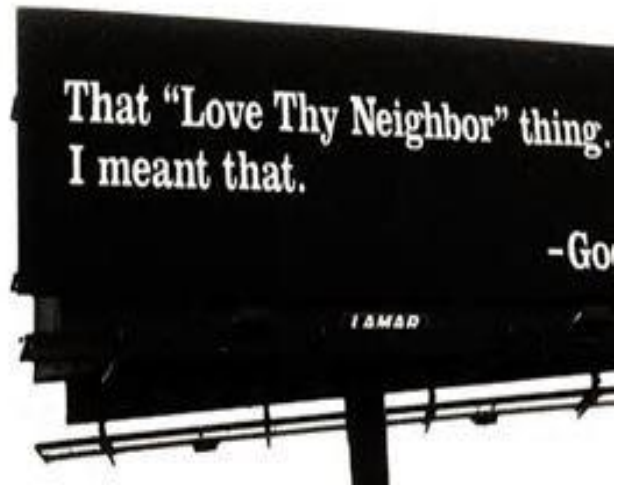


August 16, 2014

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

Thank you so much for the funds you have been donating into the Karen Fund at Piedmont Park Church. The funding available there allowed us to help Tabitha, our 10th grade Karen student at College View Academy, to stay at CVA for the coming school year. If you would like to help us replace the \$600.00 taken from the Karen Fund, please mark your tithe envelope "Karen." Questions? Renee Schaecher – Church Office 402-484-1344 leave a message, 402-580-1608 (text) or piedmontparksda@gmail.com

A warm congratulations on Paul Oakland's decision to be baptized and his wife's, Lisa Oakland's decision to do a Profession of Faith. May God continue to Bless you on your Journey.

There will be a special love offering opportunity today for Christian Record Services for the Blind. Look for a deacon with an offering plate at the doors as you leave. We are raising \$250.00 to help sponsor the EYE Run which is one of CRS's fundraisers for the year. If you would like to know how to register for the run go to www.piedmontparksda.org, Bulletin, August 16 and look for the EYE Run announcement.

Please join us for a fellowship meal Today in the fellowship hall immediately following the worship service. This is a Bring and Share meal. Please bring food for yourselves and some to share. There is also an opportunity to support the Hospitality Ministry by giving love offering. There are two ways to do this. You can place your donation in a tithe envelope marked potluck or place an offering in the love offering plate on the dessert window. We also appreciate help setting up tables and chairs, putting tables and chairs away, cleaning up the food and the kitchen and vacuuming. We hope you will be able to spend some time with us at Potluck.

God has given spiritual gifts to all believers so that we can be used in ministry. Are you curious what your gift is? Would you like to find out how to use your gift in ministry? **Today at 2 pm**, Pastor Michael will have a seminar about spiritual gifts and ministry opportunities. This seminar is free of charge and open to all. Questions? Contact the Church office and leave a message at 402-489-1344 or e-mail piedmontparksda@gmail.com

Pioneers Park, here we come for another wonderful ride! Please join the Piedmont Pedalers for the fun. We are meeting at Wilderness Park parking lot off of Pioneers Blvd just west of the railroad tracks west of the State Pen at 4:00pm today. We plan to ride to Pioneers Park via bike trails. Great route, wide path to allow maximum fellowship. Please join us! Questions? Kent Thompson 402-421-7705 or Dwain Leonhardt, 402-421-7507

You're invited to a College View Church Fifty Plus Tropical Blast Brunch, tomorrow, Sunday, August 17 at 10:30am. Come with your favorite summer dishes -- Finger Foods, Appetizers & Dips, Desserts, Fruit and icy cold Smoothies. Park on the south side near entrance doors #3, lower level annex. Questions? Contact Bev, 402-770-6133.

Fall is coming and that is when Piedmont Park children's clubs start up again. We have Little Lambs for ages 2-3, Eager Beavers for ages 4 thru Kindergarten, Adventurers for grades 1-4 and Pathfinders for grades 5-12. Your child would be most welcome to join in the fun. If you would like more information please contact the church office, Renee 402-489-1344 leave a message or piedmontparksda@gmail.com and she will get you in touch with the leader of your child's age group.

The Lesters will be in concert next Sabbath, August 23, 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. Their rich blends and uplifting music continue to inspire audiences throughout the country. 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. Celebrate Recovery is a proven Christian restoration program based on the Beatitudes found in Matthew chapter 5. Over the past 20 years, thousands of people have found Christ and new life through Celebrate Recovery. Questions? Pastor Andy Moseley 402-450-4390. More details will follow soon.

