



Parents' Corner

By Edwina Neely

Sending blessings to you and your family as we continue to experience this pandemic.



This month, August, we are celebrating the Anniversary of The People's Community Baptist Church (TPCBC), remembering God's powerful and loving act of planting our church 42 years ago. I'm happy to be a part of the body of Christ here at TPCBC. I remember I was seven years old when I gave my life to Christ and I was baptized in a river in Texas. I'm thankful I put my trust in Jesus a long time ago. I never strayed away from Jesus because I always **remember** how much He loves me. I would like to share with you a few thoughts on remembering.

During this pandemic many parents might be having difficulty remembering how it used to be. Being at home every day with your child does have its challenges. Tempers may be flying, fatigue and impatience may be causing unkind words to be uttered. When this is the case we must stop and **REMEMBER** to give thanks! The Bible says to give thanks in all things! (1 Thessalonians 5:18) Yes, give thanks in the middle of uncertainty, in the midst of confusion, in the midst of hatred and lies!

There are science-backed benefits of practicing gratitude with children. Recently scientists have begun to study the benefits of gratitude. Vitamin G, as some like to call it, plays a critical role in happiness. Our all-knowing God made us and He knows why it is so important to remember to be thankful. When we count our blessings we interrupt the cycle of negative and fearful thoughts which allow the stress system in our bodies to recover. Research shows that when we feel gratitude, we love our lives and want to make sure we stick around a long time. When our children know they are loved and receive praise from us, their brains release the chemical dopamine, which encourages them to do more to receive praise.

We have to teach our children to be thankful. That means we must **REMEMBER** to be thankful ourselves.

Here is a list of ways we can **REMEMBER** to be thankful:

- Thank God for Jesus who gave His life for us and rose again that we may have life, family, and love.
- Thank God for our five senses: eyes to see each other and the world He has made; ears to hear each other talk, pray, sing; taste buds; nose to smell food and fragrances; touch to feel a sweet caress.
- Thank God for the electricity that provides us with lights, computers, TV, video games, virtual classes, air conditioning, heat for winter, stoves to cook.
- Thank God for the people who harvest the food we eat and those who package it and bring it to the stores. Do we really think about how much work has gone into the food we eat before we

gobble it down? For example let's look at a pizza: cheese (raise cows to get milk to make the cheese -- takes two to four weeks to make pizza cheeses); tomato sauce (grow the tomatoes, harvest them, smash them into sauce with spices that have been grown and harvested); crust (wheat that has to grow and be harvested, made into dough with yeast, salt, milk or water). All of that had to happen just to have pizza to eat. There are so many reasons to be thankful. And remember to be thankful to have money to purchase it. We take so much for granted. Remember -- we need to stop and REMEMBER.

As a family, make a gratitude chain: Cut out strips of paper, write something you are thankful for on each strip; tape or glue the strips together making a chain. Hang it in the house to help you REMEMBER.

I **remember** how honored I always feel to have you read the Parents' Corner. God Bless You!