



The Bethany Times

Ecclesiastes 3: 1-8: For everything there is a fixed time, and a time for every business under the sun. A time for birth and a time for death...A time for weeping and a time for laughing...A time for sorrow and a time for dancing...A time for search and a time for loss...A time to keep and a time to give away...A time for keeping quiet and a time for talk...A time for love and a time for hate...A time for war and a time for peace.

Bethany Christian Services

Volume 6, Issue 2
April—June 2008

Welcome Home...

- ☉ Eliana Niccole...Jan. 8
- ☉ Harold Mateo...Jan. 11
- ☉ Zoe Elizabeth Yidi...Jan. 16
- ☉ Joseph Thomas...Jan. 17
- ☉ Rose Marie...Jan. 18
- ☉ Piper Brooklyn...Jan. 18
- ☉ Josiah Bradley...Jan. 18
- ☉ Ella Rose...Jan. 26
- ☉ Janae...Jan. 31
- ☉ Addy...Jan. 31
- ☉ Hannah...Jan. 31
- ☉ Noah James Zhenggang...Feb. 27
- ☉ Adam Sergei...Feb. 28
- ☉ Taliana...March 17
- ☉ Sarah Joy...March 29

Forever Families

Please pray for the following children who are transitioning from foster care/residential treatment to their forever families.

- ☉ Jesse...Jan.23
- ☉ Kim...March 1
- ☉ David...March 1



From the Director...by Cindy Kruger



On Monday March 3rd, Cindy Kruger started as our new executive branch director! Cindy has been a wonderful addition to our Bethany staff and we eagerly look forward to the many gifts she will bring to our Ministry. Please keep an eye out for Cindy's articles in our future newsletters!

“Lagniappe...Something Extra”

Being native to New Orleans, I grew up experiencing “lagniappe” as a way of life. It was, and still is, the idea of going the extra mile. You see, when one receives lagniappe, he has received a gift, something extra, something above and beyond. It has, at times, been described as the thirteenth donut in a baker’s dozen.

I grew to know lagniappe as being a small gift, like the suckers I received as a small child while accompanying my mother to the bank, or the extra beignet I was treated to after my mother completed her rounds on carpool day for my older siblings.

I am grateful for having been the recipient of such gifts.

To my surprise, I have experienced lagniappe anew here in Minnesota. You see, I have been given a gift, something extra. Yet this lagniappe is much larger than what I knew the word to represent. I have been given the gift of serving as the Executive Branch Director of Bethany Christian Services of Minnesota! Talk about lagniappe! While serving as a foster parent for Bethany in Seattle, WA, I never imagined that affiliation evolving into the gift I now hold. What an honor! What a responsibility! And how thankful I am for this gift!

As large and incredible as this gift is, we each have received even a greater form of lagniappe. For we have all been given the gift of life in Jesus Christ. And in this Easter season, I hope you will take time to reflect on the gift of his death and resurrection, and the ultimate gift available to us all.

Blessings on your Easter celebration!
Cindy Kruger

Ten Ways to Survive as a Parent in a Crazy World without Going Crazy

By Claudia and Bart Fletcher (Claudia and Bart are the parents of ten children through adoption)

1. **Never get sleep deprived.** Make sure that you get the sleep you need even if it means napping or taking time off work to rest.
2. **Self-differentiate.** You were normal when you started raising the kids and you still are. The issues are theirs not yours. Remind yourself of this often.
3. **Disengage.** It is very easy to get sucked in to an argument or an emotional meltdown. Count to ten, give yourself a time out, or walk away for a few minutes.
4. **Write down your inner thoughts.** Blog, journal, or send a letter to a friend. Sometimes writing makes experiences seem more funny than serious, and it helps us to see patterns of behavior.
5. **Invite another adult (other than your partner) to spend time with you on a regular basis while you are parenting tough kids.** Having another adult around can give perspective, give you someone to laugh with and help you to take things less seriously.
6. **Talk at least once a day either online, by phone, or in person with someone else who “gets it”.** Make sure another adoptive parent is there to bounce off ideas, share the ups and downs, and talk through situations that arise.
7. **Get as much information as you can.** Study, learn, research. Surf the internet, join listservs or online support groups, and read books. The more knowledge you have about your children and their diagnosis and medications, the more you will be able to advocate for them and help them.
8. **Don’t try to have rational arguments or debates with a child who is emotionally, developmentally, or organically challenged.** They won’t get it, you’ll waste your breath and become very frustrated, and it won’t make a bit of difference in the long run.
9. **Look for one moment of joy each day.** Hold on to that moment, memorize it, write it down. Often one moment of joy a day is enough.
10. **Find a way to see humor in everything.** Almost everything, if viewed from the right perspective, can be funny and seeing it as such can make all the difference.

Bethany Christian Services

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Every Life a Promise



Did you know...

Bethany Christian Services received Hague Accreditation. This is essential for providing intercountry adoption services from now forward. For more info, go to www.bethany.org/international

At the Festival of Nations 90 different ethnic groups from around the world will share their foods, crafts and traditions that form the mosaic of our American culture. Check it out! May 1-4 at the RiverCentre, more info at www.festivalofnations.com

There is a kids/family camp specifically for families who have grown through adoption. For more info, go to www.familyfoundationsmn.com

May is Asian/Pacific American Heritage Month. Find out more at www.census.gov (go to newsroom, then facts for features).

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Find out more at www.juneteenth.com.



Save the Date!

The Picnic is Back!!!

Bethany Christian Services of Minnesota is hosting an adoptive family picnic and all adoptive families who have completed or are completing a home study or adoption through our office are invited to attend!

September 14, 2008
Long Lake Regional Park
New Brighton, MN

Further details will be posted on the web and in the next newsletter.