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

College View Academy

College View Academy Preschool is currently accepting students for the 2014/2015 school year. We have developed a program that fosters learning through a variety of methods. Our three year olds focus on social skills by learning to play, work, and communicate with other children. Children will learn through language experiences with books, letters, and pre-writing skills. Beginning math & number skills are developed through the use of manipulative materials. Our fours and fives work on letter and number recognition and pre-writing skills through activities designed to promote early literacy in math and language. The children in both age groups will explore the world around them with hands on activities in science and enjoy creative experiences with art & music. Group times and circle times include opportunities for singing, movement, stories, and sharing. We believe the key to all is the development of their faith life through Bible stories, songs, prayer. If you would like additional information about our program, please contact Shannon Chilson at schilson@cvak12.org or 402-483-1181 ext.49

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 Childrens Sabbath School Leader



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

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](tel:402-488-0981)

www.ChristianRecord.org

[www.Facebook.com/ChristianRecord](https://www.facebook.com/ChristianRecord)

[www.Twitter.com/CRSBfriends](https://www.twitter.com/CRSBfriends)

Our Sister Churches

Capitol View Church's annual Cornstock parking lot party is this Sunday evening, August 17. Enjoy sweet corn and watermelon, live music, bounce house and games for kids, and more. All free. Just come and enjoy. 5-8 p.m. Downtown at South 17th and A. Blessings, Bert Williams, an elder at Capitol View



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
Session 13	Tuesday, November 18, 2014	6:30 pm – 8:00 pm

Home Life - Parenting

The Surprising Reason for Bad Child Behavior: "I Can't Solve Problems" by Articles by Sara Bean

Keep in mind there are many different kinds of problems kids encounter and each looks a little different in terms of behavior. These are the three main types of problem-solving challenges you might see:

1. Emotional problems: Everyone has moments of feeling angry, sad, frustrated, helpless or excited. When you're a child who hasn't figured out how to deal with his emotions, just having these feelings can bring on irritating or abusive acting-out behavior.

What this looks like: Instead of dealing appropriately or even reasonably well with being told "no," your child has tantrums, curses at you, yells, or punches holes in the walls.

2. Social/relational problems: Some kids have an inability to get along well with others, particularly people their own age. They don't know how to introduce themselves to someone, how to say "no," or how to handle it if a peer does something they don't like. Bullies often lack social problem-solving skills and treat others poorly to compensate.

What this looks like: Your 13-year-old daughter wants to be accepted at school and to get her way at home, so she uses bullying—of peers and siblings—to feel more powerful. She's solving her problems at the expense of everyone else's sense of security.

3. Functional problems: This is when your child has problems meeting responsibilities around the home, at school, or in the community. He might continually lose schoolwork, refuse to do chores, talk out of turn in class or talk back to teachers, and lie about having his homework done.

What this looks like: Your son lies and tells you he did his homework in school. The next day, you tell him you want to check his work but he didn't even bring it home. He says he forgot—another lie. Before you know it, the zeros are piling up and he just keeps lying about his schoolwork night after night while his grades fall lower and lower.

Teaching your child how to solve problems

The best way to start teaching your child better problem solving skills is to have a conversation about a particular incident. *Do this after things have calmed down and*

before you talk about consequences. Your goal here is to identify the problem, teach your child how to solve it, and then hold him accountable—not to punish him and make him miserable.

Find a calm time to sit down with your child and talk. If your child refuses to participate without being abusive or refuses to participate at all, put one privilege on hold until you get through a calm, cooperative conversation. Here are some tips to get you started:

