

September 13, 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

This week's ride will be another favorite. Piedmont Pedalers would like to have you join us at the Pioneer Blvd parking lot for Wilderness Park at 4:00pm. We will be enjoying a ride on the Jamaica North Trail south towards the town of Roca. Great walking area for the Piedmont Plodders! Call Kent Thompson if you have questions 402-310-7700.

Piedmont Pedalers invites you to participate in Streets Alive on Sunday, September 14 at 1:00pm. We will meet at the Lincoln Zoo Parking Lot and ride downtown. Streets Alive is an event for the City of Lincoln that encourages physical activity and brings awareness regarding childhood obesity. Questions? Kent Thompson 402-310-7700.
<http://www.healthylincoln.org/communityevents/streetsalive/streetsalive.html>

BIKE // SKATE // WALK // PLAY
STREETS ALIVE!
SUNDAY, SEPTEMBER 14 // 1-5 P.M.
#StreetsAliveLNK

Play in the Streets!
Sunday, September 14, 2014 1-5 PM

Streets Alive! is a **FREE** family event with interactive exhibits that promote healthy eating and active living. A 2-mile route south of the State Capitol will be closed to motorized vehicles and open to all human-powered traffic.

To get involved visit
www.healthylincoln.org/streetsalive

Partnership for **HEALTHY LINCOLN**

Facebook Twitter Instagram @HealthyLNK
Streets Alive! is a City of Lincoln supported event.

VegFest
EVERETT
Festival

Join Piedmont Pedalers to attend Streets Alive tomorrow!

We will meet in the Children's Zoo parking lot near the bike trail at 1pm and ride to the event.

More information:
Misty Wehling - bmwehling@gmail.com

Calling all singers! Choir will rehearse on Sunday, September 14, at 5:00pm in the Earliteen Room. We are singing for church October 4. Participation in choir is open to anyone who loves to sing (earliteens-adults). Questions? Darcy 402-327-8396.

You are invited to attend the Social Committee's Ice Cream Social on the Piedmont Green on Sunday, September 14 at 6:00pm. Lou Ann Fredregill, Social Committee 402-802-1731

Homemade Ice Cream Social & Best Ice Cream Contest!



**September 14 (Sun) at 6pm
On the Church Lawn**

We need people who want to show off their ice cream making abilities! Prizes will be awarded for the top three homemade ice creams, as voted by those attending!

So...

If you love homemade ice cream,

If you make homemade ice cream,

If you think your homemade ice cream is one of the best,

If you can bring toppings (2) for that homemade ice cream:

Please sign up on the sheets on the church bulletin boards.

(Please have your homemade ice cream at the church ready to sample at 6:15 sharp!)

Sponsored by the Social Committee

Lou Ann Fredregill, lofredre@ucollege.edu

The members of Piedmont Seventh-day Adventist Church have the love of Jesus in their hearts. I know this because I have had the privilege of seeing true Christian brotherly love in action on Sunday, August 31st, when you came and assisted my move. You came with trucks, trailers and Van. You worked until every piece of furniture, appliance and box was moved and you did it with a smile. What a joy and blessing to see you in action! Thank you!!! Karolyn Booth (Troy Van Horn's Mother)

Church Board Meeting is September 15 at 7:00pm in the Earliteen room. All members can attend as non-voting participants. Agenda items to Pastor Michael mhalfhill@gmail.com

Our next fellowship meal is tentatively planned for September 20, pending the condition of our fellowship hall due to rains. We will keep you updated. Kim Hazelton 402-613-8875

We invite you to attend a fundraiser at Hu Hot (27th and Pine Lake Road) September 29 (Mon) from 5:00-8:00pm to help raise funds for Better Day Ministry fund.

HUHOT MONGOLIAN GRILL

You're invited to a fundraising event for
Better Day Ministry

This ministry (formerly URB) of Piedmont Park Church endeavors to help those in need of financial assistance through financial grants and through sharing information about services available in Lincoln. Your generous donation will help us help more people in their time of need!

