

A Letter from Rebecca



University UMC Children and Family Ministries want to be a source of faith and comfort for your children and you right now. You love and enjoy those babies and young children in your life, and raising them and nurturing them is humbling and exhausting! I see you, parents. Beyond thoughts and prayers, I want to partner with you. Children and Family Ministries is your child's gateway into connecting with our church and connecting with church is how children move forward in their spiritual journey. Children learn and imitate what their parents model and prioritize. So choose church, parents! Hear this from me: You, parent, are a beloved child of God. Give yourself grace and patience as you navigate all the new demands parenting places on you and your time. Pray for patience and creativity, motivated by love, as you engage and reengage with your children and family each day. Sometimes you feel frightened, anxious, impatient and angry, and sometimes you will allow those emotions to influence how you treat your children. Forgive yourself, know that God keeps forgiving you, and try again. God has promised to be present in our grief and our struggles, not to admonish but to comfort. God knows and God loves you. Act from that secure knowledge. That is Christian parenting.

[Here is a link](#) to the Conscious Discipline homepage. Conscious Discipline is, in my opinion and experience, the best and most comprehensive formalized approach to nurturing and communicating with children.

I have lots of books and other resources. I also offer myself, my time and experience and my listening ear. Children and Family Ministries includes the Early Childhood Team, the Children's Spiritual Formation Team, and the Children's Special Events Team. Each Team is working to build community connections with you and between you and other parents. If you want more information about what those Teams do or how to get more involved with out church children, or anything else. I will always prioritize time with you, to meet or to pray or to answer your Peace,

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"Children! I love them! Let's be more like them!"--Jesus, paraphrased