

August 16, 2014

Piedmont Park Seventh-day Adventist Church
4801 "A" Street
Lincoln, NE 68510
Office - 402-483-1344 Leave a Message
Renee Schaecher –Administrative Assistant
402-580-1608 (Text)
piedmontparksda@gmail.com
Pastor Michael Halfhill 402-318-1856
Pastor Andy Moseley 402-450-4390



Announcements

Here is a great opportunity for our church to obtain FREE paper. You can purchase up to 4 reams of paper for \$16.00 plus sales tax. You then get on-line to submit information for a rebate of the full \$16.00. The only long term cost to you would be the sales tax. A great way for us to obtain free paper for church. Take the following coupon Code with you because this will give you access to the full rebate. Coupon Code: 94984 If all of us purchase 4 reams of paper, and then received our money back, the church could have 36 ream (or 3 10 ream cases and 6 ream) of paper for free. That would certainly help out the budget.
Questions? Robert Mastera Cell: 402-428-7237

We are hoping to raise \$250.00 to help sponsor the EYE Run which is one of CRS's fundraisers for the year. If you would like to help financially, please put your donation in a tithe envelope and mark it EYE Run. The deadline August 30. Thank you.

Please join our church family for a Heart Healthy Haystack Meal after the worship service today. There is a love offering bowl on the dessert line for you to help defray to costs of hosting a large fellowship meal, and we appreciate help cleaning up as well. Come and enjoy.
By: Health Ministry.

Piedmont Pedalers are going to meet at Princeton, NE – about 10 miles south of Lincoln on Hwy 77 – meeting on the east side of Hwy 77 at the Princeton Elevators. We are looking forward to a great ride on the Jamaica North Bike Trail. We will be headed south to Cortland (about 5 miles) and points further south for riders that like longer rides. In the town of Cortland is a wonderful park for the bike riding kids that want to take a break. This portion of the Jamaica Trail follows Hwy 77 and is a fun level ride. We would love to have you join us in fun, healthy fellowship enjoying God's creation!
Questions? Kent Thompson 402-421-7705 or
Dwain Leonhardt, 402-421-7507

The Lesters will be in concert tonight at 7:00pm here at Piedmont Park. Often called "The First Family of Gospel music," The Lesters have been sharing their love of music through five generations. Doors will open at 6:00pm for this Free concert. An offering will be taken. For additional information call Lou Ann Fredregill at 402-792-2450.

The Celebrate Recovery program is coming soon to Piedmont Park Church! Freedom from all of life's hurts, hang-ups and habits is possible through Jesus Christ and solid Biblical principles. Over the past 20 years, thousands of people have found Christ and new life through Celebrate Recovery. Questions? Church Office – 402-489-1344 piedmontparksda@gmail.com

Adventure Club and Eager Beavers will have Registration & Ice Cream Party on Wednesday, September 3, at 6:30pm. These clubs are for children ages 3 - 9. Everyone is welcome. Registration costs \$30 which covers T-shirts and regular activity supplies for the year. If you would like to be a helper for our clubs, please come as well. Ice cream and fun are free.

Women of the Word Bible study and prayer will be held on Thursday evenings from 7-8pm at Carol Leonhardt's home, 6530 S. 66th Street. We will begin September 4. Phone 402-310-7493.

Women's Fellowship will be every 1st and 3rd Sabbath afternoons immediately following potluck beginning September 20. Gather in the Earliteen Room next to the Fellowship Hall. Hosts: Virginia Myers and Cheryl Wallin.

Women of Faith Tour: From Survival to Revival 2014 is coming to Lincoln Pinnacle Bank Arena on October 3-4. This event is brought to you by World Vision. For registration and cost information, go to WomenofFaith.com or call 1-888-493-2484.

2014 Christian Women's Retreat hosted by Kansas-Nebraska Conference: God's Amazing Love Song, October 24-25 in Grand Island, NE. Featured speaker is Ginny Allen, founder of Joy! Ministries. Registration information is available at church entrances. Some stipends available through Women's Ministries. Contact Carol Leonhardt at caleonha@gmail.com or 402-310-7493.


