

Youth Ministry Parent Newsletter

March 2021



How to tell how much is the right amount of screen time for kids.



It's no surprise that as the COVID-19 pandemic continues, the amount of time kids spend on a screen remains high according to a recent study by SuperAwesome. When the pandemic lockdowns began in March 2020, SuperAwesome found that screen time was up 50%. Nearly a year later, screen time is still up by 50%.

While increasing screen time can sound scary for some parents, a majority of parents (62%) now see how devices can be used as educational tools.

Although knowing what is the right amount of screen time for your kids is appropriate, here are a few tips from GreatSchools.org to help manage your kid's screen time:

- 1. Know your kids and know your values:** If your child complains that all his friends are watching a particular TV show that contains a lot of sex and or violence, explain what your values are and why you are sticking to them. Or if you know your child is more prone to nightmares than his friend, exercise caution in letting him watch scary shows, even if all his friends are watching them.
- 2. Be conscious of age-appropriateness:** Use your judgment and consult media reviews. Be aware that although several companies are marketing videos for babies and toddlers, the American Academy of Pediatrics recommends no television for children under the age of 2. And a PG-13 rating on a movie doesn't necessarily mean that all 13-year-olds are ready to see it or that younger children shouldn't see it. It's a guideline and it's up to you to decide.
- 3. Set family rules and stick to them:** For example, watching TV is OK from 7 to 9 p.m. or after the homework is done or only on Monday, Wednesday and Friday. Consistency through the years is also important.
- 4. Limit screen time:** It's important to consider that it's not just TV but all forms of media that need to be considered when setting guidelines.
- 5. Use technology to control the media:** Netflix, Hulu, and DVRs make it easier to control what is on and when. Green says that these are all great tools because a parent can hit the pause button, talk to their kids and discuss certain scenes or behaviors as they are happening.
- 6. Set family viewing time:** Have regular family movie nights and use them as opportunities to watch together and discuss. Be on the alert for teachable moments.
- 7. Keep media out of kids' bedrooms:** It's much easier to exercise control when your child is within view. So that means keeping video games, the TV and the computer in a common area where you can keep an eye on things.

Article link: <http://www.centralpennparent.com/2021/tell-much-right-amount-screen-time-kids/>

Podcast: How God's Grace Makes Us Better Parents:

In this two-part podcast, Jim Burns talks with author Tim Kimmel about how God's grace is the one tool necessary for every parent to meet the essential needs of every child.

Part 1: http://s3.amazonaws.com/HWPodcast/HWJB_20210208_v1.mp3?mc_cid=2d30431d79&mc_eid=398346b38d


Part 2: http://s3.amazonaws.com/HWPodcast/HWJB_20210209_v1.mp3?mc_cid=2d30431d79&mc_eid=398346b38d

Youth Group - Sunday Nights

Date: Sunday's 5:00-6:45pm

Location: Mountain Christian Fellowship

What Is It?: Youth Group is a time for students from 7th through 12th grade to play games, read the bible, and have discussion groups about Jesus together. The night starts off by playing either an outdoor game or an indoor game together. Then we start our teaching time as a large group and then split off into smaller discussion groups. Students are separated by grade and gender.



MARCH @ THE CROSSING

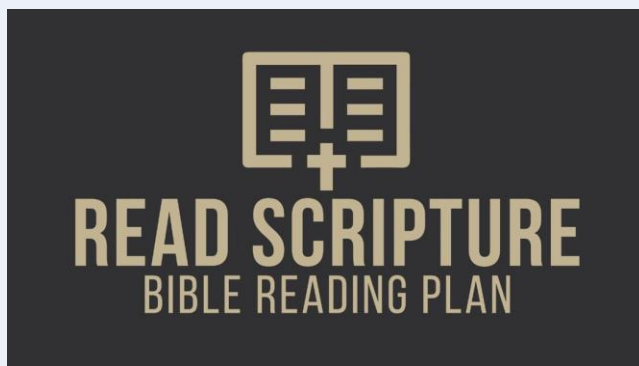
MONTHLY NORMALS

- Co-Ed Bible Study M: 7a
- Boys Bible Study T: 3:30p
- Youth Group Th: 3:30-5:30p
- Open Crossing & Coffee M-Th: 7-9a & 3:30-5:30p

SPECIAL EVENTS

- Friday Night Lights F: 1:30-5:30p (While Conditions last)
Come ski/board w/ us
- Tree Pruning @ Kidder Creek March 13 @ 8a
- March Madness March 20 @ Noon
Games on TV and shooting hoops.

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2021 Bible Reading Plan

As the new year is upon us, we want to center our hearts, our lives, and our church on God's Word. Beginning Sunday, January 3rd we are encouraging our youth group to read through the Bible for 2021.

We will be using the Read Scripture Bible Reading Plan, which will get us through the entire Bible just before the end of the year. Each day you will read a few chapters as well as one Psalm to pray through. The plan is semi-chronological in order and has optional videos to provide background information to each book and major themes in the Bible.

