

Strong Families Make A Strong America

(Changing Lives One Mom At A Time)



February 2010 Front Door News

SEND PRAISES UP AS GOD SENDS BLESSINGS DOWN

By Lynda K. Powell, Founder, Bethel Foundation

Over the past few weeks I have heard the above phrase from different areas, whether a minister, a song or just someone saying it, so I decided to do a little research on Praises and Blessings.

First of all there is a song entitled "*When The Praises Go Up*" by Chicago Mass Choir, and the words in the song say, "When The Praises Go Up the Blessings Come Down, When the Praises Go Up, God's Healing and Deliverance is Received."

Praise to God is what we offer in acknowledgement of God's excellent being. You might think that praise is the same as saying "Thank You," but there is a difference. *Thanksgiving* describes our attitude toward what God has done, while *praise* is offered for who God is.

Psalms 18:3 says "I call to the Lord, who is worthy of praise." All believers are commanded to praise God! In fact, Isaiah 43:21 explains that praise is one reason we were created. "This people I have formed for Myself; they shall declare My praise." Hebrews 13:15 confirms this: "Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that confess his name."

So what can you do to make Praise an integral part of your life? *Praise can be expressed in song, in verse, or in prayer.*

If praising God is new to you, try praising God for who He is to you, personally. Proclaim that God's goodness is without measure; it is abundant and overflowing! Here are some ways to get started:

- Praise God for His holiness, mercy, & justice (2 Chronicles 20:21, Psalm 99: 3-4)
- Praise God for His grace (Ephesians 1:6)
- Praise Him for His goodness (Psalm 135:3)
- Praise God for His kindness (Psalm 117)
- Praise God for His salvation (Ephesians 2:8-9)

Praise to God can be offered anywhere! In time, it will become as normal as taking a breath.

When others look at you, do they see a reflection of God's praise? Psalm 113:3 declares, "From the rising of the sun to the place where it sets, the name of the LORD is to be praised."

Keep your eyes on God as you continue thru 2010. This is going to be an Amazing Year as God holds *Victory for the upright* and *BLESSINGS COMING DOWN*. It doesn't mean you won't have battles but God has armed us with strength for every battle.

☆☆☆☆ NEWS FLASH ☆☆☆

On the 1st Tuesday of each month, the Office and Community Center will be closed from 2-3pm for Staff and Volunteer Meetings. Please make note so you won't be disappointed.



T. E. A. SPRING EDUCATIONAL CONFERENCE

T = TEACHING
E = EDUCATING
A = ATTAINMENT

Ladies, mark your calendars, as we will be having a *Spring Educational Conference* on Saturday, April 24, 2010 from 9am to 1pm. Free Childcare will be available at the conference, which will be held at Britton Christian Church, 922 NW 91st St., Oklahoma City, OK 73114.

The topics are: *Budgeting, Child Abuse & Neglect, Saving & Couponing, and Set Yourself Apart.*

You must pre-register for the conference by going to our website at www.bethelfoundationusa.com and click on the link to the TEA Spring Conference. Or, you can call the office at 286-3700 and ask for a registration form to be mailed to you.

There will be **NUMEROUS DOOR PRIZES** as well as a *Tea Cup & Saucer* for every mother to take home with them to remember the day's events.

There will be a **SINGLE MOTHER OF THE YEAR AWARD** given out at the event on this day with a value of \$500.



"SINGLE MOM OF THE YEAR" AWARD

Bethel Foundation is wanting to recognize an exceptional "Single Mom" with an award at our T.E.A. SPRING EDUCATIONAL CONFERENCE to be held on Saturday, April 24th, from 9am to 1pm.

We want to find that Single Mom that is SPECIAL in the eyes of the person that is nominating her and stands out among the committee that will make the final decision of who to make this award to. The award will be a \$500.00 value and the Single Mom must be in attendance of the Spring Conference. The deadline to submit the form is Friday, April 2, 2010.

TAKE BACK YOUR POWER

By Linda Ranson Jacobs (www.hlp4.com)

"How great is the love the Father has lavished on us, that we should be called children of God." 1 John 3:1 (NIV)

Do you ever feel like you are a victim? Things may seem unfair and for many of you, things have been unfair. God never intended for you to be a victim. He wants you to be victorious in Him. He wants you to be victorious in parenting your children.

This doesn't mean you won't have challenges and that life will suddenly be smooth and carefree. You are a single parent for goodness sake. But it does mean that with God's help and guidance from His word and Christian mentors He places around you, that you can be victorious.

