

## **PRISCILLA CIRCLE**

Will meet on Monday, **July 9** at 7:00 p.m. in the **Church Lounge**.  
**Bible Study:** Val E.  
**Hostess:** Donna K.

## **MISSION & OUTREACH**

Will NOT meet in **July** and August.

## **DO-DAY**

Will NOT meet in **July** and August.

## **ST. PAUL YOUTH ACTIVITIES**

**Jr. High Youth:** July 8-13 ~ Okoboji Jr. High Camp (OLBC)  
July 18 (**6:00-8:00 p.m.**) Outdoor Pool Night (City Pool)  
July 22-27 ~ Okoboji Jr. High Camp (Ingham)  
**Sr. High Youth:** July 18 (**6:00-8:00 p.m.**) Outdoor Pool Night (City Pool)  
July 23-30 ~ Sr. High Mission Trip (Houston, TX)

**Youth Mission Trip:** Please pray for our youth mission trip participants: Mark Richards, Tami Roetman, Amy Badberg, Caroline Badberg, Michael Paulsen, Brandon Roemeling, Gabrielle Herbst, and Brooklyn Grady. We are traveling to a suburb of Houston, TX on July 23-30 to help with rebuilding after Hurricane Harvey. We will be pulling damaged material out of houses, working with a food bank, and remodeling a relief storage warehouse. Pray for safety and building relationships with God and each other.

## **OFFICES CLOSED**

All Church offices will be **CLOSED** on Wednesday, July 4. The Secretary Church office hours will be 9:30-1:30 p.m. on the following dates: July 18, 19, 23, 24, 25, 26, and 30. On Fridays, July 20 and 27, the Secretary Church office hours will be 9:00-11:30 a.m.

## **2018 RADIO BROADCAST/FLOWERS ON THE ALTAR/COFFEE FELLOWSHIP**

The sign-up charts are located on the balcony bulletin board. Thank you to everyone who has sponsored or volunteered for any of these special services for St. Paul.

***Please notify the office (324-3049) for any changes, additions, or cancellations.***

**Radio Broadcast Open Dates:** July 1, 15, 29; September 16; November 4, 25; December 9, 16, 30. To sponsor a radio broadcast it is \$80.



**Coffee Fellowship Open Dates:** September 2, 9, 16, 23; October 7, 14, 21, 28; November 4, 11, 18, 25; December 2, 9, 16, 23, 30. Cookies and bars are optional. Please check the kitchen to make sure you have coffee and juice to serve. If you would like to be on the volunteer list for Coffee Fellowship to serve on an open Sunday, please call the church office.

**Flowers On The Altar Open Dates:** July 1, 8, 15, 22, 29; August 12, 19, 26; September 2, 16, 23; October 7, 14, 21, 28; November 4, 11, 18, 25; December 9, 16, 23, 30.



## **BIBLE STUDY**

**Sack Lunch Bible Study** will meet on Tuesdays, **July 3, 10, 17, 24 & 31** at 12:30 p.m. in the church lounge.

**Men's Early Risers** meet at 7:00 a.m. on Wednesdays, **July 11, 18 & 25** at Cook's Café.

## **VACATION BIBLE SCHOOL**

VBS ~ *Splash Canyon* ~ **August 6-9 from 6:00-8:00 p.m.** We look forward to seeing you there! Register online: [www.vbsmate.com/stpaulsheldon](http://www.vbsmate.com/stpaulsheldon).

# FROM PASTOR CRAIG: Concerned about your kids fighting with each other?

## What to Do When the Fighting Starts

While it may be common for brothers and sisters to fight, it's certainly not pleasant for anyone in the house. And a family can only tolerate a certain amount of conflict. So what should you do when the fighting starts?

Whenever possible, **don't get involved**. Step in only if there's a danger of physical harm. If you always intervene, you risk creating other problems. The kids may start expecting your help and wait for you to come to the rescue rather than learning to work out the problems on their own. There's also the risk that you — inadvertently — make it appear to one child that another is always being "protected," which could foster even more resentment. By the same token, rescued kids may feel that they can get away with more because they're always being "saved" by a parent.

If you're concerned by the language used or name-calling, it's appropriate to "coach" kids through what they're feeling by using appropriate words. This is different from intervening or stepping in and separating the kids.

Even then, encourage them to resolve the crisis themselves. If you do step in, try to resolve problems **with** your kids, not for them.

