

## February 12, 2023 9:30 a.m.

#### **PRAISE & ADORATION**

Praise & Worship......Praise Team

Scripture......Minister

Prayer......Deacon

Hymn....#532....."Lift Every Voice and Sing"

CHRISTIAN STEWARDSHIP

Scholarship Appeal....Sister Brenda Carter

Church News

Offertory Prayer

Offering/Giving

Offertory Song

#### **CARE & CONCERNS THROUGH PRAYER**

Pastoral Concerns/ Recognition of Sick/Prayer Concerns

Altar Call & Prayer

The Word in Song

#### **WORSHIP THROUGH INSTRUCTION**

\*\*The Sermon......Pastor Marc A. Lavarin

\*Invitation to Christian Discipleship/ Invitational Selection If you would like to unite with our Church Family, you can do so during the Hymn of Invitation following the sermon. You may join by Baptism, Christian Experience, Letter, or as an Associate Member.

#### \*Benediction

\*PLEASE STAND IF YOU ARE ABLE and remain standing

\*\*Please refrain from walking during The Sermon



#### **CHURCH NEWS**

FROM PASTOR LAVARIN: DISCOVER THE VISION HAPPENS EVERY WEDNESDAY, at 7PM. This is at Bible Study time, but it's so much more than Bible Study! In-Person (please wear a mask) and on Zoom and Facebook. Join in the discussion and let's "Discover the Vision" together!

<u>SENDING SOME LOVE:</u> The Hospitality Ministry would like to wish our church family and friends a Happy Valentine's Day. We have a special token for you after service today in the vestibule.

BE MOBILE AT THE MOBILE MARKET: Delivery drivers needed for Mobile Market every 3<sup>rd</sup> Saturday. The next market is on February 18<sup>th</sup>. Please come to Duke Memorial at 11am if interested and available. We need the help! Contact Sister Carolyn Boone with questions at (919)638-0136.

CLOTHING COLLECTION: The Daughters of Calvary will accept gently used FALL AND WINTER children, men and women's clothing and shoes on Tuesdays from 12noon to 4pm and Saturdays from 9am to 12noon starting on Saturdays until further notice. Donations can ONLY be received at the Smith House located at 1019 Cornell Street during the days and times noted. Stay tuned for updates on the re-opening of the Clothing Closet at the Smith House as we restock. Please only donate gently used clothing/shoes, no soiled, torn or worn out items or any items over 5 years old.

RIDGECREST 2023: (July 17<sup>th</sup>-21<sup>st</sup>) REGISTRATION IS NOW OPEN TO MINISTRY LEADERS. The Family Conference is designed to encourage, equip, and inspire members and leaders. Qualified interested participants must: (1) be current members of FCBC, (2) be actively serving in a FCBC ministry and (3) have not attended the conference in the last two consecutive years. If you meet these criteria, <u>EMAIL</u> Minister John Carter at <u>carter@firstcalvary.org</u> Availability is limited and openings will be granted on first come first served basis. Registration is open until all slots are filled. The last day to be considered is May 21, 2023.

HBCU SUNDAY: Come join the Youth Council as we present the HBCU Walk-thru Live Museum located at FCBC on Sunday, February 26, 2023 at 11:00am, immediately following 9:30am worship service. Children/Youth (ages 5 & older) are invited to showcase an HBCU and share what they have learned through research. The chosen HBCU will be exhibited by the participant in a 5 min or less presentation during a walk-thru live museum. Some presentation ideas may include skits or monologues from the perspective of an HBCU founder, posters, etc. BE CREATIVE!!! All interested participants, please sign up by February 12, 2023 at bit.ly/HBCU-2023. If you have any questions, please contact Sister Demisha Grimsley at (919)724-1307 or email: youthministry@firstcalvary.org.

<u>GET IN GEAR:</u> Wear your HBCU gear on HBCU Sunday, February 26<sup>th</sup>! Rep your school...show some HBCU pride!

