



Christian Education Bulletin Insert

September, 2002

The Rev'd Patricia Drummond, Christian Education Director
460-8349, anged@nbnet.nb.ca

September 4, The Celebration of the First Anglican Eucharist in Canada

In the summer of 1578, Martin Frobisher led his third expedition to the land which would one day be called Canada. He hoped to mine for gold. The expedition landed on the shores of Baffin Island and a priest of the Church of England, Robert Wolfall, celebrated Holy Communion with the ship's company. Frobisher ended up abandoning the idea of establishing a permanent colony at that time, and it was almost 100 years before Anglicans celebrated communion again in this country.

Talk with children about Holy Communion and how this helps us to remember Jesus, his death on the cross for us and his resurrection. Look at the picture above and read the story of the last supper from a children's Bible. What did the Passover meal celebrate?

Discuss special meals you have had as a family, e.g. wedding receptions, post baptism parties, birthdays. Why were these events important to you?

A New Academic Year - time to establish some routines!

This is the perfect time to make some family strengthening and communication times a habit. If you have not already done so, choose a day on which you will have **"family night."** On that evening everyone will be home, will eat with the family, and share an activity afterwards. I have written about this before, but if you need help coming up with ideas, try the web site

www.heritagebuilders.com, or call Focus on the Family, 1 800 661 9800. The web site suggests books to buy, but is helpful without doing this.

Another idea worth trying is to declare a **"media fast."** Set aside a few days each month when every member of the family will abstain from TV, videos, computer games, movies etc. This includes mom and dad! You might do it at a weekend, or for a week of school nights. Several schools have taken up this challenge and found it very successful - children discover a new joy in reading, playing family board games, engaging in sporting activities, making music together and doing crafts with other members of their family.

Reclaim mealttime. Think of some good conversational starters and enjoy finding out about each other. E.g. What is your favourite book of all time? Movie? Can you think of a gift that doesn't cost any money that you would love to be given? If you could spend a day with anyone you choose, apart from your family, who would it be? Remember to be accepting of all answers, although it's fine to ask why and discuss the pros and cons.

Choose a **"family mission"** for the year. Perhaps it is possible for the whole family to assist at the local soup kitchen once a month, maybe you might decide to work towards saving a certain sum by next June towards the work of a mission which interests you, or perhaps you could decide as a family to "foster" a third world child, and communicate regularly with him/her, as well as sending money each month.

Some other web-sites for parents which are worth visiting

www.familyeducation.com. This site offers expert advice on many aspects of parenting. There is a 'gifted and talented' heading. www.parents.com. This site groups 'behaviour' under several age categories. There is advice on food and problems associated with it, and a section on age level expectations.

www.tnpsc.com. The initials stand for The National Parenting Center, which is a U.S. organization. There are crafts, informative articles and parenting advice.

For Fun Try saying this tongue twister six times fast.

Shy Shelley says she shall sew sheets.