

## G.R.A.C.E. PLACE FALL NEWSLETTER

**Grace Lutheran Church**  
**Oct. 11<sup>th</sup> – 17<sup>th</sup>, 2020**  
**Issue 5**



We made it through mental health month! I pray it was a time of getting closer as a family and closer to God. May you feel the weight of your emotions be in the hands of God as you give them to God in your prayers.

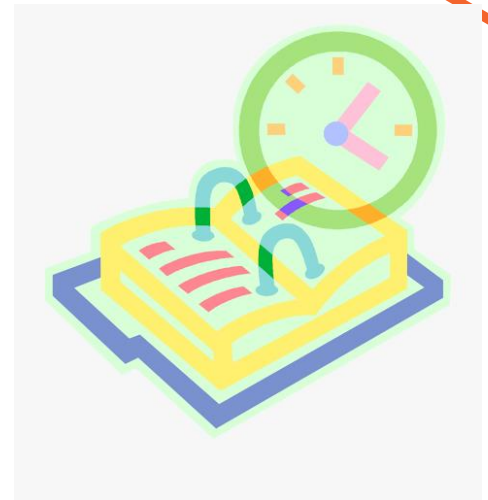
Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting

password is 09192020

Join Zoom Meeting:

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

As we enter this week, we are going to talk about stress and boredom. Stress can be the pressure you feel from yourself or other people. Stress can also be an overwhelmed



[http://clipart-library.com/clipart/schedule-cliparts\\_9.htm](http://clipart-library.com/clipart/schedule-cliparts_9.htm)

Make a clock schedule:

<https://www.overstuffedlife.com/2017/04/after-school-routine-clock-for-kids.html>

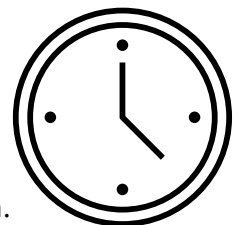
As you continue with hybrid or cyber school and a new way of life and schedules, keeping to those schedules can be difficult.

It can be hard to keep screen time down, keep chore and mealtimes regular, and even bedtimes regular.

Create a clock schedule for each one of your kids (link above).

The directions above only note after school activities, but I would recommend doing most of the day on the clock. Wake-up, bath time, mealtimes, school times, homework times, outdoor or play time, chore time, family time, and God time.

Schedules are important to help with mental health and to help with focus. They also help to separate time in our new schedules for family time and to give some time to God and your faith.



## TIME WITH GOD

Luke 10:38-42

**“Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”**

You can find this reading in your Bibles and in the Story Bible on page 366.

Read this story with your family. Who is Mary and who is Martha? What family members are busier with other things instead of living in the moment of fun and God's blessings? Who has to be reminded to look around and be present?

God tells Martha that her sister Mary is doing what she should be, taking time for Jesus. This week, make a time each day with your family (preferably the same time every day to keep to a schedule) to pray together, give your worries to God, and/or read a Bible story together. Ask questions of your

faith and explore the answers together or reach out to Kelsey, Deacon Allison, or Pastor Kraus.

When you take time each day for God whether it is by yourself or with your family, your faith will bloom. You will feel closer to God and your worries will weigh you down less.

Just like parents want to spend time with their kids, God wants us to spend time with God.

What time are you setting for yourself/with your family to spend time with God?

Daily Devotions:  
[d365.com](https://d365.com),

Grace Opportunities for staying connected

<https://www.gracelutheranroyersford.com/connecting/>

Deacon Allison's Daily Devotion: <https://gracemorningdevotion.blogspot.com/>

Zoom Bible studies

Zoom Pup Theology

Sunday Zoom Coffee Hour