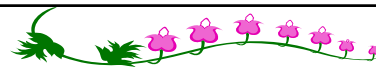
If you are interested in helping to plan the picnic, organize an activity, or volunteer your time for a specific task please contact Jane, Kristina, or Sara at 763.553.0344 or by email.

Prayer Corner

Let us pray that God may direct the steps of all parents and grant them peace and joy.



The Daily Grind



Other than the start of our new Executive Director, much of our news-worthy updates are related to the Willmar location and families in that area. The 10th annual Volleyball tournament took place at the end of January. All teams had a fun time. A big thank you to all of the volunteers who helped make the day a success and special appreciation to Hanson Communications for the donated t-shirts.

As you may recall from reading Kristina Huisinga's introduction last year, she has a special connection to the Willmar area.

Through the creativity and enthusiasm of many people associated with Bethany, office hours will again be offered at the Willmar location. Kristina will continue working from the Plymouth location Tuesday, Wednesday, Thursday but will work from the Willmar location on Monday and Friday. Significant donations from Willmar Electric and Hanson Communications are helping to make this possible. Over the past couple years, client services have been fully active in Willmar, but one of Kristina's areas of focus in Willmar will be outreach to the community to build and strengthen relationships.

Contact the Editors: Jane Hixson (jhixson@bethany.org), Kristina Huisinga (khuisinga@bethany.org) & Sara Smit (ssmit@bethany.org)



Upcoming Trainings In the Community

See the enclosed page for seminars at Bethany Christian Services.



Check www.ldaminnnesota.org for more details on:

- ◆ April 24—How the Child ADHD Brain Works (St. Louis Park)
- ◆ April 29 — Explosive Children (St. Louis Park)
- ◆ May 13 — ADHD & Social Skills (St. Louis Park)

Check www.pacer.org for more details on:

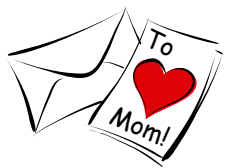
- ◆ April 9—Beyond Classification (Minneapolis)
- ◆ April 12 — Family Leadership Summit (Minneapolis)
- ◆ April 14 (or 21) — Skills for Effective Partnership (Farmington or Minneapolis)
- ◆ April 17—Special Education in Minnesota (Minneapolis)
- ◆ April 22 — IDEA: Understanding the IEP (Duluth)
- ◆ April 22 — Building Your Child’s Self-Esteem to Improve School Performance (Minneapolis)
- ◆ April 24—Everything You Need to Know When Your Child Turns Three (Minneapolis)
- ◆ May 1 — Nurtured Heart Behavior Workshop (Minneapolis)
- ◆ May 6 — Families are Important (Minneapolis)
- ◆ May 13—Communicating Your Child’s Strengths and Needs (Minneapolis)

Check www.mofas.org for more details on:

- ◆ April 8, 15, 22, 29 — FASD diagnosis...Now What? (Plymouth)
- ◆ April 15 — Sensory/Occupational Therapy (Anoka)
- ◆ April 29 — Transracial Adoption (Anoka)
- ◆ May 5 — ADHD (Anoka)

Additional training opportunities:

- ◆ April 3— Creating Sexual Safety for Adopted and Foster Children, 6pm-9pm, \$10/person (Duluth), go to www.mnasap.org for details. Similar seminars offered April 9 in Minneapolis, April 12 in Fergus Falls.
- ◆ April 12 — Transracial Parenting Workshop: Putting the Pieces Together, 9am-3pm, \$40/person, \$60/couple (St. Paul), call 651-255-2252 to register.
- ◆ April 21 & 28 (2 sessions) — Looking Ahead Adopted Teens and Pre-teens, 7-8:30pm, \$25/person, \$30/couple (St. Paul), call 612-879-5284 to register.
- ◆ April 24—My Strong Family, 6:30-9:00pm, \$10/person, \$15/couple (Minneapolis) call 612-746-5125 to register.
- ◆ April 29 — Teaching Kids to Think and Act Ethically, 12:30-4:30pm, \$25/person (Ramsey), call 763-442-7047 for more info.
- ◆ May 3 — Family Fun Day, 10am-2:30pm (Sauk Rapids), seminars for adults, activities for kids, go to www.starsnetwork.org for more info.
- ◆ May 6 — Moms, Dads & Discipline: How Can We Get it Together?, 12-1pm, \$10/person (St. Cloud), call 888-447-7032 to register
- ◆ May 22 — Depression: What It Is/What It Isn't, 6:30-9:00pm, \$10/person, \$15/couple (Minneapolis) call 612-746-5125 to register.
- ◆ June 3 — Bipolar Disorder: What it Means to Your Family, 6:30-9:00pm, \$10/person, \$15/couple (Minneapolis) call 612-746-5125 to register.
- ◆ June 9 — When is Enough Enough?, 6:30-8:00pm, \$15/person, \$25/couple (St. Cloud), call 888-447-7032 to register
- ◆ June 10, 17, 24 — Asperger Syndrome Discovery Series, 7-10pm, \$50/couple (St. Paul), call 651-647-1083 for more info.



Happy Mother's Day!

Happy Father's Day!



Don't forget...

May 12th is Birth Mother's Day

For ideas to honor your child's birth mother go to

www.birthmombuds.com/bmomsgday



Happy Memorial Day!

The Bethany Christian Services office will be closed on May 26th in recognition of this holiday.

Multicultural Adoption



Saturday, June 21, 2008 • 10 am - 2 pm
Bethany's Campus • Grand Rapids, MI

It's a great chance to connect with other adoptive families, especially those you met while traveling or online. Go to www.bethany.org/festival for more info.