Help us raise cold cash with a hot fundraiser
...and conquer your hunger at the same time!

HUHOT MONGOLIAN GRILL
HELPING HANDS

HuHot will donate
10% of the event proceeds plus
100% of the tips you give
(You must tell your waitress that it is for Better Day Ministry)

Date: September 29 (Mon)
Time: 5:00-8:00pm
Address: **HuHot Mongolian Grill**
27th & Pine Lake

Contact:
Renee Schaecher
piedmontparksda@gmail.com
402-489-1344 or 402-580-1608

TIPS
for
HELPING HANDS
- Thank you -

Please pass this invitation on to your friends and family to help make our fundraiser as successful as possible.

Save the date for our church campout October 10-12.

Questions? Lou Ann Fredregill 402-802-1731

2014 Christian Women's Retreat: God's Amazing Love Song, October 24-25 in Grand Island, NE. 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.

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. Next study is September 18. Phone 402-310-7493.

Celebrate Recovery: Step out of denial and into God's grace: Do you have a problem that just won't go away? Do you have a sin that you struggle with and just can't seem to overcome? Do you have a past hurt that holds you back? Do you have a habit that you can't break? Are you hung up and emotionally stuck because of some event that happened to you in the past? Do you have an anger problem, struggle with perfectionism, or are you addicted to certain behaviors or substances? Are you constantly dieting? Do you have a fear that dominates and cripples your life? Then welcome to the human race and to God's amazing grace! Help is at hand. Jesus came to set us free and Celebrate Recovery shows you how. This Christ-centered, Bible-based program of freedom and honesty will launch at Piedmont Park SDA Church on **Thursday September 18, 2014, at 6pm** in the Fellowship Hall. Come and eat, meet, and greet others who are looking for change and God's deliverance in their lives, and find out more about this tried and tested Christian recovery program. We look forward to accepting you and seeing you there! Questions? Pastor Andy 402-450-4390

Christopher Evens and Anna Balsanek request the pleasure of your company to celebrate their wedding at their come & go Lincoln Reception on Sunday, September 28 at 5:00pm at the College View Church. The couple is registered at Bed Bath & Beyond and Menards. Monetary Gifts are welcome as they are saving for larger furniture items. From: Chris and Anna

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.

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

REGISTRATION is now open for EYE Run . . . a community event promoting eye health, sponsored by Christian Record Services to the Blind. The EYE Run will be Sunday, October 5, at 1pm 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



**EYE
RUN
10 · 05 · 14**

The second annual EYE RUN, a fundraiser for Christian Record and an eye health community education event, will be Sunday, October 5 at 1:00pm at Holmes Lake Park.

Runners, walkers, and volunteers needed. Learn more and register for the EYE RUN today!
www.getmeregistered.com
Keyword: EYE RUN



The Largest Evangelistic Family Ministry
and Women's Ministry Event of the Year!

A Ministry by Women for Women and their Families

Sponsored by KS-NE Women's Ministries
and People from all Kansas-Nebraska Churches

September 14-19, 2014
Kansas City, KS

YOUR help is needed!

We need staff, item donations, monetary donations and prayers!

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)

For more information or to sign up to help, contact:
Sue Carlson at suecarlson54@gmail.com

Celebrate College View with the College View Neighborhood Association on Sunday, September 21, from 12-4pm. Come to Union College's campus to enjoy a variety of free activities including a classic car show, bounce houses, face painting, balloons and the Christian Record Braille Trail. Collect coupons and prizes and buy food from local businesses or relish a College View Pathfinder Blazer Burger from the trolley. A local band will play each hour under the clock tower. Come for a fun afternoon and support the College View neighborhood.

