

The Vine

I am the vine; you are the branches...John 15:5

A publication of Valley Falls Christian Church

April 2019

Last month we looked at the dangers of technology as presented in a workshop entitled Leading Your Church and Family in a Techy World by Brian Jennings and Chris Autrey. This month we continue to share their material with ten things that parents can do to help stem the tide of unfiltered tech pouring into our homes and our children's minds.

1. Change your own behaviors. Lead by example; a lot of this is about our own habits. Therefore, parents can a) turn off notifications to your phone or delete social media and email apps from your phones. b) Put your phones away for periods of time while at home. c) Set time limits and venues or periods during the day in which no tech usage is allowed. I promise, nothing is going to happen that can't wait. d) Set work/family boundaries. For instance, ask co-workers to email you instead of texting if it is a work matter that can wait.
2. Talk to and pray with your kids. Not just once, but revisit the topic often. Pray the "7 Things to Pray for Our Kids" list that is found elsewhere in this newsletter.
3. Change your DNS settings. This allows you to block most objectionable material from the router. Yes, you have to be a bit tech savvy to do this. OpenDNS.com is a good resource to begin.
4. Get the tech stuff out of their rooms. There is a secrecy aspect here that is not good for kids and uncomfortable and awkward for parents. Kids will normally push back initially, but most eventually give up if you don't give in.
5. Use built-in controls from Apple or Android to set time limits, block sites, or for younger children, whitelist only the sites you allow them to visit, and disable app installed without parental approval. Do your research before clicking OK.
6. Pay for a parental-control app like Qustodio. You can learn more at qustodio.com. This app allows you to see how your child uses devices, apps and the web. You can filter harmful content and easily set healthy limits to manage your child's online experience without the drama.

The app gets installed across all devices, allowing you to supervise and control from your own smartphone or computer. It can block porn, allow you to see social network activity, limit screen time, control games and apps, and track calls and messages. It even has location tracking and a panic button for you kids if they need you in a desperate situation.

7. Use an AI-powered monitoring app like Bark.

Bark connects to 24 platforms to monitor text messages, emails, and social activity for signs of harmful interactions and content. Then it sends you automatic alerts via email and text when Bark's algorithms detect potential risks, so you don't have to comb through every post and text.

Bark keeps you from having to read all your kids' emails or texts by searching through them and alerting you if something is triggered in their algorithms that might suggest dangerous situations, self-harm, depression, etc.

Neither Bark nor Qustodio are free.

8. Schedule a fast for electronics for your family (experts say you need 30 days). If that seems like a long time, try shorter intervals. Use the fasting intervals to spend family time together. One suggested schedule is to fast one hour per day, one day per week and two weeks per year. Do what best fits your family.
9. Ask, "How can our family love God and love others this week?" Kingdom living is more exciting, rewarding and adventurous than spending time with your nose buried in your tech gadgets.
10. Introduce new (or old) fun stuff to engage the minds and creativity of your kids.

Satan would love to use tech to turn your kids away from God and you. These ideas help you to keep your family focused on *"whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."*

Philippians 4:8

Mike

7 THINGS TO PRAY FOR OUR KIDS:

1. Jawdropping Kindness
2. Quickly confess
3. See others as people to be loved, not objects
4. Speak truth in love
5. See the Ugliness of sin
6. Healthy ways to cope, rest and play
7. God-sized dreams

Due to caring for aging parents and traveling, Carolyn Starkey is stepping down from her board position as deaconess. All of us at VFCC want to give Carolyn a huge thank you for her years of service!

VFCC wants to welcome Wayne Flack onto the board as our newest deacon. Thanks to Wayne for answering the call to serve. There is a three month period during which if anyone knows a biblical reason Wayne should not serve in this position they need to make it known to the elders of the church. (1 Timothy 3:10)

VFCC has a text message prayer chain. If you currently are not on this prayer chain but would like to be, please text "ADD (your name) TO PRAYER CHAIN" to 785-817-6920 or see Pastor Mike at church. If you do not text but would like to receive prayer notifications by email, let Pastor Mike know and give him your email address. You do not have to be on the prayer chain to have prayer requests sent out. In order to have a request sent out, send the request to (or call) 785-817-6920 (Mike's #).