1. Eliminate "why" from your vocabulary. "Why" invites excuses and blame. Ask deeper questions to identify the problem such as "What were you thinking when...?" or "What were you trying to accomplish by...?" This works well for both elementary school kids and teens. Some kids, especially those in preschool and early elementary school, might have a hard time answering these questions. Younger kids will develop the ability to talk about their thoughts more as they grow older. Be patient, take a break and let your child think about things a bit more rather than putting the pressure on them to answer right away.
2. Focus on one issue at a time. Talk about one problem *and one problem only* during this conversation. Don't bring up something that happened two weeks ago or something else your child did today that upset you. If your child brings up another incident, let him know you will talk about that later. Tackling too many problems at once usually only results in frustration on your part, because it's overwhelming to address them all at the same time.
3. Identify replacement behaviors. Talk about what your child will do *differently* the next time this problem comes up. Allow your child to try to come up with an idea on her own; make some suggestions if she's struggling. Perhaps you decide that when you tell your preteen daughter she can't do something, she can go to her room and write in a journal instead of screaming and calling you names. Or maybe you decide that she might ask herself if it's worth it to scream at you and call you names, or tell herself, "It isn't the end of the world if I can't wear this skirt to school."
4. No wishful thinking allowed. When you ask your child what he will do differently next time, many kids will give you an answer that is based on wishful thinking, such as, "I just won't do it again" or "I'll do better." Wishful thinking is a type of faulty thinking that indicates that your child truly believes he can just do something without really putting thought or effort into it. Get your child to be more specific. Ask him, "*How* will you stop cursing at me? What will I see you doing instead?"
5. Be a role model. Remember that kids study us for a living. If you yell and curse but you don't want your child to do the same thing, this is a problem. It's

important for you to act the way you want your children to act. Observation is a key learning method for kids, especially younger ones, so be aware of this. You are the most important role model in your child's life, even if he acts like you aren't, so make sure to play the role well.

What changes will I see as my child develops good problem-solving skills?

Many parents have unrealistic expectations about the problem solving-process. Parents after their very first try, often feel disappointed that it didn't work and that their child turned right around and did it again. This is extremely frustrating, but it's really no surprise. When kids are caught in the heat of the moment, it's hard for them to remember that conversation you had a few days ago—or even earlier that day. The replacement behavior you talked about is right there on the surface—it hasn't sunk in yet, so to speak. The negative behaviors that have become habits are like a well-worn groove, and it's easier for your child to fall into one of them like they have a hundred times before. After all, these old, comfortable behaviors have been learned and reinforced over time, while the new behavior hasn't. Be prepared for the fact that you will need to be your child's coach. Give him a brief reminder about what he's supposed to do instead, and then walk away. You also might need to experiment with several different replacement behaviors over time to find one that fits. For example, some kids cool down best with a bike ride or some exercise, and some like to listen to music in their room. Listen to your instincts—you know your child best, and will find the right solution together.

I know this process isn't always easy. There will be times when you take some steps backwards, or maybe you'll get off to a really slow start and won't feel like you're getting anywhere. Rest assured that there is a light at the end of the tunnel. I've talked with many parents who felt hopeless and frustrated but were able to stick with it. Over time, I saw them really make some phenomenal changes in their homes. It's important to focus on the positive and look for even the smallest improvements. Keep talking about what can be done differently and stay positive. It's important to give your child some verbal recognition for both noticeable changes *and* effort. Incentive and reward systems are helpful ways to reinforce replacement behaviors. Positive verbal recognition and earning incentives each help to keep you on track to create some long-term behavior changes. Continue to do your best and take one small step at a time.

The reward? As you go through this process of having problem-solving discussions and coaching your child, you will see that he gradually uses those replacement behaviors more and more with less coaching from you. And as kids get better at solving various problems on their own, most will start to feel better about themselves. As James Lehman says, "you can't feel your way to better behavior, you have to *behave* your way to better feelings." Having strong problem-solving skills improves self-esteem. Kids feel good about themselves when they conquer something that's been difficult for them to learn.

Recipe

Cauliflower with Golden Raisins and Almonds

½ cup golden raisins
2 head cauliflower, cores removed and stems and cut into florets
1/8 cup extra-virgin olive oil
Course salt and white pepper to taste
1/3 cup almond slivers
2 TB of sherry vinegar

Preheat oven to 425, with racks in middle and lower third. Place raisins in measuring cup and cover with very hot water. Arrange cauliflower on two rimmed baking sheets. Toss with oil and season with salt and pepper. Bake 10 minutes.

Turn cauliflower and top with almonds. Bake until cauliflower is browned and tender and almonds are toasted...about 10 minutes. Transfer cauliflower to a serving dish; top with well drained raisins, and drizzle with sherry vinegar.

<http://www.marthastewart.com/315045/cauliflower-with-golden-raisins-and-almo?czone=food%2Fproduce-guide-cnt%2Fyear-round-produce-recipes&gallery=275272&slide=315045¢er=276955>