have the answers. Times, places, names, appointments, assignments, known and written out and readily available greatly reduces stress. Remind gently without lecture, and don't overwhelm with information beyond that day.
6. **Reduce complication.** Keep it simple. Breakfast is important, but it doesn't have to be complicated, especially beyond your skillset. Preparation the night before reduces complication. Try to reduce the amount of complication you add to your own daily morning routine, and the kids will see less stress in you to stress them out.
7. **Reduce the expectations.** As you get the school/work morning routine down, you can add to the "to do list," but start with the reasonable expectations for you and your child to achieve. You may have to help them do some things that you later will expect them to do by themselves. Doing them shows they are important but expecting your child to do it the first day by themselves may not be as important as getting them off to school stress free and ready to conquer a new school year. This is especially true for your child as they re-enter schools that were under COVID stress last year and hold uncertainty for this year.

David Bearden



### NEWS/UPCOMING EVENTS

- **August 15, 2021: 9:00 Adult Bible Study Lesson taught by Hughbert Collier on “Book of Revelation” 10:00 Worship—Special Guest Song Leader, Joey Roberts**
- **August 18, 2021: Living Faith—Faithful Hands & Feet**—Meet at the Family Center 6:00; Assist people around their homes (repairs, lawn care, groceries)
- **August 22, 2021: Back To School Sunday** —9:00 Class Promotions, Special Program and Activities. David Tomlinson cooks hamburgers at the Family Center following Sunday worship service—bring chips, desserts & freezers of homemade ice cream
- **August 25, 2021: Living Faith—Faithful Giving**—Bring/make casseroles for the “Night of 100 Casseroles”; Make cards/letters for casseroles; Pray over the food and for the community; Members take a casserole home to personally bless someone they know.
- **August 26, 2021: Night of 100 Casseroles**— drop off your casseroles from 4:00 to 4:45 at the Family Center—help distribute them starting at 5:00 until they are all gone
- **August 29, 2021: —Children’s Church Restarts**  
Worship Training for ages 3-5 during sermon.
- **September 8, 2021: Wednesday Night Classes Start**
- **September 12, 2021: GPS Class Starts—”Better Parenting Through Better Marriages”**



Mark Your Calendars: **The Duracells** are hosting a picnic for all church members on Saturday, September 18, to be held at the home of Ronnie & Darlene Hearne. Details will come soon!



# LIVING FAITH

## WEDNESDAY NIGHTS THIS SUMMER

EACH MONTH A CROSS-GENERATIONAL FELLOWSHIP (6:00 p.m.)

**3rd Wednesday \*August 18\*** —Faithful Hands and Feet (In Community)

**4th Wednesday \*August 25\***—Faithful Giving (Family Center)

**Fall Semester Wednesday Night Bible Classes start September 8**

### ➤ OPPORTUNITIES TO BE TOGETHER IN STUDY AND PRAYER

Bible Class for all ages at 9:00 a.m. Adult Class—

Hughbert Collier begins a study of Book of Revelation in Auditorium

Sunday Morning Worship 10:00 a.m.

Wednesday, Living Faith—Faithful Hands & Feet — Meet at the Family Center;

Assist people around their homes (repairs, lawn care, groceries)

### ➤ NIGHT OF 100 CASSEROLES TOTALS FOR THURSDAY July 29:

**80 given away—7 workers—all were handed out in just 20 minutes**

➤ **Texans for Christ College Ministry Announcement:** College students can stay up to date with what our college ministry has going on through our website <https://texansforchrist.org>

➤ **Youth Group Announcement:** For details and updates for 6th-12th grade students and their parents, go to <https://www.grahamstreetyouth.org>

➤ **Rejoice!** Please join us in celebrating the baptisms of **Kylar & Kash Harcourt**. They are the daughter and son of **Heath & Landa Harcourt** and the grandchildren of **Lisa Vanderford**



Charles Williams; Rusty Rose; Courtney Clayton; Bill Hodgson; Ronnie Moring; Paula Busby; Micaela Moore; Jody Caudle; Mildred Buchanan; Billy Powell; Chuck Gruenwald; Bill Scott; Chuck Arpe; Ricky Caudle; Charlie Hart, diagnosed with leukemia; Rebecca Stephens, her sister, Patti Wall; Brenda Caraway; Vincent Lopez; Patty Jones; Vicki Bearden's recovering from surgery; Tim Childers; Wendall Ash;

### ONLINE RESOURCES

Audio with Slides Recording on website ( <https://grahamstreetchurch.com/sermons> )

Family Resources: <https://www.grahamstreetchurch.com/house-church>

Small Group Lessons and Study Materials are on the website:

<https://grahamstreetchurch.com/small-group-materials>

Chronological Bible Reading:

<https://www.biblestudytools.com/bible-reading-plan/chronological.html>

### Giving Update

Contribution 08/01/2021 \$ 11,854

Contribution 08/08/2021 \$ 7,274 (74.98%) Budget: \$9,700 a week

YTD Contribution \$304,622 (98.13%) YTD Budget: \$ 310,400

**Building Fund \$342,384 - Our goal is \$350,000—We are almost there!**

To enhance our on-line Church Directory, we will be asking you to help us get it updated and current. Please send your new phone numbers, address, and/or any current photos of your family that you would like to be used to: [office@grahamstreetchurch.com](mailto:office@grahamstreetchurch.com)

Members of our congregation are eligible to participate in the **Church Audit program at Harding School of Theology. You may audit select courses for only \$50. Fall 2021 courses include:**

Systematic Theology: Dr. Mark E. Powell (Mondays, 8:15-10:55 am, Aug. 16 - Dec. 6)

Counseling Skills: Dr. Ed Gray (Tuesdays, 1-3:45 pm, Aug. 17 - Dec. 7)

Survey of Paul's Letters: Dr. Richard E. Oster, Jr. (Thursdays, 6-8:45 pm, Aug. 19 - Dec. 2)

You may attend class live on campus or on Zoom, or you may watch the recordings later if you prefer. For more information or to register, visit [hst.edu/church](http://hst.edu/church) or call the HST Admissions Office at 901-432-7750.



**Baby Shower: Caytlin (Rose) Waggoner** also has as selections at 4 Kids Only in Stephenville

# Baby Shower

PLEASE JOIN US  
AS WE CELEBRATE THE  
MOM-TO-BE

*Caytlin Waggoner*

SUNDAY, AUGUST 22ND  
2:00PM - 4:00PM

THE PATRICIA  
321 S COLUMBIA ST  
STEPHENVILLE, TEXAS  
PLEASE RSVP BY AUGUST 15TH  
719.980.1128  
REGISTERED AT BABYLIST.COM



**Sunday, August 22, 2021**

**New Classes Begin!**

**Special Programs!**

**Hamburgers at the Family Center following  
worship service! **Bring chips, desserts and  
freezers of homemade ice cream!****

