

THE MASTERPIECE

775 E. BASELINE RD. PHOENIX, AZ 85042



SALT AND LIGHT IN THE WORLD OF WORK

Following the beatitudes in the Sermon on the Mount, Jesus tells his followers that people who receive these blessings matter:

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. (Matt. 5:13-16)

If you are a follower of Jesus living the beatitudes, you matter. You have an important role to play because you are the salt of the earth. Salt preserves and Christians help preserve what is good in the culture. In the ancient world, salt was very valuable: the Greeks thought it contained something almost divine, and the Romans sometimes paid their soldiers with salt. A soldier who didn't carry out his duties "was not worth his salt." You are a seasoning agent. In a sense, you can bring the distinctive flavor of God's values to all of life. You can make life palatable.

Note that salt, to be effective, must be in contact with the meat or fish it is to preserve. To be effective, we must be involved where we work and where we live.

Monthly Event

Oxtails Dinner August 6
\$20

Phoenix Mercury Tickets \$5-
August 20th Game

Volunteer training for Food Pantry
August 26 at 10:00AM

weekly schedule

Mondays

Food Pantry 3:00pm-6:00pm

Tuesday

Corporate Prayer and
Fasting

Wednesday

Guide Night Bible Study
7:00 PM - 8:00 PM

Thursday

2:TEN Urban Outreach

4:00PM - Prayer

6:00 - Community Outreach

Friday

2:TEN Urban Outreach

Worship and Fellowship

7:00PM

Sunday

Sunday School 9:00AM

Children's Church 10:30AM

Worship Service 10:30AM

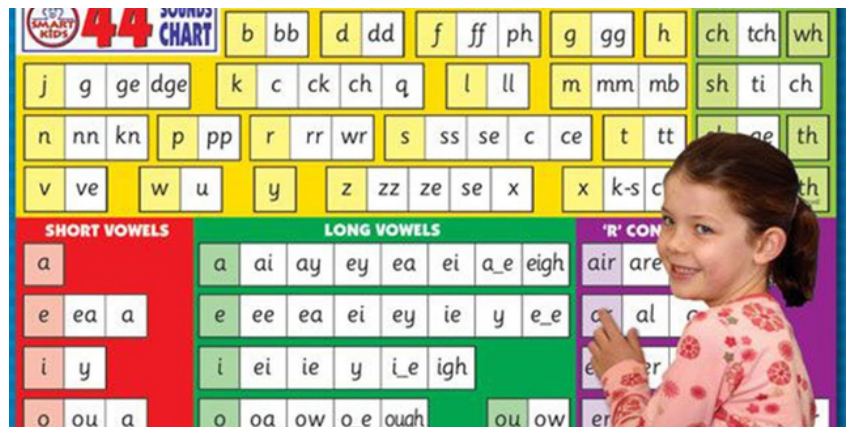


Make a small change and impact your health in positive ways.

I CHOOSE
wellness

- Increase your water intake.
- Add more fruits & veggies to your meals.
- Monitor your sleep and make adjustments for better sleep.
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

READING IS FUN & MENTAL



Some Mistakes in Teaching Children to Read

Here are some mistakes that American schools and parents are making when teaching reading, and what we should do instead.

Mistake #1: Teaching the ABCs in a Vacuum

We teach our 3, 4, and 5 year-olds the alphabet from the time they can hold their own sippy cups, but these 26 random squiggly shapes and their names have no real meaning to toddlers who are still learning how to speak.

What we should do instead: Teach the 44 sounds (“phonemes”) of the English language and give each sound a name and a pictogram. Showing children how to “say” the sounds of the language is more relevant and effective than just getting them to memorize the alphabet.

Mistake #2: Teaching Sight Words

Sight words are an act of surrender. Instead of trying to explain things to kids in a way that helps them see the bigger picture, we just tell them: “Memorize these words and don’t ask any questions!”

What we should do instead: Treat every word as unique and irregular, and focus on the sound pieces that make up the word. When you learn where one sound piece stops and another begins, you’ll have no trouble learning how to read.

Mistake #3: Asking Students to Attempt to Decode English Without the Information They Need to be Successful

We’re showing them words like “snow,” and “cow,” and telling them to sound them out, when we know full well that the “ow” in “snow” sounds different than the “ow” in “cow.” We’re asking them to guess and fail instead of “showing them the sounds!”

