

MOUNT VERNON KIDS NEWS

Mark Your Calendar!

Parent/ Child Dedication

Sunday, October 12

9:00 & 10:30 Worship Services

Register by October 5.

mountvernon.church/kids

Fall Festival

Saturday, October 18

4pm-6pm

Register to host a trunk, serve as a greeter, or help set up & clean up.

mountvernon.church/fallfestival

Candy collection begins in the lobby September 14!

Family Christmas Celebration

with KidJAM presentation

"The Kingdom Trees"

Sunday, December 14

6pm-8pm

Following the KidJAM musical presentation, families are invited to complete a nativity craft.

Dear Mount Vernon Kids & Families,

This fall our Sunday School classes will focus primarily on the Old Testament. We will study the book of Exodus and follow along with Moses as God reveals His character- both powerful and loving.

We will see how prophets have pointed to Jesus, the Messiah, throughout the Old Testament and how Jesus perfectly fulfills prophecy.

We will also recount the stories of Noah, Abraham and Sarah, Jacob, and David as we see God's faithfulness to keep His promises.

Each Sunday, our Mount Vernon Kids have the opportunity to study God's word, to understand how these stories from thousands of years ago impact our lives today, and to grow in their own relationship with Jesus Christ. We are honored to partner with your family as our Mount Vernon Kids learn to know, love and follow Jesus.

Michelle Ives

Michelle Ives, Minister for Children & Families

A Peek Inside our classrooms



Sunday School lessons this fall (elementary kids/ preschool kids, if different)

SEPTEMBER

7-God Protected Moses (Exodus 1:22-2:10; Numbers 26:59)

14-God Chose Moses (Exodus 3:1-4:17; 12:31-41; 13:21-22; 14)

21- God Provided for the People (Exodus 15:22-16)

28- God Gave the Ten Commandments (Exodus 19-20; 31:18; Deuteronomy 5:1-21)

OCTOBER

5- God Told Jeremiah What to Write (Jeremiah 36)

12- Ezekiel Offered Hope (Ezekiel 37)

19- Prophets Told About Jesus (Isaiah 7:14; 9:6; 11-15; Micah 5:2)

26- Jesus Read the Scriptures (Luke 4:16-22)

NOVEMBER

2-Noah (Genesis 6:9-9:17)

9- Abraham and Sarah (Genesis 12:1-3; 15; 17:1-22; 18:9-15; 21:1-7)

16- God's Promise to Jacob (Genesis 28)

23-David Faced Goliath (1 Samuel 17:1-50)

30- God Provided the Savior /Deborah followed God's Plan (Isaiah 53/ Judges 4:1-16, 23-24)

FAMILY RESOURCES

SCRIPTURE & SUPPORT FOR

Children's anxiety

The bad news:

A 2024 Barna research study has confirmed what many probably already suspected: This generation of teens and children is more anxious than the generations before.

The good news:

This is a sign that our children and teens recognize that they are longing for something (or someone) that this world cannot provide. They are experiencing in a very real and personal way their need for something more- their need for Jesus.

Coming alongside children who struggle with anxiety:

We have the responsibility and opportunity to help our children move from a place of feeling "stuck" in their worry or fear to finding the hope and freedom of new life in Christ. Here are some ways we can help our children who are struggling with anxiety:

1. Recognize that these feelings are real and normal.

Everyone has anxious feelings sometimes. Our emotions are part of God's design for us. Feelings of fear or worry can help us make choices that keep us safe. These feelings of worry or fear are normal, temporary and here to help us.

2. Remember that God is in control.

Although our feelings are normal and helpful, they are not in control. The Bible is full of examples of people who felt fear and worry in the face of difficult circumstances who chose to trust God over their emotions. We see examples through the experiences of Gideon, David, Esther, Daniel, Mary. We can feel worry and not let the worry control us. We can still trust God and follow His plan.

3. Read and memorize scripture:

The Bible describes the word of God as the sword of the spirit, part of the armor of God. Guide your child to focus on the truth of God's word instead of their fear. Whether your child memorizes the whole verse or part of it, arm your family with the word of God:

Deuteronomy 31:8

Psalms 121

Philippians 4:6-7

Philippians 4:12-13

2 Corinthians 12:9-10

For more resources to support children with anxiety:

mountvernon.church/onlineresourcesforchristianparenting



Volunteer Spotlight

Mrs. Kirstin



9:00 3rd Grade Sunday School teacher

Tell us about your family!

My husband Rick and I have 3 wonderful children: Jack (5), Sarah (3), and Emma (2). As a family we enjoy playing games, swimming, hiking and time with extended family.

What is your "happy place"?

One of my "happy places" is Essex, NY right on Lake Champlain in the summer. It is an absolutely beautiful place where time seems to slow down a bit.

What is your favorite song?

Currently my favorite song is "Your Way's Better" by Forrest Frank.

Why do you love Mount Vernon Kids?

The leaders and volunteers genuinely love children and are united by the desire to see our kids have a relationship with Jesus and become grounded in the word of God.

Tell us a scripture that is special to you:

This is a verse I pray over my children at bedtime:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11