

BETHANY  
COMMUNITY  
CHURCH

# THE PARENT HANDBOOK

FROM THE FAMILY LIFE TEAM

CARING FOR PARENTS + CAREGIVERS AND THEIR  
FAMILIES FROM 'CUDDLES TO COLLEGE'



# TWO INFLUENCES

There are two powerful influences on the planet:

the **CHURCH**  
and the **HOME**.

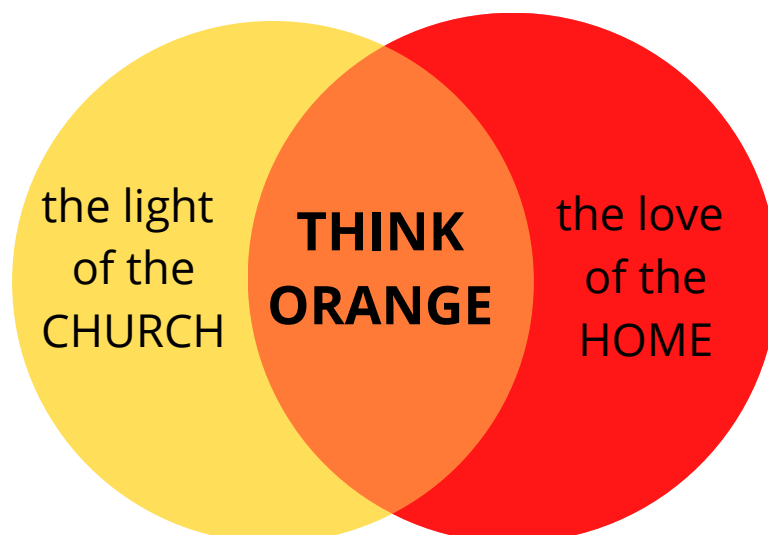
They both exist because God initiated them.

They both exist because God desires them to demonstrate His plan of redemption and restoration.

If they work together, they can make a greater impact than if they work alone.

Because this is just true:

**TWO COMBINED  
INFLUENCES MAKE A  
GREATER IMPACT THAN  
JUST TWO INFLUENCES.**



# EVERY GENERATION NEEDS THE CHURCH AND THE FAMILY TO WORK TOGETHER

## OUR 'ORANGE' FAMILY VALUES AT BETHANY:

- Nothing is more important than someone's relationship with God.
- No one has more potential to influence a child's relationship with God than a parent.
- No one has more potential to influence a parent than the church.
- The church's potential to influence a child dramatically increases when it partners with a parent.
- The parent's potential to influence a child dramatically increases when that parent partners with the church.

Let's get started...

# THE LOVE OF THE HOME

Let's begin by talking about parenting...

We think you're a **BIG** deal.

And so does God!

*If you could hand-pick anyone in the world to train your child in the Christian faith, who would you choose?*

Maybe Pastor Andrew? Or Bethany's KidsMin Director? Perhaps you'd reach back into history and choose a favorite hero of faith. Be encouraged that God already has hand-picked the perfect person to disciple your kids and lead them to Jesus.

**That person... is YOU!**

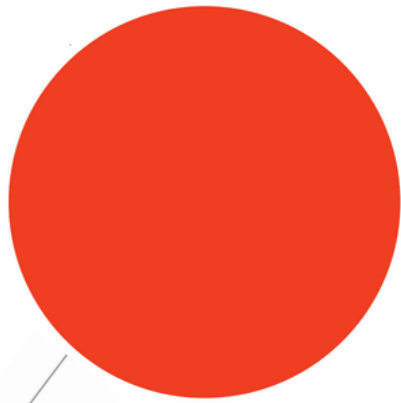
**God chose YOU!**



Before there was an institution we know as "church", there was family. And God created the family to provide the physical, emotional, and yes, even the spiritual nurture for the next generation. Our culture is saturated with all kinds of experts and we often depend on their insight and skill to guide us. This isn't a bad thing, unless we abandon our duty and place all of the responsibility on them.