When getting involved, here are some steps to consider:

Separate kids until they're calm. Sometimes it's best just to give them space for a little while and not immediately rehash the conflict. Otherwise, the fight can escalate again. If you want to make this a learning experience, wait until the emotions have died down.

Don't put too much focus on figuring out which child is to blame. It takes two to fight — anyone who is involved is partly responsible.

Next, try to set up a "win-win" situation so that each child gains something. When they both want the same toy, perhaps there's a game they could play together instead.

Remember, *as kids cope with disputes, they also learn important skills that will serve them for life* — like how to value another person's perspective, how to compromise and negotiate, and how to control aggressive impulses.

## Helping Kids Get Along

Simple things you can do every day to prevent fighting include:

Set ground rules for acceptable behavior. Tell the kids to keep their hands to themselves and that there's no cursing, no name-calling, no yelling, no door slamming. Solicit their input on the rules — as well as the consequences when they break them. This teaches kids that they're responsible for their own actions, regardless of the situation or how provoked they felt, and discourages any attempts to negotiate regarding who was "right" or "wrong."

Don't let kids make you think that everything always has to be "fair" and "equal" — some times one kid needs more than the other.

Be proactive in giving your kids one-on-one attention directed to their interests and needs. For example, if one likes to go outdoors, take a walk or go to the park. If another child likes to sit and read, make time for that too.

Make sure kids have their own space and time to do their own thing — to play with toys by themselves, to play with friends without a sibling tagging along, or to enjoy activities without having to share 50-50.

Show and tell your kids that, for you, love is not something that comes with limits.

Let them know that they are safe, important, and loved, and that their needs will be met.

Have fun together as a family. Whether you're watching a movie, throwing a ball, or playing a board game, you're establishing a peaceful way for your kids to spend time together and relate to each other. This can help ease tensions between them and also keeps you involved. Since parental attention is something many kids fight over, fun family activities can help reduce conflict.

If your children frequently squabble over the same things (such as video games or dibs on the TV remote), post a schedule showing which child "owns" that item at what times during the week. (But if they keep fighting about it, take the "prize" away altogether.)

If fights between your school-age kids are frequent, hold weekly family meetings in which you repeat the rules about fighting and review past successes in reducing conflicts. Consider establishing a program where the kids earn points toward a fun family-oriented activity when they work together to stop battling.

Recognize when kids just need time apart from each other and the family dynamics. Try arranging separate play dates or activities for each kid occasionally. And when one child is on a play date, you can spend one-on-one time with another.

Keep in mind that sometimes kids fight to get a parent's attention. In that case, consider taking a time-out of your own. When you leave, the incentive for fighting is gone. Also, when your own fuse is getting short, consider handing the reins over to the other parent, whose patience may be greater at that moment.

### **Getting Professional Help**

In a small percentage of families, the conflict between brothers and sisters is so severe that it disrupts daily functioning, or particularly affects kids emotionally or psychologically. In those cases, it's wise to get help from a mental health professional. Seek help for sibling conflict if it:

- is so severe that it's leading to marital problems
- creates a real danger of physical harm to any family member
- is damaging to the self-esteem or psychological well-being of any family member
- may be related to other significant concerns, such as depression

If you have questions about your kids' fighting, talk with your doctor, who can help you determine whether your family might benefit from professional help and refer you to local behavioral health resources.

Jennifer Shroff Pendley, PhD

# From Pastor Craig

1st John 4:19

We love because he first loved us.

**I've been stewing on a passage in 1st Thessalonians (from which I've been preaching for a few weeks). In chapter 4, Paul challenges the young church to love "more and more". I could echo his urging, for your welfare and the world's — as I think God intends. But to do so first requires that we fully understand, receive, and believe God's love for us.**

**This is not a 'given'; this is not easy, even for those raised in the Church.**

**If you did not grow up in a loving home, with warm close family relationships, that can be a barrier to believing and receiving the love of God. If you have not experienced love in your dealings with other church people, that may cause you to disbelieve, or not even understand God's love.**

**But the scripture is consistent in testifying that God wants to save humanity (the world) and all the people who make up that whole. That includes you! And this saving, this redemption, is worked out personally, individually, because God knows YOU and wants to live within you. Consider John 3:16-17 in light of the following passages:**

Ecclesiastes 3:15

God seeks what has been driven away.

Psalms 139

2 You know when I sit down and when I rise up; you discern my thoughts from afar.

3 You search out my path and my lying down and are acquainted with all my ways.

Ezekiel 34

11 "For thus says the Lord GOD: Behold, I, I myself will search for my sheep and will seek them out... 15 I myself will be the shepherd of my sheep, and I myself will make them lie down, declares the Lord GOD. 16 I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak.