College View Academy

Extra Nectarines -- reduced – will sell @ \$26. (sold @ \$32.) – are ripe. Blueberries – are needing sorted – will sell at \$5.. Ginger Gold Apples (an early summer apple – great for applesauce or eating)- well sell for \$20. (sold for \$28.). Call Charlene Binder at 402-489-1702 to arrange a time to pick up.

Conference, Union and World

If you are a SS leader or SS assistant, I would encourage you to consider attending the Children's leadership conference. The cost for this seminar is \$20.00/person. If the price is a concern you may allocate some portion of the cost from your SS division funds. For additional information regarding the conference, please visit:

<http://www.adventsource.org/as30/event.registration.details.aspx?event=210&page=1> Register at plusline.org or call 1-800-732-7587 Thank you, Connie Svoboda Children's Sabbath School Leader

| | |
|---|--|
|  | <p>The Largest Evangelistic Family Ministry and Women's Ministry Event of the Year!</p> <p>A Ministry by Women for Women and their Families</p> <p>Sponsored by KS-NE Women's Ministries and People from all Kansas-Nebraska Churches</p> |
| <p>September 14-19, 2014 Kansas City, KS</p> <p>YOUR help is needed!</p> <p>We need staff, item donations, monetary donations and prayers!</p> <p>EVENTS you can help staff will include: Family Fun Day (9/14 - 12noon-6:00pm) Free Suppers & Seminars (9/15 thru 9/18 - 5:45-8:30pm) Ladies Only Free Spa Day (9/19 - 10:00am-5:00pm)</p> <p>For more information or to sign up to help, contact: Sue Carlson at suecarlson54@gmail.com</p> | |

REGISTRATION is now open for EYE Run . . . a community event promoting eye health, sponsored by Christian Record Services to the Blind. Sign up to walk or run a 5K or run a 10K for the same early bird rate! The EYE Run will be Sunday, October 5, at 1 PM at Holmes Lake Park in Lincoln. Sponsorship opportunities available. Learn more and register to walk, run, or volunteer at [EYE RUN registration information](#). Jeri Lyn Rogge, Assistant to the President for Development Christian Record Services for the Blind 402-488-0981 X213 www.ChristianRecord.org www.Facebook.com/ChristianRecord, www.Twitter.com/CRSBfriends

Our next REST (Respite Education & Support Tools) training will be held on Friday, September 12th at the Beatrice Senior Center, 101 N 25th St, Beatrice, NE 68310. Please share this flyer with people you know or consider registering yourself. It's a great way to learn the basics of providing respite care and meet some fellow providers! Cost is only \$6 to cover lunch. To register just contact Misti at 402-434-3494 x 103 or misti@ywcalincoln.org Thanks!

Dear Church Family, This week, several public college students will be arriving in Lincoln to study. We have started a campus ministry program to share the love of God with them [students at UNL]. But we'll be needing your help, here's how you can help: The Big Red Welcome; an annual event organized by the university to welcome students back to campus is scheduled for this Sunday August, 24 from 6pm till dark at UNL. We have a table at the event and are in need of volunteers to help us at the event. If you want to connect with the students and share the love of God with them we need you. Alexa Hazelton (402-613-8874) or Lucien Nana Yobo (559-930-9925) if you have some minutes to volunteer with us at UNL as we reach out. *"But this work [of campus ministry] must be done, and will be done by the those who are led and taught of God." E.G. White (3SM 234)*

How to Stop Yelling At Your Kids

by Debbie Pincus MS LMHC

Calm Parenting—most of us aspire to it, desire it, and even promise ourselves we're going to do it—but it's so difficult to sustain. We know how important it is to parent from our principles rather than from our fears, but despite our best intentions we lose it and end up yelling at those we love the most — our kids.

And why? Actually for good reason. We often blame our kids for our outbursts and convince ourselves that it's because they don't listen, are disrespectful, sassy, or misbehave. It's important to understand that these are just our triggers—actions, behavior or events that push our buttons and often make us react without thinking. Added to that, we parents have strong feelings when it comes to parenting; they can run the gamut from fear, to sadness, to helplessness, and more. Parenting is a very personal experience and our feelings can easily get in our way of logic and wise reasoning. After all, we're only human!

"Often without realizing it, we are parenting from a sense of panic, urgency and fear; we are reacting to triggers that are continually setting off internal alarms."