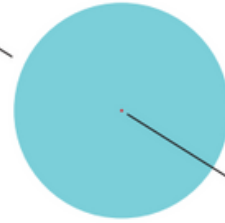
We will offer guidance that will support you in this role, but you have the primary responsibility and the primary privilege of leading your kids to Jesus. Be encouraged parents, because God chose you!

# Think about it this way....



There are **8760** hours in a year

The average **PARENT** has **3000** hours in a given year to influence a life

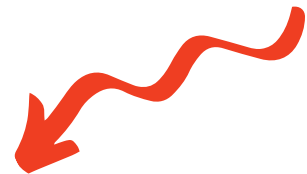


The average **CHURCH** has only **40** hours in a given year to influence a life

*...that's a lot of hours to make a difference!*

## But here's a few things we also know about parenting:

- *You will get tired.*
- *You will sometimes struggle with what you should do.*
- *Your kids will not always behave exactly the way you want.*
- *You will stay awake, worrying about them.*
- *You will wonder, more than you should, if you're a good parent.*
- *It will feel like you are making things up as you go.*
- *Every parent has a set of limitations.*



**What if there's a way to push past your limitations and parent beyond your capacity?**

# 5 VALUES TO GUIDE YOU

Taken from 'Parenting Beyond Your Capacity' by Reggie Joiner + Carey Nieuwhof

## **WIDEN THE CIRCLE - pursue strategic relationships for your kids**

Regardless of your stage of parenting, here's a promise: a time will come when your children will need another adult in their lives besides you. God never intended life to be lived in isolation, and what's true of individuals is also true of families. So invite others who share the same values as you to invest in your children! Your kids will then have other voices to help shape and determine the direction of their lives.

## **IMAGINE THE END - focus your priorities on what matters most**

It's easy as a parent to get sidetracked from what really matters. Sometimes I just have to be reminded that what I give *to* my children or what I do *for* my children is not as important as what I leave *in* them. So focus your energy and effort on the issues that will make a lasting impact.

## **FIGHT FOR THE HEART - communicate in a way that gives the relationship value**

It's so easy for us to make the rules more important than the relationship. It's in the tone of our voice, our body language, and our eyes. If we are not careful, disappointment in our kids' behavior can be translated into their hearts as rejection. Be sure to parent in a way that your kids can never question how much we love them.

## **CREATE A RHYTHM - increase the quantity of quality time you spend together**

Tap into the power of quality moments together, and build a sense of purpose through your everyday experiences. Look for ways to increase the quantity of quality time. Normal activities begin to take on a sense of purpose when we take the everyday and inject the sacred into it!