Pattern your parenting skills after the heavenly Father. Think about it, God gives us choices. He doesn't force His will upon us. Sometimes there are severe consequences if we don't follow His will.

Many children act out because their behavior is the only power they feel they have. Empower your children by giving them simple choices. "Do you want cereal or waffles for breakfast?" Start with choices that give them control in the non-critical areas of their lives. For example not brushing their teeth would put them at risk of life long dental issues. So brushing or not brushing their teeth cannot be a choice.

Gradually give them more choices. If you have more than one child, individualize the choices. One night your son can decide what the family is going to eat for dinner. Another evening your daughter decides. Sit the children down with a list of chores that need to be done. Allow each person, including you, to sign up for the chores they will do.

*Work on shaping your child's heart
instead of punishing behaviors.*

When you shape a child's heart, you inadvertently take back your own power as the adult that is in charge of the family. You are not controlling but you are in control. Just as the heavenly Father lavishes love on each of us, we can lavish love on our children. When that happens your children will be honored that they are part of your family and that you are their parent.

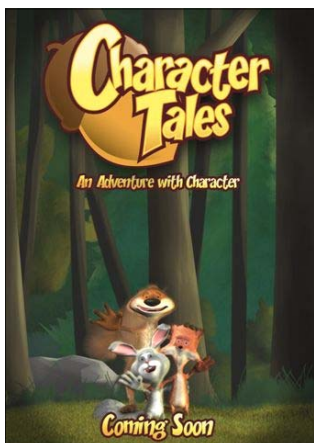
*"How great is the love the Father has lavished on us,
that we should be called children of God."*

1 John 3:1 (NIV)

Character Tales Movie Soon to be Released

This is a character tale movie that can be ordered through Bethel Foundation, with the first movie being about *Self Sacrifice vs. Selfishness*. It has a Western scene for the setting, and stars Wild Bill Hitchcock for only \$14.99.

What a great way to teach your children in a fun animated series and at the same time it will benefit Bethel Foundation. Call Lynda at 286-3700 to place your order.



"THE ROAD TO HEALING A BROKEN HEART" Grief Conference

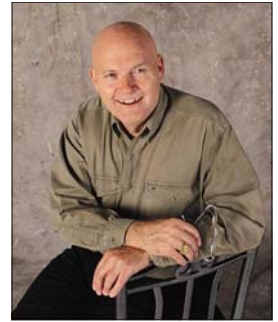
Friday, February 26

6-9 pm (Dinner served \$10)

Saturday, February 27

9-12 noon (Coffee & donuts)

Are you grieving the loss of a loved one or know of someone who is? *"The Road to Healing a Broken Heart"* Grief Conference is an opportunity to learn about God's gift of grief and how we can draw comfort and strength from God for our journey through grief.



The Special Guest Speaker is *Harold Iuan Smith*, a nationally known popular speaker and grief educator. Dr. Smith will share with us from his years of experience in working with those who have suffered the loss of a friend or loved one.

On *Friday night*, Dr. Smith invites *all of those from across our city who are grieving* to join him in seeking strength and comfort from the Lord.

On *Saturday morning*, Dr. Smith will help *church leaders and teachers* learn some important ways that we can help those around us who are grieving following the loss of a loved one.

The conference is free, but there is a \$10 charge for the meal on Friday night. The event will be held at Britton Christian Church, which is located at 922 NW 91st St. in Oklahoma City. For more information about the conference please call (405) 848-2046. Registration forms are available in the Bethel Foundation office and may be mailed to the church or faxed to (405) 843-7160.



Bethel Foundation is a Host Site for *Food Share America*. They offer incredible savings through the power of group buying and the support of volunteers. Food is purchased through the same manufactures as grocery stores without the overhead cost. Place your order at the beginning of the month and pay then pick up your order at the end of the month from Bethel Foundation. You can even use your food stamps with this program. Please call Heather at the office should you have any additional questions or need more information.

HONEY ROASTED KETTLE CORN FOR SALE

We are looking for churches, schools, organizations, and individuals that would like to have a joint *Kettle Corn Fundraising Event* that will help you and help Bethel Foundation. Please contact Lynda at 286-3700 to learn more about the details.





RAB'S RAB'S CHILDREN'S BIRTHDAY CLUB

HAPPY BIRTHDAY BOYS & GIRLS!

