



# Bear Facts

The Weekly Newsletter of  
Bethany Lutheran School  
Long Beach, CA  
[www.bethanylutheran.org](http://www.bethanylutheran.org)

Communication+Responsibility+Organization+Service+Sharing



## FROM THE PRINCIPAL



We are looking forward to our all-school service project this Friday: packing shoeboxes with toys, hygiene items and school supplies for Operation Christmas Child. We are joining many other Lutheran schools across Southern California in this project, including Crean Lutheran High and Orange Lutheran High (whose goal is to pack a whopping 10,000 boxes!!)



Operation Christmas Child is a ministry of Samaritan's Purse. This organization does so much more than give Christmas gifts. They are on the frontlines of disaster relief around the world. Their mission statement says:

"The story of the Good Samaritan (Luke 10:30-37) gives a clear picture of God's desire for us to help those in desperate need wherever we find them. After describing how the Samaritan rescued a hurting man whom others had passed by, Jesus told His hearers, "Go and do likewise." For over 40 years, Samaritan's Purse has done our utmost to follow Christ's command by going to the aid of the world's poor, sick, and suffering. We are an effective means of reaching hurting people in countries around the world with food, medicine, and other assistance in the Name of Jesus Christ. This, in turn, earns us a hearing for the Gospel, the Good News of eternal life through Jesus Christ."

Our packing event is this Friday in the afternoon. We'll need lots of adult helping hands, so if you're free please come to the gym and join us!

*At Bethany He blessed them (so they could be blessings to others!)  
Dr. Fink*

## School Bulletin #12

Nov. 12, 2019

### DON'T FORGET

- ☺ Nov. 15-Operation Christmas Child Packing Event
- ☺ Nov. 17-Trinity and Troubadour sing, 8:00 and 9:30
- ☺ Nov. 22-Grandparents and Special Friends Day-Minimum Day
- ☺ Nov. 25-29 Thanksgiving Break
- ☺ Dec. 8-Bethany's 50<sup>th</sup> Annual Christmas Concert!!!!
- ☺ Dec. 9-13 Christmas Store
- ☺ Dec. 9-13 Scholastic Book Fair
- ☺ Dec. 18-K-2 Christmas Program
- ☺ Dec. 20-Minimum Day-Noon Dismissal

### Chapel Leaders

- Nov. 13-Chaplain Ayers
- Nov. 22-Grandparents' Day-Pastor Kritzer
- Dec. 4-Concordia's ACTS  
*Parents, you are always welcome to join us!*

Would you like a Bethany 75th Anniversary Christmas ornament? We have them for sale here in the school office!



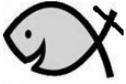
## Thanksgiving Worship Services at Bethany



**Thanksgiving Eve Service:**  
Wednesday, November 27 at 7:00 PM

**Thanksgiving Day Service:**  
Thursday, November 28 at 10:00 AM

*Please join us for one of our beautiful services of praise and Thanksgiving.*



The FISHin' Hole  
*Opportunities to Serve*

We will need parent volunteers for our Operation Christmas Child packing event, Grandparents' Day (serving food) and the Christmas Store. These are great opportunities to get involved and knock out some of those FISH hours!

*"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." Col 3:17*

Need to shred some personal papers? Geoff Delahanty of Thrivent is putting on a **Shred-It Event:**

Saturday, Nov. 16, 10-12  
4909 Lakewood Blvd.

*Maximum 2 boxes per family.*

RSVP to [Janeen.Handy@Thrivent.com](mailto:Janeen.Handy@Thrivent.com)



Our chapel offerings for November will go to Operation Christmas Child. Here's some info about this project:

<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/>

### New Parent Prayer Group!

Would you like to help lift our students, families and staff in prayer with other praying parents? We will meet on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month in the EDC room at 8:35 AM.



### Are You Building A Temple or Merely Cutting Stone?

A traveler passes a quarry and sees three men working. He asks the first man what he is doing and he replies "cutting stone". The second says "earning money to feed and shelter my family". When the third man is questioned, he proclaims "I am building a temple."