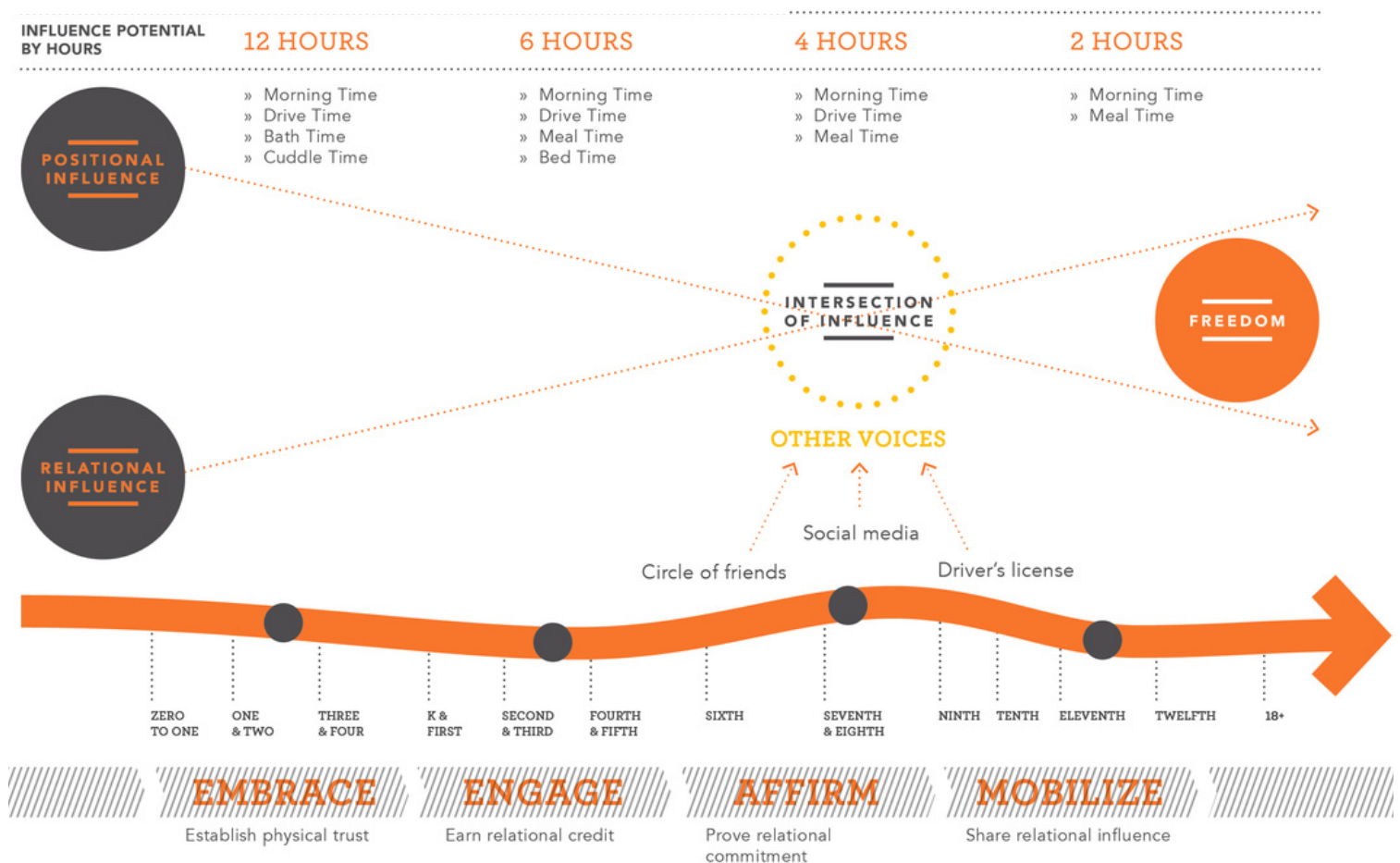
## MAKE IT PERSONAL - put yourself first when it comes to your personal growth

There's a crucial link that exists between your ability to parent and your personal growth. This value will benefit your kids, for sure, but it's not directly about them, it's about you. Allow your kids to see how you strive to grow so they can understand how to confront their own limitations and pursue character and faith.

# INFLUENCE TIMELINE

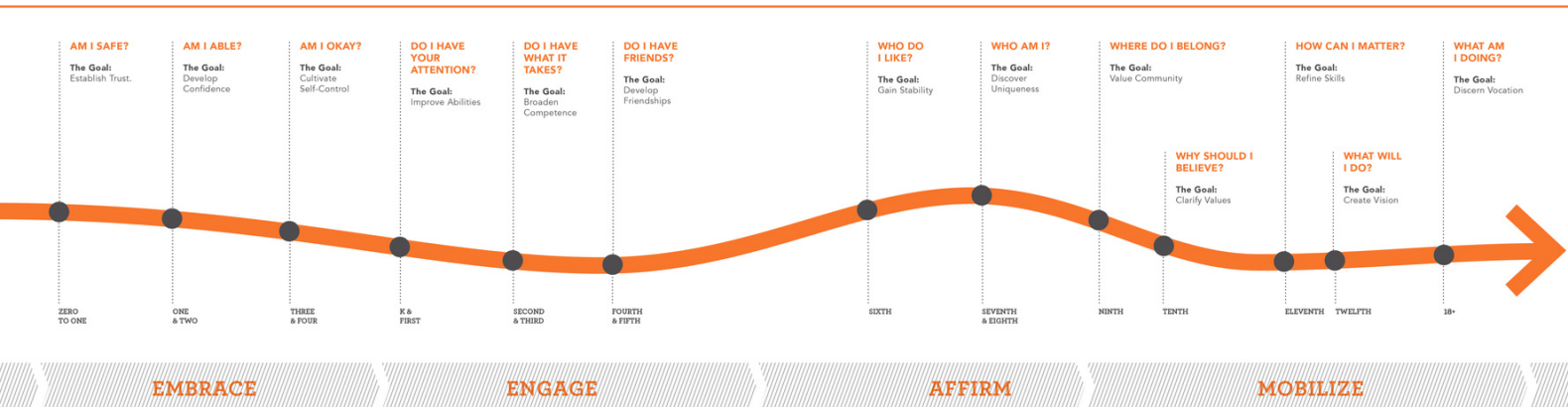
Below is a chart outlining the time parents have to influence their children. Along the bottom of the chart are the words EMBRACE, ENGAGE, AFFIRM, MOBILIZE. These are the primary actions of each phase.

