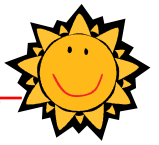


# SUMMER



## 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 3

July-September 2008

#### Welcome Home...

- ☉ Matthew...March 17
- ☉ JunFen Anne...April 16
- ☉ Alyssa Leticia...May 13
- ☉ Olivia Luisa Fernanda...May 3

#### We need YOU to volunteer!

BCS needs volunteers to help with everything from answering phones in the office to working at fund-raising events. There is a job for every skill level, no matter how much or how little time you have to give. We even have jobs for those that like to work out of their home! We will be happy to work with you to customize your volunteer position so it fits your skills and our needs. Please prayerfully consider where you may be led to serve and call 763-553-0344 for more info and an application or email Kristen at: [khochmuth@bethany.org](mailto:khochmuth@bethany.org)

### Art Projects and Attachment...



*Did you know that doing art projects with your children can help promote stronger attachment? Art projects can also help children release emotions, gain confidence and participate in family activities. Here are just a few art projects to get you started while your kids are out of school this summer!*

1. In their book *Creating Ceremonies for Older Adopted Children*, authors Cheryl A. Lieberman and Rhea K. Bufferd suggest DRAWING A HEART and having children put inside all the names of the people whom they love. Their purpose was to show the human capacity to love many persons, particularly for children who may feel disloyal to birth family members as they grow to love their adoptive family members. Even young children grasp the symbolism of the heart motif that can be used in paintings, mobiles, scrapbooking, tie-dye shirts and jewelry-making.
2. SCRAPBOOKING provides a medium for children or youth to create and tell their story in an informal way. Rather than a Lifebook, "My Story" or "A Day in the Life of..." could be less formal and linear, following whatever timeline the child wishes to follow including scrapbooking the future.
3. In many cultures, YARN represents long life or links between families. Yarn, twine or ribbon can be used in a number of projects ranging from bracelets (friendship or family), ornaments, dream-catchers to fisherman's pillows. Ambitious participants can dye yarn using Kool-aid or make larger items such as purses or a yarn bag. ([www.familycrafts.about.com](http://www.familycrafts.about.com))

4. PHOTOGRAPHY is much more than pointing and pressing a button, requiring decision-making about the point of view. After some basic photography lessons, children can take point-and-shoot or digital cameras into a variety of locales such as a maze, garden, forest, farm, neighborhood or park. ([www.youthlearn.org](http://www.youthlearn.org))
5. QUILTS have traditionally been used as a visual communication of ideas, paralleling music with a rhythm established in patterns that often tells a story. Quilts can be a family or group project or a singular representation from fabric, paper, burlap or photos.
6. Evoking sensory impressions through NOISEMAKERS may include crafting button castanets, plastic maracas, chimes, drums, rain sticks and kazoos. ([www.makingfriends.com](http://www.makingfriends.com))
7. JEWELRY-MAKING can be as simple as making a beaded choker or bracelet by wrapping thin beaded wire over thicker wire forms, advancing into tie slides, pins and even tiaras or charm bracelets.
8. STAMPING can result in journals, cards, book-marks, a 3-D layered box, picture frames and decorated clothing. ([www.handcraftersvillage.com/rubber/htm](http://www.handcraftersvillage.com/rubber/htm))
9. WOOD CRAFTS allow youth to practice putting things together and taking them apart, resulting in bird-houses, signs, toy or storage boxes, trains, toys or lawn ornaments. Glue can be used instead of nails for younger children.
10. STRING FIGURES. Using a simple loop of string, children can create a picture of people or objects including their family! ([www.darsie.net/string](http://www.darsie.net/string))

Article from MNASAP Family Voices

### The Business of Summer

from Executive Director Cindy Kruger

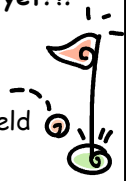
While intending to reflect on the "busy-ness" of summer, highlighting the business of summer at BCS of MN seems more than appropriate. I, personally, am hoping you and your families are able to capitalize on increased family time and fun, while the staff and board of directors at Bethany keep quite busy in other ways! Just scan the contents of this newsletter and you can get a sense of all that is happening. BCS of MN is also busy in the Willmar and southwest area of the state. We now have office hours in Willmar every Monday and Friday, as well as by appointment.