Understand that all feelings are natural, normal and acceptable—but all behaviors are not. Our challenge is to accept our feelings, but take control of our behavior when our strong feelings are triggered.

Triggers and Buttons

And what triggers our feelings so strongly? We are all vulnerable to different emotions that can set off an alarm bell inside of us. Some of us become easily angered and others deeply fearful. So many hurts and disappointments and struggles happen as we raise our kids, and each of these emotional experiences forces us to confront our true selves, our "unfinished business," and our fears. Parenting can expose us to our own deep, dark self—the pretty and not so pretty—some of which we were probably hoping to keep out of sight! These moments of awareness are painful and can get in the way of our desire and commitment to be calm and speak kindly and reasonably to our kids. Of course, our explosion leaves us feeling more guilty and hopeless as parents—and the cycle continues.

When the sun is shining and all is going well we feel that we have this calm parenting thing under control. But when stress hits, buttons get pushed and heat starts rising all logic and reason and book smarts goes out the window and alarms start blaring.

The LOGIC ROOM

Let's imagine our brains with two offices - one upstairs and one downstairs. The upstairs office, called THE LOGIC ROOM takes care of processing logical information and preparing charts, systems, plans and strategies. The downstairs office, called THE EMOTIONAL ROOM, takes in

and processes our emotions. When things are calm in the downstairs office, the upstairs office functions well. But if the downstairs office gets too heated, the alarms will sound, the LOGIC office upstairs shuts down and things go haywire in a desperate attempt to cool the flames. When the heat is finally lowered, the upstairs office reopens and checks for damage, plans for repairs and creates strategies for the future.

Overheated parenting takes place frequently. Without realizing it, we are often parenting from a sense of panic, urgency and fear, reacting to triggers that are continually setting off internal alarms. Often the logical and thoughtful part of our brains gets shut down, while emergency crews are working overtime.

Here's the good news: Knowing your own internal triggers and recognizing, acknowledging and soothing your emotions, will keep them from controlling you. If you control them and keep them calmly settled inside you, rather than having these negative emotions spilling outward, you will be able to parent more effectively. The best part is, you can learn how to do this with practice.

Remember that when your emotional brain is in control, you'll be most likely to react by yelling and screaming. Other forms of reactivity can include: shutting down, distancing, ignoring, and turning a blind eye to behavior. Responding, on the other hand, is when you avoid saying anything until the internal fire is out. You can then go upstairs to the LOGIC ROOM and think of the best way to respond to your child and the situation.

Can you recognize your own triggers? Typical ones for parents are feelings of:

- Hopelessness
- Helplessness
- Inadequacy
- Fear
- Guilt

If your child rolls his eyes at you, for example, it may trigger a feeling of being **disrespected**. This may cut deeply in to your childhood memories of being disrespected by a parent or peers. This feeling, when it gets triggered, might cause your heart to race, anger to rise and internal heat to set off alarms, shutting down logic...and your emotions take over. As much as the better part of you knows your child is just behaving as most teenagers would—it's not personal—your emotions register it as personal and threatening, and emotions get heated as a result. You start shouting and calling your child a spoiled brat. Why? Because she triggered unhealed feelings in you. If you do not know how to soothe and heal your feelings, you are likely to instead blame others. You still need to address the disrespect, but once you recognize why you get so triggered, you'll be able to talk to your child with less emotionality.

It's also a trigger for many parents when their kids don't listen. Maybe this makes you feel **disregarded**. This floods you with the many painful times in your life others disregarded you, especially your mom when your older brother was around, for example. Your emotions cause the LOGIC OFFICE to temporarily shut down while emergency vehicles rush out with alarms wailing to cool down the raging fire. Despite your best intentions, you yell, shout and hurl irrational

punishments at your child for not listening to you. He might not have had any idea what he was about to set off in you.

Understand that your intense feelings and emotions don't make you bad, hopeless or inadequate—they make you human. But as humans, we have control over our feelings and a responsibility to respond maturely and rationally to our intense emotions. Although challenging, it *is* possible. It helps to have compassion for yourself. You can even think of it as an imaginary compassionate friend sitting on your shoulder at all times. He or she needs to remind you that it is a tough journey to get from yelling to calm, or from a reaction to a thoughtful response. This friend needs to cheer you on throughout your journey. (Of course, actual compassionate friends can also help, but find ways to rely on yourself as well.)