You'll notice the 'Intersection of Influence' that happens between grades 6-9. This is where we as parents move from influencing our kids based on our position and authority as a parent ("because I told you") to more of a relational influence. This phase is typically one of the most challenging in a child's journey towards independence - and in our journey as parents. It's also the time when we offer the greatest amount of support for students with two programs.





As we journey with our kids, it's essential to know what questions they're asking... answering these will help us connect and influence them through each phase:



**Be encouraged....**

***You've got exactly what your child needs. Even on the days when you feel otherwise.***

***Some days, you may feel like its a mistake, that your kid would be better off with someone else as their parent - maybe someone who never loses their cool, makes home-cooked meals for breakfast, lunch and dinner, and someone without all the emotional baggage you've been carrying around.***

***Nothing is further from the truth, friend. Your kid needs you - all of you! There was no error when you were made their parent. You are your kid's parent on purpose.***

- ParentCue post

# THE LIGHT OF THE CHURCH

Here are a few ways we support you and your family here at Bethany:

## 1. STAFF

Our staff team not only lead our volunteers and oversee our programs, but they are also here for you! Feel free to reach out to any of us. It's an honour to listen, pray, and journey with you!



**Jayne Duldner**

Kid's Ministry Pastor  
jayne@bethanycc.ca



**Martin Nieuwets**

Family Life Pastor  
martin@bethanycc.ca



**Jen Lagerwerf**

Family Life Admin  
jen@bethanycc.ca



**Laura Humphreys**

Support + Recovery  
Director  
lhumphreys@bethanycc.ca

## 2. VOLUNTEERS + TEACHING

Our small group leaders invest in the lives of a few to encourage authentic faith.

Faith isn't knowledge to be learned, but an ever growing obedience that is meant to be lived, and as such shouldn't be transferred in a lecture hall but through relationships and real-lived experiences.

