

New Covenant M.B. Church
PARENTING NEWSLETTER



OCTOBER 2022

Did You Hear Me? Mommy, did you hear me? Daddy, did you hear me?

Parents, during the pandemic, we learned so much about mental health or the lack of it. People were isolated and absent from their social environment that provided protection by keeping us busy, outlets, and opportunities to mask our true feelings on who we are, how we value ourselves, and how we relate to the world.

Some took a long internal evaluation of their relationships with God and the Church. While wrestling with these thoughts and while maintaining our sanity as we balanced the ever-changing world, our children watched. If we are honest, they were not only watching but also talking. They had questions and lots of them. But the real challenge is, WERE YOU LISTENING? To give the correct answer, we must hear the question.

We expect God to hear and answer our questions and prayers and provide guidance to us for the most significant outcome to his glory and our benefits.

Matthew 15:10 And he called the people to him and said to them, “Hear and understand.

Mark 4:24 And he said to them, “Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you. (Healthy relationship)

Creating balance is so important to our mental health. We must make time for ourselves, but it is important that we spend some time listening to our children as they express their feelings so we may be able to ensure that their thoughts are healthy and non-destructive.

Listening creates a bond; you listen to me, I listen to you. It develops their self-esteem, confirming that they matter and that what they feel and say is important to you. You can see changes in your child in real time, so when there is a problem, you see it and deal with it because of the strong bond you created.

Tips for effective listening:

Concentrate on what your child is saying
Avoid interrupting when they are talking
Repeat what they said for clarity of what you heard

In every relationship in life...especially with God, listening is key to having a healthy relationship.

Proverbs 2:2 Making your ear attentive to wisdom and inclining your heart to understanding. We must explain to our children that expression of their feeling is healthy, that as a parent, we may not have all the answers, but together you can figure it out with the help of God.

Proverbs 19:20 Listen to advice and accept instruction, that you may gain wisdom in the future.

RESOURCE PAGE

The Concerned Christian Men are offering a FREE three-week young men STEM program. The program will run from 10 a.m. to 1 p.m. Saturday, Oct. 1, and Saturday, Oct. 8 and 1 p.m. to 4 p.m. Sunday, Oct. 2, 9, and 16. The location will be our headquarters at 901 E. 95th Street. We have limited slots, so you would have to contact us by Thursday, Sept.29. Anyone who signs up must be able to attend at least four of the five sessions. To sign up, call Ernst Lamothe Jr. at 585-520-7900. Still call for the next session.

5th Annual Trauma-informed Symposium “Bruised but Not Broken,” Building resilience in trauma-impacted communities. This four-day series will take place from October 24th through October 27th. This is a virtual workshop....for more info, call South Chicago Neighborhood Network- SCNN phone number 773-734-9180ext 2030. Also, you can register at See Facebook South Chicago Neighborhood Network

South Shore Residents can Apply for Down Payments, Home-improvement Assistance

The neighborhood is the newest addition to the Chicago Micro-Market Recovery Program. The Neighborhood Network Alliance (NNA), a South Shore nonprofit dedicated to community outreach, will connect potential applicants to the program and can assist them through the process

To learn more, contact [www.thenna.org /mmrp](http://www.thenna.org/mmrp)