



FBC NEWS

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TIPS FOR A SUCCESSFUL SCHOOL YEAR

It may be hard to believe, but summer is almost over! Maybe that fact makes you want to burst into tears—alarm clocks, homework, and bus stops. Or maybe it makes you want to throw a huge party—no kids saying, “I’m bored!” or begging to go to the pool. Probably for most of us, it’s a mixture of both.

Either way, we want to help make the transition as smooth as possible for you and your family! Below is a checklist you can use as a guide to prepare for the coming school year.

ESTABLISH A SCHEDULE BEFORE THE FIRST DAY OF SCHOOL.

Waking up early after weeks of sleeping in is no fun for anyone. Before school starts, start waking up your family and sending them to bed at the same time you will during the school year. This will save a ton of yawns that first week back.

- CREATE A WEEKLY CHECK-IN.** Choose a time during the weekend to huddle around a calendar with your family. Maybe it’s Sunday night after dinner—everyone shares their plans for the week and discusses any changes from the regular routine. Who has practice? Who has carpool duty? Who has a doctor’s appointment?

- CREATE A RHYTHM OF TABLE CONVERSATION.** Try to eat dinner together as many times a week as possible. Establish a habit of asking each other, “What was the best part of your day?” and “What was your least favorite part?”

- CHOOSE A DESIGNATED SPACE FOR DAILY SUPPLIES.** Where will the book bags go? Shoes? Lunch boxes? Grab a few hooks and a couple of baskets and create a go-to spot for collecting items your kids will take with them every day. This will help you get out the door faster and eliminate the potential for frustration.

- SET UP A DISTRACTION-FREE HOMEWORK AREA.** Determine what the rules about homework are. Will you require your student to begin their homework immediately? Give them an hour of downtime? Allow them to wait until after dinner? Make a plan for whatever works best for your family. Then, create an area free of TVs, gaming systems, clutter, etc.

- TALK IT OUT.** Starting a new school year can give a kid of any age anxiety. Take your child out to lunch or dinner before the first day of school and talk about the upcoming year. Encourage them. Let them ask questions. Remind them of their wins last year, and discuss your expectations for the new school year. Make sure they know you’re praying for them.

- REACH OUT TO YOUR STUDENT’S TEACHER.** This is especially helpful for parents of younger students. Send in some supplies—tissues or markers or hand sanitizer—and attach a note that introduces you and your kid. Offer your help and encouragement. Ask them what their favorite treat is, and then surprise them with it a few times in the year.

- START EACH DAY RIGHT.** The best way to start your kid’s day of school is with some daily encouragement. Send them off to school with words that fill their heart.

- » “I’ve already been praying for you this morning.”
- » “You look beautiful/handsome/sharp this morning!”
- » “I love starting my day with you!”

- CREATE CLEAR PARAMETERS.** Be clear and consistent with the rules about homework and bedtimes and the consequences for not following them. Define a reward system, whether it’s extra screen time or a later curfew.

- PRAY, PRAY, PRAY.** Gather your family (and other families, if you want!) and pray for the new school year. Reassure your child that you’ll continue to pray for them as the upcoming year progresses.

Among Our Family

—In the Hospital—

MWH: Hugh Mullen

—Sympathy To—

the family of Wilma Jarrett

Karen Nastelli in the death of her mother, Janelle Rudolph

Jerry Silver and the Silver family in the death of Jerry's brother, Ron Silver

Coming up

Saturday, August 11

To Reach a Minister After Office Hours, please call 540-300-1442

Sunday, August 12

8:30am Worship
9:45am Sunday School
11:00am Worship
12:30pm Kirundi Worship

Monday, August 13

11:00am Community Café

Tuesday, August 14

11:00am Community Café

Wednesday, August 15

10:00am Prayer Shawl Ministry

Thursday, August 16

11:00am Community Café
5:00pm Community Meal

Friday, August 17

11:00am Yoga

Saturday, August 18

To Reach a Minister After Office Hours, please call 540-300-1442

Sunday, August 19

8:30am Worship
9:45am Sunday School
11:00am Worship
12:15pm Deacon's Meeting
12:30pm Kirundi Worship
5:00pm Youth Mission Projects



Meets in the Welcome Center each Wednesday at 10:00am. All are invited.

A Church Funny

"To meet again in that home where there will be no sorrow, no death, and no tears"

Responsibilities for August 12

—Greeters Schedule—

Princess Anne St: Darrell Caldwell, Kathy Jones
Sanctuary Door: Jim Wiltshire
Caroline Street: Ron & Pixie Cleaver
Children's Area: John Ingram
Youth Area: Volunteer from Youth Class

—Deacons—

8:30am

Johnny Jones (Lead),
Rich Pitts, Ed Monroe, John Ingram
Don & Cheryl Seay (W)
Kathy Jones, Brenda Richardelli (B)

11:00am

Brenda Haun (Lead),
Dewey & Judy Lowman, Keith Morris,
Ben & Janice Clark, Joe DiCecca,
Allison Herod
Cindy Baker, Donna Updike (W&B)

—Ushers—

8:30am

Pat & Carol Quinn,
Joe & Brenda Richardelli
Elevator: Mike Wondree

11:00am

Togie & Wendy Payne,
Ben & Addie Stewart,
Keith & Donna Morris
Buddy Updike,
Keith Snider, John Garnett

—Bus Driver—

Allen Bennett



For Thursday Community Meals!

Sign up each Sunday in the Welcome Center. Share potatoes, toppings, and your time as we serve our neighbors together in the name of Christ

Stewardship Summary

Ministry Budget	
Weekly Needs	\$25,794
Sunday, August 5	\$29,154
Y-T-D Total	\$725,631
Ahead/Behind Budget	-\$73,964
BUOH in Missions	
Weekly Needs	\$2,885
Sunday, August 5	\$2,460
Y-T-D Total	\$56,970
Ahead/Behind Goal	-\$32,491
Capital Fund	
Sunday, August 5	\$545
Y-T-D Total	\$18,369

August School Supplies

As we gathered around the Lord's Table this past Sunday, August 5th, we invited you to bring an offering of school supplies. Thank you for the supplies that have been offered so far. As you know, students are asked to fill a long list of school supplies to bring with them during their first week of school in the Fall. Below is a list of what many elementary schools are asking students to provide.

Consider what you may bring as an offering in these coming weeks. You may place the items in the vestibule as you come to worship each Sunday in August. We will also be available in the church office to receive items during the week. Thank you for prayerfully considering your gift.



August Offering of SCHOOL SUPPLIES

School Supplies:

Crayons
#2 yellow Pencils
Elmer's Glue
Glue Sticks
Scissors
Highlighters
One-inch binders
Index Cards
Colored Pencils
Crayola Broad Tip Markers – 10 count
Dry erase markers
Composition book
Pencil box
Pencil Top Erasers/Pink Block Erasers
Plastic Pocket Folders
Spiral Notebooks – -Wide-ruled