What we should do instead: Borrow an ancient secret from the Greeks, and used today by millions of speakers of languages like Arabic, Hebrew, and Farsi: something called “diacritics.” Diacritics are pronunciation symbols placed above and below words to reveal every sound in every word. These symbols help new readers by taking the mystery out of reading while simultaneously showing the lines of demarcation between the phonics pieces in any given word. As a result, with diacritics, any word can be decoded the first time it is viewed without requiring help from an adult.

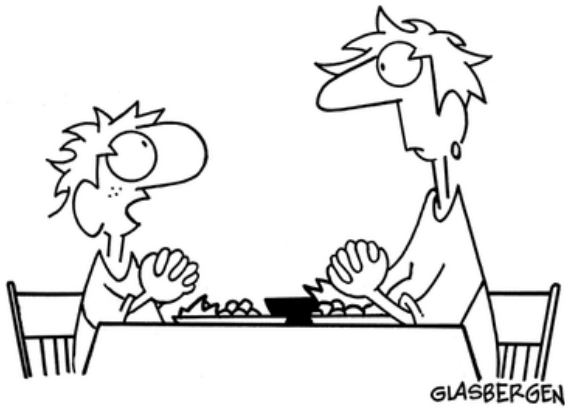


ACTIVITIES

SUDOKU

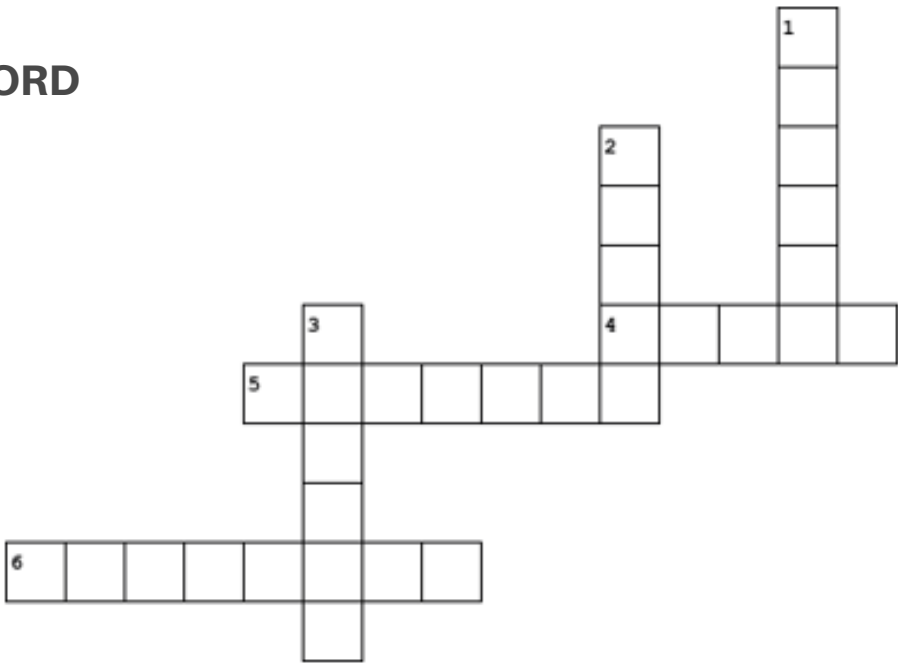
	1	8			2	3		4
		3	5					
5	2	4	8	9				
1		5		7		4		6
		7				9		
2		9		4		5		8
				8	9	6	4	3
					7	2		
3		1	6			7	8	

COMEDY



“If God wants me to be thankful for vegetables, why did He make them taste like vegetables?”

CROSSWORD



Across

- 4. We are salt and
- 5. The light
- 6. August is what month?

Down

- 1. God give us the power to get
- 2. It has 66 books
- 3. Guide Night Bible Study

WHOLE LIFE ASSESSMENT

The goal of this assessment is to help you identify areas for improvement in the major areas of life. As with any self-assessment, the goal isn't a complete snapshot of every nuance of your life, but rather a good opportunity for overall self-reflection. So, don't stress about the exact wording of these descriptions. Instead, just give your overall impression of how you rate in each category based on the past 30 days of your life. After you finish, take time to journal about your ratings and each area of your life. If you don't like your scores, it's just an indication to focus on that area a little more this month. Improvement takes time. Set some goals, start some new habits, and be patient and persistent in your journey to the next level of performance. You're stronger than you think, and the future holds good things for you.