COMMUNITY SERVICE FOR THE YOUTH: YOUTH AGES 12-18, in high school, come join the Youth Council as we serve our community at the Mobile Market on Saturday, February 18, 2023, from 9:00am - 12:00pm at Duke Memorial United Methodist Church, 504 West Chapel Hill St. Durham NC, 27701. All participants who complete this service project will receive (1) FREE admission ticket to join the Youth Council at Hillside's play "State of Urgency" on Sunday, February 19, 2023 (Sunday) at 3:15pm. Please register by February 16<sup>th</sup> at <a href="https://bit.ly/YC-SERVE">https://bit.ly/YC-SERVE</a> Community service hours will be provided to all registered participants, if needed. Any questions, please contact Sis. Demisha Grimsley at 919-724-1307 or <a href="mailto:youthministry@firstcalvary.org">youthministry@firstcalvary.org</a>.

CHILDREN & YOUTH AT RIDGECREST: Children and Youth (ages 5-18, in high school) and Adult Chaperones: If you are interested in attending

Ridgecrest 2023 Black Church Leadership and Family Conference please complete the interest form at <a href="https://bit.ly/2023Ridgecrest">https://bit.ly/2023Ridgecrest</a> by March 5, 2023 to be considered. Availability is limited and openings will be granted on first come, first served basis. If you have any questions, please contact Deaconess Janet Squires at (919)606-4801 or email <a href="mailto:youthministry@firstcalvary.org">youthministry@firstcalvary.org</a>

YOUTH COUNCIL: WE NEED YOUR HELP!!!!! Please come join the Youth Advisory Council. We need volunteers such as parents/guardians, youth, adults and at least (1) representative from various ministries that interacts with children/youth to join our team (i.e. Christian Education, Ushers, Scouting, Recreation, Scholarship, Music, Children's Church, etc.) Our ministry meetings are held on the 1st Thursday of each month via Zoom. Next monthly meeting will be on March 02, 2023 at 7:30pm. YC Zoom Info:

Meeting ID: 865 0318 4321

Passcode: YC2023

Any questions, please contact Sis. Demisha Grimsley at (919)724-1307 or youthministry@firstcalvary.org.

**FROM THE COMMUNITY:** Golfers...join the 24<sup>th</sup> Annual WECF Golf Tournament, March 18<sup>th</sup>. Shot Gun start, 8:30am. Get into the Swing of Spring! Males and females are invited to come play! Call Pastor Emeritus Fredrick A. Davis at (919)616-4819 for details.

<u>LET US PRAY:</u> MATURE ADULTS, AGE 60 & UP, join "Noon Day" midweek prayer & devotion, <u>EVERY WEDNESDAY at 12:00 p.m.</u> Call 712-432-1000, enter access code 616729948#. Others are invited to attend as well.

TIME FOR THE "MID-WEEK TUNE UP"! Join the Prayer Conference Call on Wednesdays at 7:00 a.m., 712-432-1001, code "494132935#". This call is led by Pastor Lavarin. Please ONLY use the above listed number for this Wednesday call. Additionally... AND THIS IS VERY IMPORTANT....PLEASE MAKE SURE THAT YOUR PHONE IS MUTED ON THE CALL AND YOU CANNOT BE HEARD.

Come to Intercessory Prayer on the 4<sup>th</sup> Sundays, 7:00 a.m.- Zoom Access: Meeting ID: 874 6010 4604, Passcode: 386584.

#### HEALING AND RECOVERY

Remember our sick & shut-in members with prayers, cards, visits, & calls and share this information with the Pastor and Deacons. Contact the church office with sick & shut in information.