What will this change in your path require?

1. **Educate the logical, thoughtful part of your brain.** Read articles (like the ones found here on *Empowering Parents*) that teach and remind you why it is important to stay calm and not lose your cool with your children. Stop, pause, and think before responding, always.
2. **You can't "make" others act a certain way so you can feel okay.** Keep in mind that we have a tendency to want others to think and act the way we want them to think and act when we get anxious, particularly our children. This is called the "herding" instinct; it makes us feel calmer when others act in ways that fit our needs. When we can't get others to "be" the way we need them to be, we get more anxious and start shouting at them in our attempt to "herd" them. Know that this is a natural tendency that occurs in all of us, and prepare for it to happen when you get triggered. Stop, pause and recognize that you can't yell your way to calm or get calm through someone else. Find ways to soothe yourself through calming music, quiet walks, and self-care. The truth is, yelling at others and jumping on their back will only cause more stress.
3. **Know your triggers.** Recognize your triggers. Pay attention to which of your child's behaviors gets the heat rising in you. Check your body signals that indicates your heat rising. Are your shoulders tense? Throat tight? Are your words defensive? See if there is a pattern. Write all of this down.
4. **Ask yourself why these behaviors upset you so much.** Write your thoughts down. Look to your past and look to your fears of the future. What does it trigger from your past? What fears does it trigger of the future? Ask yourself if your child's behavior make you feel unsure of myself? Helpless? Out of control? Scared? Overwhelmed? Why? What can you do about these feelings? Are they rational or irrational? Write down what can you do to help soothe yourself when you feel any of these triggered emotions.
5. **Know what's at stake.** Remind yourself that angry interactions can often negatively impact your influence with your child. Influence will only come from a child wanting to be led by you. Use your compassionate friend that sits on your shoulder to help you calm down the deep emotions

that get triggered. You will want to settle these emotions within yourself so they don't spill outside of yourself onto others.

Keep in mind the following ways to soothe and settle your difficult emotions:

6. **Have realistic expectations:** Keep your expectations of yourself and parenting realistic and reasonable. Give yourself permission to be imperfect and recognize the inevitability of being inadequate at the job of parenting. If you have difficulty reminding yourself, speak to the compassionate friend that sits on your shoulder. She can remind you of these truths and help you keep a perspective. Also get support from friends and family that love you.
7. **Heal your wounds.** Heal the wounds of your past by learning your family history or seeking out professional help. Finish the unfinished business of the past so it does not repeat itself in the present. Get your adult relationships and personal life in order so you don't rely on your kids to fill the void. Look at it this way: if you need this from your kids, your sense of worth will be up to them. You will be vulnerable to them and therefore easily triggered.
8. **Avoid power struggles.** Be careful not get hooked in to a pattern of negative interactions with your child when you get triggered. Don't react to her reactivity and get caught in a battle of wills. Hold on to yourself and your realistic expectations of yourself and your child. Stay focused on your child's strengths instead.
9. **Stop futurizing.** If you are a big worrier, you probably carry lots of scary mental images of your kid's outcome in your head. Images of disaster, what will happen if they venture out by themselves, failure, catastrophes befalling them. Some part of you probably falsely believes that if you worry and "futurize" you will prevent these things from happening. Not true. Try and overdose your mind with visions of happy, safe outcomes for your children. When these negative images get in your head, replace them with an opposite image. Work on this. Do the same thing with negative thoughts that pop into your head; replace them with an opposite, more realistic thought.
10. **Release your stress through exercise.** Try walking, yoga, prayer, meditation. Practice mindfulness. Relax your body when you feel yourself tensing your shoulders. Take deep breaths and close your eyes. Notice your breath without changing it. Acknowledge all thoughts that come into your head and then return to your breathing. Don't judge yourself — just notice your mind has wandered and bring it back to focus. Do this 15 minutes a day and you will notice more calm.

Our kids' behaviors can trigger unhealed wounds in us. We don't like the feeling their actions and words brings up in us sometimes, and we don't know how to soothe our wounds, so we blame, yell, scream, and criticize the person who triggered it in us. Blame helps us momentarily to feel calmer but resolves nothing. So next time you are triggered, pause before reacting, lower your heat by gaining perspective, then decide the best way to respond to your child. Spend time in the

LOGIC OFFICE. Think about how to approach your child so that she will learn something from her misbehavior, but that your relationship will remain intact. For example, if you are triggered by disrespect, then once you have calmed yourself down you might discuss with her why disrespect is not acceptable and what she can expect to happen when she acts that way again.