This story challenges me to think about a couple of things – what motivates me daily, and how a change in my perspective can take a mundane task and turn it into a much more meaningful experience. It's easy for me to get caught up in the day-to-day life and lose sight of what drives me, what makes me get up and keep going each day. We all have days, weeks or even seasons of life that are challenging or just plain aren't easy. As parents, there are no "off days". You *have* to keep going. But something inside keeps us going – our children, our families, our homes. Our Creator knows us well and what makes us tick – and helps turn us around so that we remain focused, and take the everyday tasks of helping with homework, doing laundry, making dinner and turn them into "temple builders". Every time I cook a homemade meal for my kids, provide them with clean clothes, give them a safe place to sleep at night – I'm not just doing tasks, I'm building a foundation that is part of a bigger picture – for me and for them. **We all want to build temples, not just cut stone.** I pray that in this season of Thanksgiving, you take a minute to remember that you, my Bethany parent tribe, are building temples at home and here at Bethany. Thank you for being so much more than stone cutters in this journey!

*-Jen Carlson, PTL President*



**Does your employer give holiday gifts?** Show them our Scrip/gift card Order Form and ask them to consider purchasing Christmas gifts, or incentive awards throughout the year, from Bethany Scrip. We gladly accept a company check when you place the order, and you get the rebate credit!

**Small Denomination gift cards:** While supplies last our Scrip vendor has lower denomination gift cards available. These cards are perfect as gifts for neighbors and co-workers, stocking stuffers, or a small gift for all those special people you want to remember. A few of the cards available are: Amazon.com \$10, Barnes & Noble \$5, IHOP \$10, Panera Bread \$5, Starbucks \$5, Taco Bell \$5 and Walmart \$10.

**Shop for Thanksgiving essentials with Scrip:** Use *Bed, Bath & Beyond* Scrip/gift cards for a festive centerpiece, new table linens, extra seating or more home décor. Buy extra grocery Scrip for Thanksgiving dinner, movies tickets for Thanksgiving vacation, and fast food Scrip for eating on the go.

**Don't forget-** you can use *Visa Gift Cards* at *Costco*, *Trader Joes*, *Ralphs* or anyplace else we don't have Scrip/gift cards available.

**Bonus rebates** happen on **ThankScriping Day, November 21.** Be sure to sign up for *ShopWithScrip.com* and *PrestoPay* so you can earn the largest bonus rebates of the season.

## Middle School Corner

We are staying busy in the middle school, and this week the students start a new round of Cross Academy Electives.

The following teachers/staff will be leading the charge-

Miss Arzaga- Science Olympics\*

Miss Einspahr- Musical Choreography

Mrs. Evans- Musical Cast

Mr. Morner, Ms Stejskal and Kayleigh will all lead groups in different sports, games, crafts and more.

\*Science Olympics is one of the many fun and educational opportunities offered to 7th and 8th grade students. Science Olympics is a competition between multiple schools on their knowledge in multiple areas of science. This year the students will be tested on forensic science, chemistry and oceanography!

Mrs. Carrie Evans  
Bethany Lutheran School

*At Bethany He blessed them. Luke 24:50*

*Please join us for*

## Bethany Lutheran Church's Annual Thanksgiving Feast

**Sunday, November 17, 5:00 PM**

Bethany's Board of Elders will supply the turkey  
and the ham!

Bring your own table settings  
and two of the following:  
Salad, vegetable or dessert

Special kids' event after dinner!  
Hope to see you there!

*Thanksgiving  
Dinner*

## Operation Christmas Child

For over 40 years, Samaritan's Purse has done their utmost to follow Christ's command by going to the aid of the world's poor, sick, and suffering. They have reached hurting people in countries around the world with food, medicine, shelter, and other assistance in the Name of Jesus Christ. Shortly after Hurricane Dorian struck the Bahamas, a mobile hospital unit was put in place and continues to serve residents with serious injuries and illnesses in the wake of the Category 5 storm. As teams work in crisis areas of the world, people often ask, "Why did you come?" The answer is always the same: "We have come to help you in the Name of the Lord Jesus Christ." Our ministry is all about Jesus - first, last, and always.

For the month of November, we are collecting chapel offerings to help offset the cost of shipping the boxes.

Our ALL SCHOOL PACKING PARTY is on Friday, November 15. We'll need parent help all afternoon....please consider joining us!!

Thanks for your support!



## COOK'S NIGHT OUT!!

Please join your Bethany family and friends, support our 8<sup>th</sup> Grade trip to DC and take the night off from cooking at...