HOSPITAL & CARE FACILITY			
Sis. Rochelle Nelums	Pruitt Health		
	Erwin Road 27707		
Bro. Michael Wilson	<b>Tower Rehabilitation &amp; Nursing Center</b>		
	3609 Bond Street Raleigh, NC 27604		
AT HOME CARE			
Sis. Mary Bailey	1505 Palmers Grove Church Rd, Hillsborough	27278	
Bro. Danny Blackwell	1 Lucas Drive	27703	
Sis. Iris Blackwell	1 Lucas Drive	27703	
Sis. Betty Borden	718 Wortley Drive	27713	
Sis. Wilhemenia Foster-Long	309 Pearson Drive	27713	
Sis. Shirley Jackson	2420 Glenbrook Drive	27707	
Sis. Louise Jones	1218 Cornell Street	27707	
Sis. Mary Liverman	4302 Stonehenge Rd., Greensboro	28406	
Bro. Frank Lloyd	7 Gwendolyn Circle	27703	
Sis. Princess Matthews	1127 Briar Rose Lane, Apt. 103	27704	
Sis. Bettie Sanders	323 Crooked Creek Parkway	27713	
Dea. John Smith	1405 Timber Wolf Drive	27713	
Dea. Calvin Squires	856 Ember Drive	27703	
Sis. Conya Thorpe	2801 Ross Road	27703	
Bro. Kevin Young	1027 Moreland Avenue	27707	

#### MINISTRY MEETING SCHEDULE

CFLR –Community Family Life Center at Lyon Park
CFR –Conference Room CRM -Choir Room
CR I -Classroom 1 CR II -Classroom 2 CR III -Classroom 3

## **FH** – Fellowship Hall **LIB** – Library **Sanct**-Sanctuary **SUNDAY**

Health & Wellness Ministry (2<sup>nd</sup> Sun)

Sanct

CR I

LIB/Sanct

LIB

CRM/ Sanct

LIB

7:00 am Intercessory Prayer Service (4<sup>th</sup> Sun)

	15pm	Health & Wellness Ministry (2 <sup>nd</sup> Sun)	CR I
	15 pm	Evangelism Ministry (2 <sup>nd</sup> Sun)	CR II
1:	15 pm	Daughters of Calvary (3 <sup>rd</sup> Sun)	CR II
1:	15 pm	Computer Ministry (2 <sup>nd</sup> Sun)	CR III
4:	00 pm	Associate Ministers (each 2 <sup>nd</sup> Sun)	CR II
5:	00 pm	Deacons & Trustee Ministry Mtg. (2 <sup>nd</sup> Sun)	CR III/LIB
6:	30 pm	Official Leadership Team (2nd Sun)	FH
		MONDAY	
6:	00 pm	Tots of Praise Rehearsal (after 1st)	CRM
6:	30 pm	Psalm 150 (after 3 <sup>rd</sup> & 4 <sup>th</sup> Sun)	CRM
6:	30 pm	Young Adult Choir (after 2 <sup>nd</sup> Sun)	CRM
6:	:30pm	Children's Church Committee (after 2 <sup>nd</sup> Sun)	LIB
6:	30 pm	Sunday School Teachers (1st Mon)	CR I
6:	30 pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
7:	:00pm	Entrepreneur Ministry (TBA)	CR III
7:	:00pm	Visionary Ministry (3 <sup>rd</sup> Mon)	LIB
7:	:30pm	Male Chorus (after 2 <sup>nd</sup> & 3 <sup>rd</sup> Sun)	CRM
7:	:30pm	Young Adult Choir (before 3 <sup>rd</sup> Sun)	CRM
		TUESDAY	
6:	00pm	Scouting Ministry (every other Tues)	ALL AREAS
6:	30pm	Hospitality Ministry (2 <sup>nd</sup> Tues)	CR I
6:	30pm	Praise Team	CRM
	30pm	Circle of Care (COC) (2nd Tues-Quarterly)	LIB
6:	30pm	Beauty for Ashes	LIB
7:	00pm	Male Summit (Tuesday after 3 <sup>rd</sup> Sun)	LIB
7:	30pm	Music Council (2 <sup>nd</sup> Tues)	CR II
7:	30pm	The Encouragers (1st Tues)	CR III
		WEDNESDAY	
12	2:00pm	Noon Day Prayer	Conf. Call
6:	30pm	Youth Bible Study	Zoom
7:	00pm	Bible Study	Zoom/FB
		THURSDAY	
6:	00pm	Nursery Ministry (1st Thurs)	Nursery
6:	30pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
6:	30pm	Beautification Committee (2 <sup>nd</sup> Thurs)	CR I
6:	30pm	Couples' Ministry (4 <sup>th</sup> Thurs)	CR II
6:	30pm	Youth Council (4 <sup>th</sup> Thurs)	CR I
	30pm	ACT Ministry (3 <sup>rd</sup> Thurs)	CR I
6:	30pm	Young Adult Ministry (3 <sup>rd</sup> Thurs)	CR II
6:	30pm	Emergency Response Team (ERT)	CR II
7:	00pm	Singles in Love with Christ (4th Thurs)	LIB
7:	00pm	Sunday Service Choir Rehearsal	CRM
7:	:30pm	Drama Ministry	CR III
		SATURDAY	
9:	30am	Pearls of Praise (2 <sup>nd</sup> Sat)	CRM
10	0:00am	Scholarship Ministry (before the 2 <sup>nd</sup> Sun)	CR II
	0:00am	PROJECT F.I.N.E.	CFLR
10	0:00am	Onesiphorous Prison Ministry (3rd Sat)	CR I