Categories

Score (1=Low Agreement, 10=I'm Awesome)

HEALTH

I regularly take care of myself so that I can feel my best. I want my overall physical and emotional health (my well-being) to be primed and optimized to make me feel energetic and strong each day. I strive to eat well, sleep well, and work out so that I have the physical vibrancy and stamina to enjoy life and deal with its challenges and opportunities.

1 2 3 4 5 6 7 8 9 10

MENTAL/EMOTIONAL

I keep a positive outlook and attitude. I'm cultivating a sense of joy and peace in my life so that I can experience positive emotions and relationships. I take care of myself by being mindful to the energy, focus, and emotions I really want to experience and generate in life.

1 2 3 4 5 6 7 8 9 10

PARTNER/LOVE

I feel a consistently deep, trusting, appreciative, soulful, loving connection with my significant other. I am patient, respectful, and attentive to my partner's needs. Alternative if single: I live each day through my heart and demonstrate compassion and love for others.

1 2 3 4 5 6 7 8 9 10

FAMILY

I am present with my family. I am creating deep connection, and fun and positive energy with the family members that I keep in contact with. It's evident that I love my family and I'm doing my best for them. I try to forgive their mistakes and be compassionate with them.

1 2 3 4 5 6 7 8 9 10

FRIENDS

My immediate social circle of friends brings connection, fun, and positive energy into my life. I seek out positive people and I do my very best to bring positive energy and real authenticity into all my relationships. I spend enough time with friends.

1 2 3 4 5 6 7 8 9 10

MISSION

I feel clear, energized, and fulfilled by my work and contributions to the world. I believe my work or day's effort adds real value and is a true reflection of my best efforts and contributions. I am truly engaged and excited by what I'm doing—it feels like a mission, calling, or purpose.

1 2 3 4 5 6 7 8 9 10

EXPERIENCES

I plan special experiences—trips, adventures, nights out, time to connect or disconnect—so that I enjoy life. I give enough time to the things I love in life, including to my hobbies, interests, and non-work goals and adventures.

1 2 3 4 5 6 7 8 9 10

SPIRIT

I feel connected to the present moment and vitally alive in my spirit. I am congruent with my beliefs and behaviors and I keep my faith and values at the forefront of my decisions and daily actions.

1 2 3 4 5 6 7 8 9 10

FINANCES

I am being responsible in how I spend my money. I'm saving money for my future. I'm learning the skills necessary to develop my ability to earn even more. I am happy with my lifestyle and allow myself to enjoy what I've built and earned.

1 2 3 4 5 6 7 8 9 10

LEARNING

I am curious and pay attention to the world around me so that I can learn new things. I ask questions. I seek to discover new things about myself and others. I have created a personalized curriculum for myself so that I can develop the skills needed to succeed.

1 2 3 4 5 6 7 8 9 10

TOTAL SCORE: _____

DAILY WELLNESS LOG

Date:

Daily Affirmation

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Today I am grateful for:

1.

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2.

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3.

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Things I can do to make today great:

1.

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2.

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3.

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Wellness Log

Water Tracker



Exercise Log

Mood Tracker



Meals

Breakfast

Lunch

Dinner

Snacks

Drinks

Great things that happened today:

1.

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2.

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3.

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Thoughts and Reflections

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LET'S GET MOVING

HOW TO PLAY THE ROLL THE DICE EXERCISE GAME FOR KIDS



- Determine activity with corresponding die number
- Grab a die and start rolling. You can take turns with all the family members playing.
- Do the corresponding activity to the number you roll. For example, if you roll a two everyone has to touch their toes.
- You can also set a corresponding number to each item so the game lasts longer and everyone gets more movement in. Maybe you do 10 times for each roll or switch up the amounts based on the activity or the age of your kids.
- Find what works best for your kids and make it a fun exercise game you can all play!

SAVENER HUNT IDEAS

Go on the hunt with your kids! These printable scavenger hunts are perfect for getting kids moving, thinking, and having fun!

- Alphabet Scavenger Hunt: Can be used inside, outside, on road trips, etc.
- Around the House Scavenger Hunt
- Around the House Picture Scavenger Hunt: Great for kids who haven't learned to read yet.
- Backyard / Nature Walk Scavenger Hunt
- Bookshelf Scavenger Hunt
- Color Scavenger Hunt
- Happiness Scavenger Hunt
- Neighborhood Scavenger Hunt
- Road Trip Scavenger Hunt



SCAN ME