September is Eye Sports Health and Safety Awareness Month. Each year, approximately 25,000 people experience sports eye injuries. Most of these accidents are preventable with quality eye protection. Young athletes may think they don't look cool with goggles or other safety gear. Sometimes fashion sense needs to take a back seat in favor of preserving eye health. Follow this link to take a look at a sports injury fact sheet compiled by Prevent Blindness:

http://www.preventblindness.org/sites/default/files/national/documents/fact_sheets/FS09_Sports_Injuries_by_Age_2014_0.pdf

Raising a Sensitive Child

By Sue Douglass Fliess (<http://www.education.com/profile/sfliess/>)

Updated on Apr 28, 2010

He cries at the drop of a hat—or a toy, in this case. She crumbles if you raise your voice at her, even slightly. He seems to have a bionic sense of smell. Before you write your child off as a drama queen, consider the fact that this behavior may be innate.

Research by Dr. Elaine Aron shows that a high degree of sensitivity is often a physiological reality with which some children are born. Despite what other parents may tell you, it's not due to a deficiency in confidence or social skills, and it's certainly not something you as parents have, or ever had, control over.

Sensitive children have different, or perhaps more exaggerated, reactions to things. They don't act the way you'd expect a typical child should in many situations. Unfortunately, in our society, this is often seen as weakness. But according to Jeremy G. Schneider, a MFT (marriage and family therapist), it's just the opposite. Says Schneider, "The reality is that sensitive children have a gift. They are able to experience the world at a higher level than average children."

What earmarks a child as 'highly sensitive'? Highly sensitive children may exhibit one or all of the following traits. Schneider explains that the key is to notice a pattern of behavior, as well as the degree to which a child exhibits one or more of the following:

- Is your child highly sensitive to his/her senses? An excellent sense of smell or hearing? Very sensitive to pain?
- Does your child get emotionally overwhelmed easily? Does she feel a wide, yet intense range of emotions? Does she sometimes get so excited she withdraws?
- Does your child have a depth greater than his peers, or even adults? Does he ask profound questions, think a lot on his own or reflect on his experiences?
- Is your child highly aware of her surroundings? Does she notice when small household items are moved or minor changes in others, like a haircut?
- Is your child very sensitive to other people's emotions? Does he notice when someone is feeling sad and try to help him? Does he seem especially sensitive to the feelings of animals?

Realizing your child is highly sensitive can be tough. Not tough to understand, but tough to swallow. Don't despair! It's better that you know early on, and take steps toward helping him deal with his world going forward. Schneider offers these two tips to parents to help their children maintain their sensitivity and confidence without making them feel they are not like other kids:

- **Adjust your behavior, not your child's.** Don't try to force her to adapt to society's demands. Love and accept your sensitive child unconditionally. You

cannot change who he is. He needs to know you love him no matter how he perceives or reacts to the world.

- **Become partners.** Work with your child to create ways to interact with the world safely. For instance, she'll likely have an easier time interacting with classmates 1:1 than in larger groups, so set up individual play dates so she gets comfortable with several classmates.
- **Focus on strengths.** Sensitivity is practically a stigma in the U.S. and it's important not to "label" your child. Help him understand that he experiences the world more deeply than most children, and help him see the strengths associated with this. He may notice things most people don't, have a better imagination, focus or concentrate better, be a gifted student, or empathize and be sensitive to others.
- **Make small changes.** If you need to make changes to your child's environment, make them little by little. She will feel less overwhelmed.
- **Nudge, don't push.** Most highly sensitive children get easily distressed when they have to make a decision. They often reject opportunities out of fear. Sometimes the best thing you can do is nudge your child to take a risk or try something new. The same goes for punishment. He'll respond better to you gently correcting his behavior, rather than yelling at him. If your highly sensitive child knows you will be there for him and love him no matter what he is feeling, he'll have less hesitation in new situations, and will be less self-conscious or risk-averse. If he knows you're not going to push him to be something he's not, you'll both be a lot more relaxed and prepared for the road ahead.

You can help your child deal with the world and all the unexpected noise and upset it can throw out at us. Highly sensitive or not, all children need that parental security blanket every now and then.