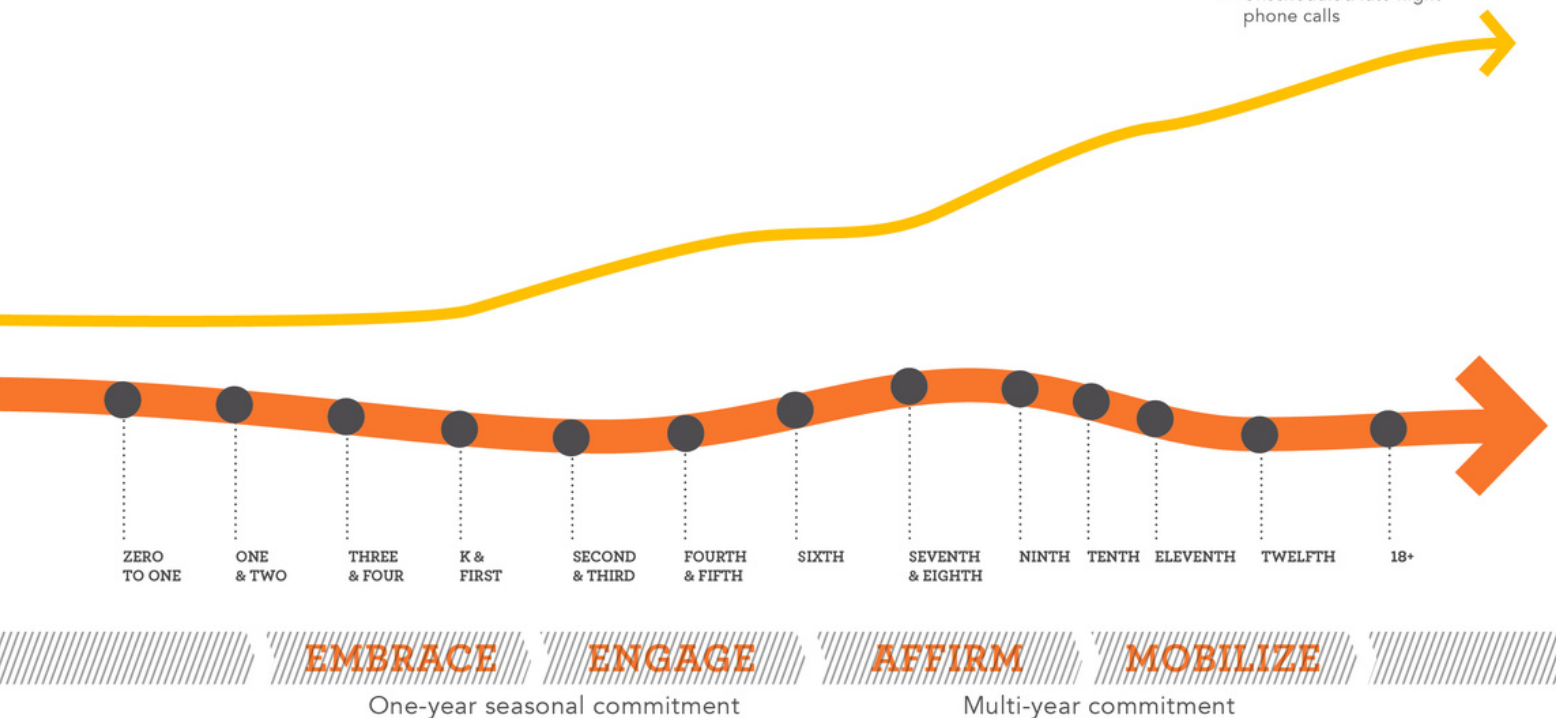


We have found the best way to care and teach is to **LEAD SMALL**, so our small group leaders focus on building relationships in small groups in circles, not rows.

Parents win when their kids have meaningful interactions with other caring adults - both inside and outside of small group - that deepen their faith in Jesus and influence their relationships with others.

### SMALL GROUP LEADER COMMITMENT

HOURS PER WEEK	1 HOUR	1 HOUR	2 HOURS	2+ HOURS
		» 2 events per year	» 2-3 multi-day events per year » Social media time	» 2-3 multi-day events per year » Social media time » Unscheduled late night phone calls



# FIVE PRIMARY TASKS WE ASK OUR SMALL GROUP LEADERS TO FOCUS ON:

- 1 BE PRESENT** — Connect their faith to a community by showing up predictably, mentally, and randomly.
- 2 CREATE A SAFE PLACE**—Inspire their faith by leading the group, respecting the process and guarding their hearts.
- 3 PARTNER WITH PARENTS**—Nurture an everyday faith by cueing the parent, honoring the parent and reinforcing the family.
- 4 MAKE IT PERSONAL**—By your example, inspire their next steps by being part of faith community, setting faith goals and being real.
- 5 MOVE THEM OUT**—Engage their faith in a bigger story by moving them to someone else, moving them to be the church and moving them to what's next.