**CPK**  
**Wednesday, Nov.20**

*Watch for a flyer next week!*



## Club 35 (Grades 3-5)

**All 3rd, 4th, and 5th grade youth** are invited to the next Club 35 meeting on...

**Wednesday, Nov. 13<sup>th</sup> from 6:00-7:00PM**

Club 35 will continue to meet on the 2nd and 4th Wednesdays of the month from 6-7pm in the Multipurpose Room #215.

**\*2020 Dates are posted on the Club 35 page Bethany's Website. –**

Katelyn True, [ktrue@bethanylutheran.org](mailto:ktrue@bethanylutheran.org)

# Pizza with a purpose

Bring in this flyer, present it to your server  
and we'll donate 20% of your check to the organization listed  
below. Purchases include dine-in, takeout, catering and  
all beverages.

Fundraiser in support of:

## Bethany Lutheran School

Wednesday, November 20<sup>th</sup>, 2019

All Day

Dine in and Take out

Present this flyer or a screen shot of this flyer to your server

Valid at the following location:

## California Pizza Kitchen

Lakewood California Pizza Kitchen

500 Lakewood Center Mall

Lakewood, CA 90712

562-633-0854

Join the CPK Rewards™ program and receive a free Small  
Plate on your next visit after registering. Register today at  
[cpk.com](http://cpk.com) or download our new app today!



california  
PIZZA KITCHEN

Fundraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for third-party delivery. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly.





# Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



## Cultivating an attitude of gratitude

**A**s parents, when we think about instilling a spirit of gratitude in our children, we tend to focus on the actions of gratitude. We encourage our young children to be brave enough to say thank you for a gift, and we cringe when our older children forget. I worked on this with my children in a formal way by requiring them to write thank-you notes after birthdays and Christmases. When they were younger, we created crayon or watercolor pictures and practiced writing “thank you” in our best pre-school script. When they were older, they fell into the routine of writing notes themselves quite easily. I was interested in how this process helped them to develop empathy as they thought about what their gift-giver would like to hear. As an adult, my daughter even thanked me for teaching her to write thank-you notes when she was young. I think she recognized that the discipline found in writing thank-you notes is a reminder of God’s blessings.

Learning to say “thank you” is an essential skill for parents to teach children. However, gratitude is about more than saying these words. It is an attitude, or perhaps a mindset. A family that values gratitude is one that teaches children to recognize the good things in life — even in the face of challenges.

Gratitude does not necessarily prevent children from feeling angry, sad or frustrated, but it can help them to regulate those emotions with the reminder that each situation has its good side too. In this sense, gratitude is more of a discipline than a group of actions. It is about continually looking for the joys of life without denying what makes us sad, angry or frustrated.

Children who recognize that there are sources of help in their lives will navigate problems with more success. The feelings of gratitude cultivated through the recognition of life’s blessings support the confidence that future help is available. When we nurture gratitude, we reduce anxiety and increase confidence. For example,

imagine a young child falls and incurs a minor injury. He might find this frightening because he may not remember enough falls to realize that the pain will go away. Once he is comforted by a friend or the scrape is cleaned and a bandage applied, he begins feeling better.

At this point, a child can be reminded that loved ones care and God heals. Feeling grateful for these blessings becomes a part of the memory of that experience. The next time a fall causes a scrape, the reaction



will likely be a bit more tempered because the brain knows that help is available.

Research tells us that gratitude impacts physical health and emotional health. People who practice gratitude have stronger immune systems, tend to sleep better and have a reduced risk of depression and anxiety. This benefit is especially true for adolescents undergoing much change and turmoil. Perhaps focusing on the blessings in your life is like taking a daily vitamin — it seems like a small thing to do, but it has big potential benefits.

A gratitude attitude also promotes healthy humility. Humility is not about putting yourself down or neglecting to speak up for yourself. Humility is being able to focus on other people because you understand your own needs are met. A humble child does not have to brag or indulge in self-ridicule. A humble child is content, and this enables her to look to others who may need encouragement. This same kind of healthy humility prevents a child from growing into a sense of entitlement. If a child grows up grateful for what God provides through family, school, church and friends, he will be less likely to demand to be given whatever he