10:30am Deaconess Ministry (1<sup>st</sup> Sat)

11:30am Culinary Arts Ministry (4<sup>th</sup> Sat)

Senior Missionary Ministry (3rd Sat)

11:00am Senior Usher & First Aid Ministry (2<sup>nd</sup> Sat)

11:00am

#### FROM THE PASTOR'S DESK

Beloved, this was a busy week at our church. This past two days, our Married Couples Ministry hosted the simulcast...and those of us attendance had a great time. celebrated marriage on the weekend before Valentine's Day. reminding us that surely we will celebrate with loved ones on Tuesday, however the greatest Valentine was given to each of us by our Heavenly Father when He thought it prudent and pre-ordained to sacrifice His Son for those that did not deserve it. What an example of love! That Christ was willing to pay the price for our wretched souls is Valentine at the highest level....it's love at the highest example...and it's a gift for all of us. I encourage us to reach out to our networks of family and friends sometime this week, but don't forget those that may not have someone. Seek out one who may need the blessing of contact.

It's 7 & 7...that's catchy...7am and 7pm on each Wednesday, please know that we are looking for each of you to be with us at the Mid-Week Tune Up and Discover the Vision! The sessions of both that we have had since the year started have been fantastic! Thank you to those that are in attendance and calling in...and if you

are missing it, come this week and see catch the excitement!

Because of Calvary, Pastor Marc

#### THE DEACON'S MESSAGE

We feel like we have to justify everything we do. Think about the prevalence of updates that occur on FaceBook, Instagram, Google+, Pinterest, Twitter, or any other tools that we use for Social Media. We want people to know who we are, and why we are who we say we are... justification. It goes a little beyond that. If you walk into a room and you are absolutely beaming, and joyful, what happens? The first thing people want to know is, "What's going on with you?" "Did you hit the lottery?" "Do you have a new man? "Do you have a new woman?" "Why are you so happy?" Do we really need to justify why we are happy? Well, we shouldn't have to, but we feel like we do. Sadly, we try to plug everything we can in the happiness socket to get our lives to light up. Does it really take all that? Actually, no it doesn't. Not if you have a thriving relationship with the Lord. Psalms 5:11-12 NLT, says this, "But let all who take refuge in you rejoice; let them sing joyful praises forever. Spread your protection over them, that all who love your name may be filled with joy." If you take refuge in God, there is a reason to be happy. Last time I checked, joy and happiness were related. They are first cousins of praise. Are you happy?

#### **STEWARDSHIP STATISTICS**

Our <u>Tithes & Offerings</u> must be \$36,810.84 per Sunday to meet our budget. Thank you for giving!