## PreSchool

*About Themselves:* God loves me

*About God:* God made me

*About Others:* Jesus wants to be my forever friend

## JK - Gr 6

*About Themselves:* I need to make the wise choice

*About God:* I can trust God no matter what

*About Others:* I should treat others the way I want to be treated

## Gr 6 - 8

*About Themselves:* I will follow Jesus because He knows me better than I know myself

*About God:* I will love God because He will never stop loving me

*About Others:* I will live out God's story so others can know who Jesus is

## Gr 9 - 12 + Young Adults

*About Themselves:* I trust what Jesus did to transform who I need to become

*About God:* I'm created to pursue a relationship with my creator

*About Others:* I exist to demonstrate God's love to those around me

HERE'S  
WHAT  
WE  
WANT TO  
PASS ON  
AT EACH  
PHASE:



# 3. OUR PROGRAMS

Another way we support you as a family is by providing programs that will engage everyone in your family from cuddles to college.

**“We want to give our emerging generations a place to belong, so they can believe in Jesus and become like Jesus.”**



BELONG without RESTRICTION

BELIEVE without RESERVATION

BECOME without REGRET



**Celebration Place** is a safe place for kids ages 5-11 to come and share what they're feeling. They are supported and will learn coping skills through worship, play, and lots of fun! Bullying, sharing emotions, self-esteem, and fitting in are all things Celebration Place will address.

**The Landing** exists to provide a safe place for students in Grades 6-12 to process life and the struggles that accompany it, provide tools to help them live emotionally and spiritually healthy lives, and to point them toward the freedom found in Jesus.

**Thursdays // 6:30-8:30 pm** (Except before long weekends and during School Breaks and Holidays)



**Bethany Babies + Kids** makes learning about Jesus memorable. Through engaging teaching and small group activities, kids from Infants to Preschool to Grade 8 will build a faith foundation that lasts.

**Sundays during our 9:00 am and 10:30 church services, all year long**

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**Bethany Youth** is a space that allows for students in Grades 6-12 to show up regardless of what their day has looked like, a space where they will be known by a small group of peers and their small group leader. Each night consists of relevant teaching with time to talk and ask questions with leaders who show up and want to be a positive influence in the lives of students.



TAG Teams are small groups for students in Grades 6-8 centred around a common interest such as sports, cooking, woodworking, comic book design, etc. Students get to choose the group they participate in for the semester, practice new skills, and have loads of fun together. Since these are also small groups, students receive teaching and care from their leaders who journey with them as they explore how following Jesus can transform their lives.

**Tuesdays // 7:00 - 8:30 pm, all year long**

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**Young Adults (YA)** is a place to talk about life, connect with Jesus + others, and ask the tough questions.

Young Adults gather weekly for lunch each Sunday at 12:00 pm in Room 118. Bring lunch, connect & meet other young adults in a relaxed setting following our 10:30 church service.

We're also hosting three Young Adult home churches, which meet in a host's home each Tuesday, Wednesday and Thursday.

**YA Updates will be posted on Instagram (@beth.ya)**



**Family Nights** are a fun filled evenings where everyone in the family can join in faith based activities and learning, and get to know other families at Bethany.

**Held the first Wednesday night of each month, from October to June // 6:00 - 7:30 pm**

**Camp Bethany** is a full-day camp for kids in JK-Grade 6 offering sports, games and skill-building activities, keeps campers active all day long! This is a great way for kids to get their energy out in a structured, safe and fun environment. Campers grow in skills and confidence through the many activities, but also grow spiritually and relationally as they learn about character and faith development.



**Camp Bethany runs over March Break, 8 Weeks in July + August, and 1 week over the Christmas Holidays**



**Bethany Sports** offers a high quality non-competitive sports environment, to encourage young athletes of all abilities to discover new skills and have fun, in an encouraging faith-based way.

**Basketball runs Wednesdays for 9 Weeks, starting on October 18, 2023**  
**Ball Hockey runs Wednesday nights for 10 weeks, starting February 7, 2024**

# 4. RESOURCES

## Parent Hub Resource Boards

We have resource boards at our BabyZone and KidZone entrances and at our Youth Hub. These are for parents to access practical faith and family resources, such as the Phase Guides, books and other timely resources.



## Parent Hub Live Podcast

Join us as we seek to encourage, challenge and partner with you to help bring your best to parenting. Each episode will feature a different parent from our Bethany community. We hope their stories will inspire yours and will leave you with a few insights along the way.