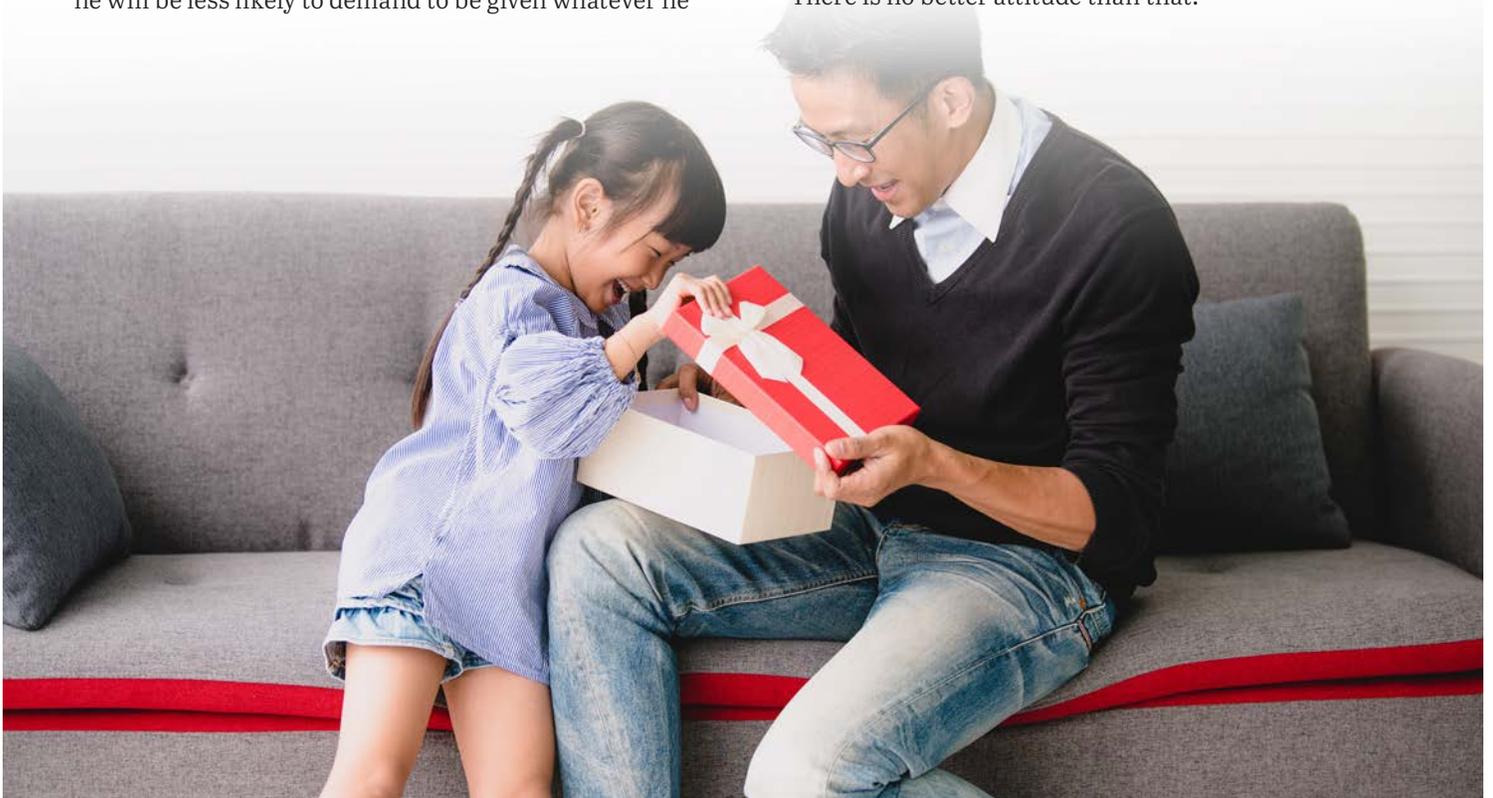
wants regardless of need. Gratitude helps us to see our place in God's plan.

The healthy humility that often results from practicing gratitude is an essential factor in the development of prosocial skills. Prosocial skills are those that help children develop relationships, and they are a factor in both emotional and academic health. Children who get along well with others get along better in life.

Most importantly, gratitude focuses on God — not only on what He has done for us but also on how powerful and loving He is. Consider this verse of thanks:

“Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!” (Ps. 107:1).

This verse talks about thanking God, but the emphasis is on God's goodness and steadfast love rather than on the gifts received. This is how gratitude is a source of comfort. Gratitude reminds us that because of His steadfast love, God has helped us in the past, God is helping us now and God will certainly help us with future needs. Gratitude turns our hearts toward God. There is no better attitude than that.



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