And, we are in the process of taking our ministry to birth parents in need in the southwest portion of the state. Please join us in prayer as we seek out a birth parent counselor for that area. We pray that God will bless us with an individual who can touch these women's hearts by ministering to them in their native Spanish language. May we all also join together going to the Lord with praises for the gift of children and family, for the gift of His child which allows us to be a part of His family, and praising Him for His guidance, protection, grace and mercy, and for busy summers.

Enjoy the fun busy-ness of summer!

#### Have you registered yet?!?

The BCS annual "Every Life a Promise Golf Challenge" will be held on August 8 at Majestic Oaks Golf Club in Ham Lake, MN. To register, please call the office at 763-553-0344 or visit our website: [www.bethany.org/plymouth](http://www.bethany.org/plymouth)



Prayer Corner: Pray for great weather, many volunteers, donors and participants, and most importantly, God's blessing on our upcoming events!

## Bethany Christian Services

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Phone: 763-553-0344

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Every Life a Promise



## Upcoming BCS Events

Check [www.bethany.org/plymouth](http://www.bethany.org/plymouth) for details on:

- ◆ August 8—"Every Life a Promise Golf Challenge"
- ◆ September 14—BCS Annual Picnic (see flyer)
- ◆ October 5—Mark Schultz concert (see flyer) ticket sales begin July 15, 2008
- ◆ See the Educational Seminars insert for information on upcoming BCS Trainings

## Other Trainings/Workshops

Check [www.mnasap.org](http://www.mnasap.org) for details on:

- ◆ July 19—Fostering Changes: Behavior Management Approaches for Foster & Adoptive Parents
- ◆ September 26-28 — Adoptive Moms Retreat

Check [www.ldaminnnesota.org](http://www.ldaminnnesota.org) for details on:

- ◆ September 23—How the Child ADHD Brain Works
- ◆ September 25—Strategies for School (for parents of children with ADHD)
- ◆ August 21 or September 18—ADHD Home and School Checklist
- ◆ September 16—Why is My Child Always Angry?
- ◆ September 11—Homework: From Hassles to Strategies

Check [www.pacer.org](http://www.pacer.org) for details on:

- ◆ July 28—Meltdowns: Why do they happen and what can you do about them? (For parents of children with autism)
- ◆ August 4—PACER hosts a viewing of the film "Including Samuel"

Check [www.afadopt.org](http://www.afadopt.org) for details on:

- ◆ July 19—Black Hair and Skin Care

**Free Family Film Festival** Regal Theatres at the Eagan Stadium 16 offers 9 weeks of free movie fun! Visit:

[www.regmovies.com/nowshowing/familyfilmfestivalschedule.aspx](http://www.regmovies.com/nowshowing/familyfilmfestivalschedule.aspx)

**Kids Rule Summer Film Festival** Marcus Theatres in Oakdale presents family movies for only \$2.50 per person. Visit: [www.marcustheatres.com](http://www.marcustheatres.com)

Check with your local theater to see if they have any summer family offers!

## Did you know...

- A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES, science now shows that carrots greatly enhance blood flow to and assist with the function of your eyes
  - A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.
  - Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.
  - Walnuts looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neurotransmitters for brain function.
  - Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.
  - Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.
- Isn't God and His creation amazing?!?!?**

### Holidays!!!!

**Independence Day—July 4** We hope you had a wonderful time celebrating this country's freedom!



**Labor Day—September 1** BCS will be closed in recognition of Labor Day

**Grandparents Day—September 7**

**Hispanic Heritage Month—9/15-10/15**

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