We encourage you to pick up the reading plan late if you didn't start in January. Below are buttons that will take you to the app, the YouTube videos, and a PDF of the reading plan.

APP IN THE APPLE STORE

APP IN THE GOOGLE PLAY STORE

ONE YEAR BIBLE READING PLAN PDF

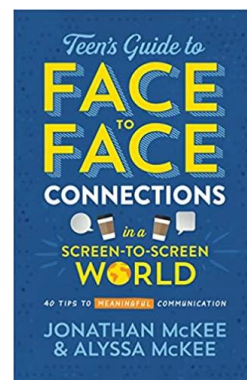
BIBLE READING PLAN VIDEO PLAYLIST

Recommended Reading

Phones can be a great tool for connecting with people outside the room, when they don't interfere with the people inside the room. You can dare to be relationally different in a screen-to-screen culture. But... honestly, I like my phone. So what should I do?

You probably enjoy screens but don't want them hurting your relationships with the people who matter most, right? What if you could improve your face-to-face relationships, develop deeper connections, resolve conflict, and confidently communicate with friends, parents, teachers, roommates, coworkers, potential employers...even the barista at your local coffee shop? What if your phone truly helped you connect with the people more than disconnect with those around you? What if you became a master of your own screen-time instead of letting it master you? What if you became more screen-wise?

Author and youth culture expert, Jonathan McKee, and his daughter Alyssa McKee, uncover forty random realizations they've discovered over the last five years. Screens provide fun platforms to connect with faraway friends; and sometimes the people we love the most are the people we ignore all day. Jonathan and Alyssa help young adults navigate face-to-face communication in a screen-to-screen world too! Maybe they'll help you navigate face-to-face communication in a screen-to-screen world too!



Family Table Talk

Handing Anxieties to the Lord

Read: 1 Peter 5:6-11

Think: We all face many anxieties. Anxiety simply says, “Something bad is going to happen to someone or something I care about.” Of course, our concerns are not all bad. It is right to not want bad things to happen to people we care about, for example.

Sometimes, though, our anxieties drive us to the wrong places.

This passage recognizes our anxieties and tells us what to do with them. We must cast our anxieties on the Lord. We must be watchful in prayer, recognizing that the adversary wants to convince us we are alone in our suffering. We must be forward-looking, knowing that our suffering and anxieties are not the end of the story.

But the passage doesn't stop there. It gives us reasons to do these things - truths that stand behind the commands. Why cast our anxieties on the Lord? Because he is mighty and cares for us. Because to do so is to humble ourselves under his hand, rather than proudly trying to take things into our own hands. Why resist the devil's lies? Because we are part of a worldwide brotherhood of believers who share in suffering together. Why look toward the future? Because God will exalt us at the proper time. Because he will restore, confirm, strengthen, and establish us. His grace is abundant, and eternal glory in Christ is the end of the story for all in him.

Doesn't that motivate you to hand your anxieties to the Lord rather than handling them yourself?

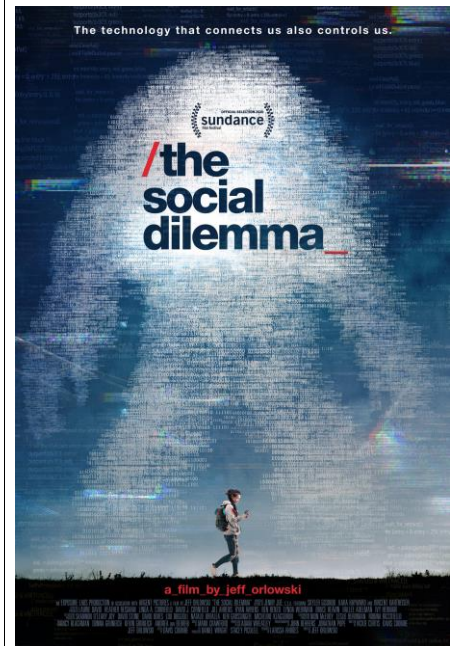
Apply:

- What anxieties have come to the surface for you lately, and where have you turned to with those anxieties?
- Consider the truths behind the commands in this passage. Which of these are most comforting to you?
- Brainstorm together how you can actively cast your anxieties on the Lord this week.

Pray: Father, you are gracious, caring, and mighty. We confess we often doubt these truths and therefore take our anxieties into our own hands. Thank you for the unchangeable hope of eternal glory in Christ. Thank you for adopting us into your family, so we can trust you to care for us as a loving and good Father. Help us to hand our anxieties to you and trust you to do all things at the proper time.

Family Table Talk #3 by Linda Oliver from cpyu.org

What to Watch



The Social Dilemma Streaming on Netflix

Discover what's hiding on the other side of your screen

We tweet, we like, and we share— but what are the consequences of our growing dependence on social media?

This documentary-drama hybrid reveals how social media is reprogramming civilization with tech experts sounding the alarm on their own creations.

Link to trailer:

<https://www.youtube.com/watch?v=uaaC57tcci0>