If you are a Single Mother and you would like to register your child for the Rab Rab's Children's Birthday Club, then please call Courtney at 286-3700 to get your Membership Form to complete. We do have to have advance notice when your phone number changes as well as your mailing address so your child won't miss out on their Birthday. The Birthday Club will have available for your child on their birthday or as close to it as possible the following: **A New Gift, Balloons and a choice of Vanilla, Chocolate or Chocolate Chip Cookie Cake.**



Madison Miller joined the Birthday Club 2-1-2009



NEEDS FOR MOMS

If you have any of the items listed that you would like to donate to our Community Center that will Bless one of our Mothers and give you a tax exempt letter for the donation please call Gail at 286-3700. Gail can schedule a time for the larger items to be picked up and deliver to one of our mothers in need.

- ◆ All size beds, Twin to King
- ◆ Dining Table & Chairs
- ◆ Baby Cribs
- ◆ Computers
- ◆ Toddler Beds
- ◆ Strollers
- ◆ Pack-n-Play
- ◆ Gas or Electric Dryers
- ◆ Blankets, Comforters
- ◆ Washer/Dryer Set
- ◆ Sheets
- ◆ Gas Cook Stove
- ◆ Towels
- ◆ Living Room Furniture

A tax exempt letter for items donated will be provided upon request at the time of the donation.

KIDS ROCK SUMMER CAMPS COMING JUNE 21-25 AND JULY 26-30, 2010

Kids Rock Camp is open to children going into the 3rd, 4th and 5th grade. We will only have 30 children per camp, and kids must pre-register by calling the Office at 286-3602.

Volunteers will be needed to help set up, decorate, and for kitchen prep and clean up. We are also in need of board games, puzzles, and art supplies. Contact the Office if you would like to volunteer or can provide any of these items.



INTRODUCING RALIEGH ERVIN

Ralieg Ervin has joined with Bethel Foundation as our **Outreach Ministry Coordinator**. Ralieg will be working with our new program for boys, "THE MEN OF JOSEPH". This is a youth guidance & Character building program for boys ages 6-18 years of age. Ralieg will be reaching out to young boys that do not have fathers and will be leading recreation and camping activities here on the grounds of Bethel Foundation. Keep watch for our upcoming Spring and Summer Camping dates.

Ralieg will also be heading up our Community Garden to teach our young people a self survival life skill of gardening and then learning how to can those garden items here at the Bethel Foundation grounds.

SPRING BREAK CAMPING ACTIVITIES

We are looking for young boys that want to experience a **FUN CAMPING OUTING** with special activities planned for young boys ages 6 to 16 years old, Thursday March 18th thru Saturday, March 20th, here on the back side of the grounds at Bethel Foundation, 13003 N. Western.

You will learn archery, how to shoot bb guns, fishing, volleyball, have Bible study, roast marshmallows, hot dogs and hamburgers, plus many other fun things are in store.



The camp is limited to 30 boys and there is no charge. You will need to pre-register in order to be a part of this camping experience by calling the office at 286-3700.

ORGANIC COMMUNITY GARDEN

We are developing an **Organic Community Garden** to teach a self survival skill for anyone that is desiring to learn and commit to being a part of this social and environmental endeavor. Please call the office at 286-3700 and let us know if you want to join our team of this new development. You will also be able to enjoy the fruits of your labor by receiving from the garden.



MEET OUR NEWEST VOLUNTEER



Aminah Jackson is a single mother of four that is going to college at OCCC, studying to become a History Teacher, and still finding time to give of herself by volunteering in our Community Center.

Aminah heard about Bethel Foundation from Annie Lillard, a supporter who told her about Rab Rab's Birthday Club. Aminah said that Bethel Foundation has been a Blessing to her and her family through the Birthday Club, the Christmas Program, "Angels For Moms," and receiving from the Community Center.

Aminah said she just had to help us out and has been volunteering every Monday. She said she hopes other single mothers realize they aren't alone and there is help for them while on their journey.



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Resourcefulness vs. Wastefulness

Finding practical use for that which others would overlook or discard:

- 1) Find What You Need
- 2) Use What You Have
- 3) Improve Resources
- 4) Exercise Your Talents
- 5) Share With Others

www.reachingforcharacter.com

Nonprofit Organization Helping Single Mothers

Temporary Housing • Spiritual Mentoring • Parenting Services

Bethel Foundation

Presents the

Front Door News

OUR MISSION STATEMENT:

Strong Families

Make A Strong America

(Changing Lives One Mom At A Time)

February 2010



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