Matthew 10

29 Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. 30 But even the hairs of your head are all numbered. 31 Fear not, therefore; you are of more value than many sparrows.

Luke 15

3 So he told them this parable: 4 "What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it? 5 And when he has found it, he lays it on his shoulders, rejoicing. 6 And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' 7 Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.

John 14:16-17, John 14:23, John 15:4, Philippians 2:12-13, Revelation 3:20

*See you in worship!*  
*Pastor Craig*

## PASTORAL ACTS

Wedding: Schuyler and Myranda (Mattke) Holtrop on June 2, 2018.

Confirmed: Gabrielle Herbst; Brandon Roemeling; Ashley Woelber-Dighton.

Transfer Out: Austin and Danielle Fischer, Ehijah and Archer to Faith Lutheran Church, Orange City, IA.

Transfer In: Barbara Gehrts; Dan and Kim Hohbach; Leila O'Brien; Jake Scott; Robert Shirbroun; Kyle and Karen Van Beek; Brooke Vos and Kaden; Gary and Wanda Vos.

## VACATION BIBLE SCHOOL (VBS)

*Life is full of thrills and spills; we may not know what's around the bend, but God does! At Splash Canyon, kids discover that, on life's wild ride, Jesus is by our side.* Click this link to register online: [www.vbsmate.com/stpaulsheldon](http://www.vbsmate.com/stpaulsheldon).

VBS will be held August 6-9 from 6:00-8:00 p.m. VBS is open to students who are age 3 years old by May 31 (and potty trained) to students who just finished 6th grade. Volunteers are needed. Please contact Beth Frankenstein if you wish to volunteer or there is a sign-up sheet in the narthex.



## TOUCH OF HOPE HAITI

St. Paul has an ongoing mission started by our youth to support **Lensley Raymond from Simonette, Haiti**. This sponsorship will help with his school expenses each year. If you would like to make a donation towards Lensley's school tuition through your offering, there is a dedicated fund set up (Touch of Hope Haiti).

## COLLECTING FOOD FOR LOVE INC/UPPER DES MOINES IN JUNE

We are collecting items until the end of June for the **FOOD PANTRY** for two organizations. Labeled boxes are set up by the balcony staircase. Prayerfully consider giving a food donation.

**Upper Des Moines:** Baby Foods/Formula, Dried Fruits, Hamburger Helper, Mac-n-Cheese, Soups, Granola Bars, Pop Tarts, Spaghetti Sauce, Cereal (Hot & Cold), Tuna, Canned Chicken, Instant Potatoes, Ramen Noodles, Ravioli/Spaghetti O's, Diapers (All Sizes), Laundry Soaps, Shampoo, Conditioner, Toilet Paper, Kleenex, Wipes, Dish Soap, Toothpaste, Paper Towels, Cleaning Supplies. (Cheese/Yogurt, Meats, Eggs, and Veggies are NEEDED and can be brought directly to the office in Primghar). **Love INC:** Crackers, Juice Boxes, Fruit Juice (Grape, Apple, Tomato, Etc.), Marshmallows, Rice, Tuna Helper, Canned (Pineapple, Pears, Mandarin Oranges, Potatoes, Tomatoes), Taco Sauce, Oatmeal (Reg. & Instant), Rice Side Dishes, Tea, Coffee, Cream of Celery Soup, Microwave Popcorn, Velveeta Cheese, Spam, Brownie Mix, Scalloped Potato Mix, Canned Gravy, Gravy Mix, Lasagna Noodles, Pizza Sauce, Miracle Whip, Taco Shells, Pancake (Mix & Syrup), Canned Chicken, Canned Chili, Ice Cream Toppings, Dish Soap, Women's (Deodorant, Bodywash.)

## OLBC SUMMER CAMP DATES FOR YOUTH

Please check your dates for when your kids go to Ingham/OLBC through camp emails or contact the church office. The ropes course and paint ball fees are NOT PAID by the Camp Committee or Church, families are responsible for these fees.

## CAR CRUISE AND WORSHIP

St. Paul Lutheran's CAR CRUISE NIGHT in the parking lot is set for Sunday, August 5. Show your ride and share in fellowship and worship! Cars arrive at 5:00 p.m. Outdoor Worship with a message at 6:00 p.m. Brats and root beer floats served with a free will offering.