Calm parenting does not have to be a far off dream, but it does require serious commitment and practice. Parenting is serious business, and because we love our children, parenting becomes a very emotional experience which triggers our deepest and most vulnerable emotions. Be kind to yourself on this journey.

Our Sister Churches



You don't have to go through it alone

NEW Class Autumn 2014. If interested please contact: Mike and Cathy Ward for more information at [402-613-2147](tel:402-613-2147).

DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each DivorceCare session has two distinct elements:

A Seminar with Experts

During the first 30-40 minutes of the meeting, each DivorceCare group watches a video seminar featuring top experts on divorce and recovery subjects. These videos are produced in an interesting-to-watch television magazine format featuring expert interviews, real-life case studies and on-location video.

A Support Group with Focus

After viewing the video, DivorceCare group participants spend time as a support group, discussing what was presented in that week's video seminar and what is going on in the lives of group members.

Where: College View Seventh-day Adventist Church: Prescott Ave Entrance

Street Address:

4801 Prescott Ave.

Lincoln, NE 68506

Location: Church Board Room [Main Lobby] Prescott Street Entrance

NEW Class Autumn 2014

Meetings

| Meetings | Date | Times |
|-----------------|-----------------------------|-------------------|
| Session 1 | Tuesday, August 26, 2014 | 6:30 pm – 8:00 pm |
| Session 2 | Tuesday, September 02, 2014 | 6:30 pm – 8:00 pm |
| Session 3 | Tuesday, September 09, 2014 | 6:30 pm – 8:00 pm |
| Session 4 | Tuesday, September 16, 2014 | 6:30 pm – 8:00 pm |
| Session 5 | Tuesday, September 23, 2014 | 6:30 pm – 8:00 pm |
| Session 6 | Tuesday, September 30, 2014 | 6:30 pm – 8:00 pm |
| Session 7 | Tuesday, October 07, 2014 | 6:30 pm – 8:00 pm |
| Session 8 | Tuesday, October 14, 2014 | 6:30 pm – 8:00 pm |
| Session 9 | Tuesday, October 21, 2014 | 6:30 pm – 8:00 pm |
| Session 10 | Tuesday, October 28, 2014 | 6:30 pm – 8:00 pm |
| Session 11 | Tuesday, November 04, 2014 | 6:30 pm – 8:00 pm |
| Session 12 | Tuesday, November 11, 2014 | 6:30 pm – 8:00 pm |

Meetings **Date** **Times**
Session 13 Tuesday, November 18, 2014 6:30 pm – 8:00 pm

Rainbow Veggie Noodle Bowl

Ingredients

4 oz. brown rice noodles (like Tinkyada or King Soba)
1 cucumber, spiralized or chopped into matchsticks
1 red pepper, chopped into matchsticks
1 cup thinly sliced red cabbage
2 carrots, minced
1/4 cup cilantro, chopped
10 oz. extra firm tofu, drained then cubed

Dressing

1 tablespoon sesame oil
1 tablespoon fresh lime juice
1 tablespoons white miso paste
1 tablespoons reduced sodium tamari
1/2 tablespoon apple cider vinegar
1/2 inch of ginger

Method

1. Blend the dressing ingredients together in a mini food processor. You can double the dressing and use it on steamed veggies and salads later in the week. (If you do not have a food processor, finely mince the ginger and then whisk ingredients together.)
2. Wrap tofu in paper towels and let sit for 15 minutes to remove excess liquid. Bring pan to medium-high heat and add a teaspoon of oil. Place drained and cubed tofu in pan. Allow to cook a couple minutes per side until the tofu turns slightly golden.
3. Cook the noodles according to the directions on the package. Drain and rinse with cold water.
4. Place noodles in a large mixing bowl along with the cucumber, pepper, cabbage, carrots, cilantro, and tofu. Toss with about half of the dressing.
5. Add more cilantro and dressing to taste. Top with sriracha if desired.
6. Enjoy!