**Access this where you find your podcasts**

## Parent Hub Email + Facebook Group

The **Parent Hub Email** is sent to subscribers each week, and contains program updates, a parenting blog and other helpful resources. Scan the QR code to sign up to receive the Parent Hub email.





Our **Parent Hub Facebook Group** is a place for parents to connect and engage with our wider Bethany community, find support, inspiration and resources. **Find us online at: [facebook.com/groups/bethanyfamilylife](https://facebook.com/groups/bethanyfamilylife)**

## 2023-24 CALENDAR

### OCTOBER

#### **Youth | PacMan**

Fri Oct 20

Grades 6-8: 6:00 pm - 8:00 pm

Grades 9-12: 8:30 pm - 10:30 pm

#### **Child Dedication | Pre-Dedication Info Meeting**

Sun Oct 29 | 10:30 am, Fireside Room

#### **Youth | Trick or Eat**

Tue Oct 31

### NOVEMBER

#### **Family Night | Pizza + Games**

Wed Nov 1 | 6:00 pm - 7:30 pm

#### **Child Dedication Service**

Sat Nov 11 | 3:30 pm, Auditorium

#### **Youth | High School Overnight Alpha Retreat**

Fri Nov 17 - Sat Nov 18, Bethany Church

## DECEMBER

### **Family Night | Christmas Edition**

Wed Dec 6 | 6:00 pm - 7:30 pm

### **Youth | Pause for Christmas Break**

Tue Dec 12

### **BabyZone, KidZone + Young Adult | Pause for Christmas Break**

Sun Dec 17

## JANUARY

### **Camp Bethany | Christmas Break**

Tue Jan 2 - Fri Jan 5

### **BabyZone and KidZone Resumes**

Sun Jan 7

### **Young Adults Resumes**

Sun Jan 7

### **Youth Resumes | Encounter Night**

Tue Jan 9

### **Family Night - Mario Party**

Wed Jan 10 | 6:00 - 7:30 pm

### **Youth | End of Semester 1 TAG Teams**

Tue Jan 30

# FEBRUARY

## **Family Night | Paint & Prayer Event**

Wed Feb 7 | 6:00 pm - 7:30 pm

## **Youth | Baptism**

Tue Feb 6

## **Bethany Ball Hockey Kick Off**

Wed Feb 7

## **Youth | All Nighter**

Fri Feb 9, 8:00 pm - Sat Feb 10, 8:00 am

## **Youth | Beginning of Semester 2 TAG Teams**

Tue Feb 13

## **No Young Adults**

Sun Feb 18

## **Family Day Skate | Bethany Pavilion \* *Weather permitting***

Mon Feb 19 | 11:30 am - 1:30 pm

# MARCH

## **Family Night | Easter Event**

Wed Mar 6 | 6:00 pm - 7:30 pm

## **Camp Bethany | March Break**

Mon Mar 11 - Fri Mar 15

## **Youth | Pause for March Break**

Tue Mar 12

## **No YA**

Sun Mar 31 (Easter)

## **APRIL**

### **Family Night | Family Meal with Kids Electives + Parent Discussion**

Wed Apr 3 | 6:00 pm - 7:30 pm

### **Child Dedication | Pre-Dedication Info Session**

Sun Apr 21 | 10:30 am, Fireside Room

## **MAY**

### **Family Night | Bike Rally**

Wed May 1 | 6:00 - 7:30 pm

### **Child Dedication**

Sat May 4 | 3:30, Auditorium

### **Youth | Phoenix Fest**

Fri May 17 - Mon May 20

### **No Young Adults**

Sun May 19

## **JUNE**

### **Family Night | Pavilion Picnic**

Wed June 5 | 6:00pm - 7:30 pm

### **Youth | Summer Events Begin**

Tue June 18

### **Young Adults | Summer House Hop Begins**

Sun June 23

# **JULY + AUGUST**

## **Summer BabyZone and KidZone Begins**

Sun July 7

## **Camp Bethany**

July 2 - Aug 23

## **Youth | Summer Events End**

Tue Aug 20

## **Young Adult | Summer House Hop Ends**

Sun Aug 25

**[bethanycc.ca/family](http://bethanycc.ca/family)**