February 5 202

Discover the Vision <u>109</u> Sunday School <u>84</u> New Members <u>3</u> In-Person Worship <u>384</u> Worship Service (Streaming) <u>221</u>

Total Giving	\$41,108.83
Online Giving	\$21,136.50
Sunday School	635.00
Children's Church	\$27.00
Scholarship	\$240.00
Food Pantry	\$96.00
Sacrificial Offering	\$475.00
Tithes and Offering	\$19,071.33

**REMINDER:** The FCBC Food Pantry always welcomes donations of non-perishable food items!

Types of Items Needed: rice, beans, jelly, peanut butter, cereal, pasta, pasta sauce, canned veggies & fruit, tuna, pickles, soup, ramen noodles, hot dogs, small packs of hamburger, etc.

(This is a great community service project for your job or school...or even a great family project!)

The Church Office and Building are still on limited access during the week. Please be prepared to practice "Social Spacing", and <u>YOU WILL NEED TO STILL WEAR A MASK.</u>

YOU CAN COME BACK TO CHURCH FOR WORSHIP ON SUNDAYS!
REMINDING OUR CHURCH FAMILY ....PLEASE WEAR A MASK TO
CHURCH. WE WILL ALSO CONTINUE TO LIVE STREAM WORSHIP
VIA THE CHURCH WEBSITE AND FACEBOOK AT 9:30 A.M. EACH
SUNDAY UNTIL FURTHER NOTICE.

#### **AFRICAN AMERICAN HISTORY MONTH**

#### February 2023

WED 1	7 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
4	9 AM	NEW MEMBER CONNECTION
SUN 5	9:30 AM	Worship Service
		Stream on Facebook & Website
	11 AM	Sunday School on Zoom
8	7 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
10-11	6 PM	
	& 10 AM	COUPLES XO SIMULCAST
<b>SUN 12</b>	9:30 AM	SCHOLARSHIP SUNDAY
	,	Worship Service
	:	Stream on Facebook & Website
15	7 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
17-18	,	YOUNG ADULT CONFERENCE
SUN 19	9 YOUNG ADULT SUNDAY	
	9:30 AM	Worship Service
	:	Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
22	7:00 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
<b>SUN 26</b>	1	HBCU SUNDAY
	9:30 AM	Worship Service
	9	Stream on Facebook & Website
	11:00 AM	HBCU Museum

#### **TODAY'S MINISTRY THROUGH SERVICE**

Music:	Praise Team
<b>Director of Music Ministries:</b>	Minister Michael Dotson
Guest Musician:	Brother David Cannady
Percussionist:	Brother Andre Sanders
Saxophonist:	Brother Lynwood Jones
Videographers:	Sister Hilary Fearrington/ Dr. Toni
	McIntosh/ Sister Gail Hendricks
Audio Team (1 per Sunday):	Brother Ivan Holloway/ Deacon Darry
	Gadson/ Deacon Xavier Cason/ Broth
	Michael Hill/ Deacon Calvin Squires/
	Brother Derrick Garrett

#### FACEBOOK: First Calvary Baptist Church, Durham, NC

If you are having a medical procedure, or are sick at home for over a week, please contact the church office so that Pastoral contact can occur as soon as possible or at your request.

Our Mission: E<sup>3</sup>
Empower spiritual lives, Enhance quality of life,
& Evangelize the lost



"An Exciting Church Excited About Its Mission"

# Scholarship Sunday



African American History Month "Building Legacy"

**February 12, 2023** 

Marc A. Lavarin, M.DIV.
Pastor-pastorlavarin@firstcalvary.org
Fredrick A. Davis, M.DIV., D.D.
Pastor-Emeritus-pastor@firstcalvary.org

1311 Morehead Avenue Durham, NC 27707 (919) 489-4184 FAX (919) 489-3565

## www.firstcalvary.org

SUNDAY-Worship- 9:30am ◆ Sunday School-11am WEDNESDAY-Mid-Week Tune-Up Prayer Call-7am Discover the Vision-7pm

"BUILDING ON GOD'S FOUNDATION"

#### **SERMON NOTES**

DATE:	Text:
SUBJECT:	



## "DISCOVER THE VISION"

Wednesdays, 7pm

In-Person (Please wear a mask)
Also via Zoom (Meeting ID: 932 281 4455,

<u>Passcode:</u> 573710)

or the Church Facebook page (First Calvary Baptist Church, Durham, NC)

Reminder: If you come to the Church during the week or on Sundays,
PLEASE WEAR A MASK.