Men's Breakfast: The men's breakfast will be on April 13th at 8:00 AM. Mike Kirby will be cooking.

Pocket Change for Progress: We take a special offering of the pocket change you have been saving every 3rd Sunday during church. The money is divided between VFCC Youth programs and the School Supply Giveaway Fund.

Copies of the sermons are available on cd by request:

If you would like a copy please see Mike. You can also listen to them online at www.valleyfallscc.org.

EASTER SONRISE SERVICE, Sunday, April 21st:

The service will be at 8:00 AM followed by breakfast at 8:30 AM. There will be no adult Sunday School Sessions, in its place adults will clean up and fellowship until worship. See Stan if you would like to help cook or donate food.



Ladies,

I have taken on the Ladies Ministry Folder, and I'm so excited about my new "job" I have a planned an activity.

Make it and Take it
Friday, April 26th @ 6:30 p.m.

Here at the church

Cindi Area (former VF resident), will be leading the class. The cost is \$20, she says it's fairly simple and you don't have to be an artist to enjoy creating.

See Rhonda Mitchell about signing up for an evening of laughter and fellowship!

Fee due at sign up

April	Nursery	Greeters	Communion prep	Scripture reader	Communion table
7	Debbie/Allison	Farr	Farr	Farr James 5: 7-12	Jay/Stan/Jay/ Clinton /Jarret
14	Nancy/Ashley	Starkey	Starkey	Starkey James 5:13-20	Jay/Jay/Stan/ Ray /Chad
21	Cheyenne/Myles	Durand	Durand	Durand 1 Peter 1:3-9	Jay/ Stan/Jay/ David /Aaron
28	Glee/Aleyna	Barrett	Barrett	Barrett	Jay/Jay/Stan/Clinton/ Wayne F

April communion devotion and prayer: Jay Welborn

Prayer Requests: Becky Arnold, Clay Beister, Emma Dockweiler, Doug and Dorothy Schuyler, Charlie and Claire Brown, Farris

OUR SOLDIERS: Curtis Mitchell, Aaron Cook, Jacob Mitchell, Matthew Branam, Noe Garza, Gary Flack, Dayton Flack

Church Offerings:

Feb 10 - \$ 562
Feb 17 - \$ 2,026
Feb 24 - \$ 2,487
Mar 3 - \$ 1,747
Mar 10 - \$ 2,079
Mar 17 - \$1,268

Our expenses average \$1500 a week.
(Names in CAPS in Mission Field)

April Birthdays and Anniversaries

4 Betty Smith
11 Debbie Gerstner
19 Martha Gilleece
22 Erin Thomas
26 Susan Klawuhn
29 Stan Farr

(Names in CAPS in Mission Field)



***GARAGE SALE FOR SCHOOL SUPPLIES:**

Start stock piling your unused items for the all church garage sale in May. Proceeds benefit the School Supply Give Away. Jay and Carol Welborn are spearheading the event, contact either of them for questions or to volunteer. The event will be during the VF City Wide Garage Sales.

Valley Falls Christian Church

511 Oak Street
Valley Falls, KS 66088

RETURN SERVICE
REQUESTED

Phone: 785-945-6757
Email: office@valleyfallsc.org
On the web: www.valleyfallsc.org
Find us on Facebook!

Mike Kirby, Pastor

You are welcome to join us!

Sunday Service times:

Bible Study (all ages) – 9:00 AM

Worship – 10:00 AM

Youth Group (grades 7-12) – 5:00 PM **Midweek:** JAMs (grades K-6): Wed. 3:30-5:00

Sunday	Monday	Wednesday	Thursday	Saturday
	1	3	4	5
	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study	1 PM - Elders	
7	8	10	11	13
2 PM – Midland 5 PM – Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study		8 a.m. Men’s Breakfast
Palm Sunday 14	15	17	18	20
5 PM – Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study	1 PM – Elders	
Easter 21	22	24	25	27
8 AM Son Rise Service 10 AM – Pocket change for progress 5 PM – Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study	FRIDAY 26 6:30 PM Ladies Make It and Take It	
28	29			
5 PM – Youth Group	6 PM – Sunflower Crafters			