# WHEN TO CALL OR EMAIL THE CHURCH OFFICE

\*When you need to schedule an appointment to see the Pastor.

\*When there is death in your family.

\*To make a prayer request.

\*When you are going to have surgery.

\*When you a question regarding scheduling a room for a meeting.

\*If you need to contact your deacon and you don't know who he is.

\*When you have a baby or to arrange a Baby Dedication.

\*To set up marriage or pre-marital counseling.

\*If you desire your wedding ceremony to be performed by the Pastor.

\*When you have questions regarding your financial giving.

\*To change your address or telephone numbers when you move!

NOTE: Some of the above items are altered due to Church schedule and availability.

<u>First Calvary Baptist Church</u> Marc A. Lavarin, Pastor Fredrick A. Davis, Pastor Emeritus



♦ FCBC Sunday School: Women's Class
Join Zoom Meeting
Meeting ID: 812 1447 4860
\*No Passcode Needed

**†**FCBC Sunday School: **Men's Class** 

https://us02web.zoom.us/j/82971940163?pwd=M UVUOGdPRHY5VXBFSGhaVmsrN3lvZz09

Meeting ID: 829 7194 0163 \*No passcode needed

## ♦FCBC Sunday School: Singles Class

**Join Zoom Meeting** 

https://us02web.zoom.us/j/84710388051?pwd=OT MwVlpaazhoZ3dwODBkdHNhMkZldz09

**Meeting ID:** 847 1038 8051

Passcode: 589151

**♦**FCBC Sunday School: **Couples' Class** 

Join Zoom Meeting

https://us02web.zoom.us/j/3786293858?pwd=aTdzZW94MnZZMnF1TUVWdGNWejlEZz09

Meeting ID: 378 629 3858

Password: **878147** 

## **♦**FCBC Sunday School: **Beginner Class**

**Ages 3-5** 

Join Zoom Meeting

https://us02web.zoom.us/j/85433735526?pwd=S055ZHU3VWNCTXBBZ1ZocVk3R09QUT09

Meeting ID: **854 3373 5526** 

Passcode: **635090** 

#### **†**FCBC Sunday School: **Primary Class**

**Ages 6-8** 

Join Zoom Meeting

Meeting ID: 818 7955 6365

Passcode: 892947

#### **†**FCBC Sunday School:

## **Junior/Intermediate Class**

**Ages 9-12** 

https://us02web.zoom.us/j/83428893130?pwd=Q VoxWUdkcFV0R2IxbDhGaUZNZGlHUT09

Meeting ID: 2543615342 Passcode: 175175

### **♦**FCBC Sunday School: **Teen Class**

**Ages 13-17** 

Join Zoom Meeting

https://us02web.zoom.us/j/81023410603?pwd=RG U1aTVKTS9Ta29OL3VhOzd2ZE1Udz09

Meeting ID: 810 2341 0603

Passcode: **515700** 

### **♦**FCBC Sunday School: **Young Adult Class**

**Ages 18-25** 

Join Zoom Meeting

 $\underline{https://us02web.zoom.us/j/9862394139}$ 

Meeting ID: 986 239 4139 \*No passcode needed

ALL PARENTS: The Sunday School Ministry invites you and your child to join Zoom Sunday School Classes for children ages 5 to 17. We understand the taxing effect of ZOOM, but this is an opportunity to share with your child knowledge of Jesus. Allow us to assist you with your child's the spiritual formation. (See church website for listing of all ZOOM Sunday School Classes each Sunday at 11:00 am). formation. (See church website for listing of all ZOOM Sunday School Classes each Sunday at 11:00 am).



ਠ African American History Month 🍘



# Did you know? 6 Facts...

- 1. Jacqueline Davidson is an attorney who became one of the highest ranking women in the NFL when she was named as the Chief Negotiator for the New York Jets Professional Football Team.
- 2. Jan Matzeliger invented a shoe machine that would automatically sew the upper shoes and sole together. This created a large industry of shoe companies.
- 3. Percy Julian was a chemist that made physostigmine readily available for the treatment of glaucoma (an eye disorder that can lead to blindness). He received over 130 chemical patients, and was the first African American inducted into the National Academy of Sciences.
- 4. Alexander Miles was awarded a patent for an automatically opening and closing elevator door. He invented a mechanism that triggered the shaft doors to open and close along with the elevator door, making the ride safer.
- 5. Alfred L. Cralle developed the idea of the ice cream scooper in 1897. He was a successful Pittsburgh business promoter as well.
- 6. Dr. Patricia Bath is an ophthalmologist that invented a safer and more comfortable procedure for cataract surgery. Her Laserphco Phobe uses an optical laser to vaporize the cataract in a person's eye.

## Celebrate Our Culture Celebrate OUR History

## HBCU SUNDAY

February 26th Wear your HBCU gear!



First Calvary Baptist Church Marc A. Lavarin, Pastor

#### First Calvary Baptist Church &Marc A. Lavarin, Pastor Fredrick A. Davis, Pastor Emeritus The Parenting Tip

#### **Build a Relationship with Your Child**

When our children go out on their own, having landed their first job and signed a lease for their first apartment, we hope that we have trained them to: respect authority, think for themselves, drive a car, hold a job, make dinner, pay bills and carry on mutually respectful and loving relationships. And that's the short list. Parenting is a big job; serving as a child's personal ATM or behavior umpire isn't enough. We need a relationship with enough emotional strength to share hopes, dreams and convictions and be heard when we do so. We need a relationship that makes it easy for them to come to us with questions and concerns. We need a relationship where there's not just respect, but also love. This kind of parentchild bond doesn't just happen; it takes wisdom and intentional effort. Here are some tips to encourage you in one of the greatest pursuits of your lifetime — building a relationship with your child.

Pray, pray, pray. Ask God to reveal His wisdom about their behavior, their problems with friends, their spiritual lives. Then during a quiet instant between prayers, God can disclose a question to ask or a strategy to try.

Get into their space. From infancy through about age 8, kids spend a lot of time on the floor. Get down there, too — playing games, pretending with dolls, building block forts. Be careful not to transition into buddies, however. It's good to enter their world, but you're still the parent. You may need to set time limits on this kind of play, and if whining ensues, a time-out or discipline might be necessary. Getting into the world of older children is different. Watch their TV shows or movies. Explain you just want to hang out. Ask questions about characters and storylines to start conversation with your children.

Keep it real. As hard as it may be, recounting our missteps can help children who are 12 and older learn from our errors. They also get to see we're not perfect. Try talking in the car, where the conversation isn't face to face.

**Enjoy family time.** A simple way to connect with your children is eating together as a family. This is easy to do when they're little, but as children get older, sports and other activities compete with the family mealtime. Try committing to sharing dinner together, even if it's only 15 minutes. Share a highlight and a lowlight from the day. Someone's highlight or lowlight can be a springboard for other discussion. Pay attention and guide the conversation. There are other kinds of shared time, of course, such as going to a ball game. But don't assume you've connected with your children just because you were at the same event. Shared time involves asking questions ("What did you think about that referee's call?") and exchanging ideas ("I remember coming here with Grandpa").

Do projects together. We all have things we want to do — alone. Even if we're not thrilled about cleaning the garage, we'd rather do it by ourselves than supervise a team of rowdy children. Think and pray about the right level of involvement for your children based on their ages and experience. Count on this: The project may take longer, and your children will not do things like you would. If you can accept these facts, you'll discover an endearing, enjoyable time.

Be silly. This isn't just for small ones. Older children like it when you act silly, too — even though you might hear, "Oh, Dad, stop it" or "This person is not my mother." Embarrassing children in public is not a good idea, but having fun in private keeps things light and makes you approachable. So go ahead, do the goofy dance, make funny faces, sing silly songs, talk for the dog.

The means to build strong, durable bonds with your children is within you. Just ask God to show you the way, and start connecting with your children today. (Source: Focus on the Family)