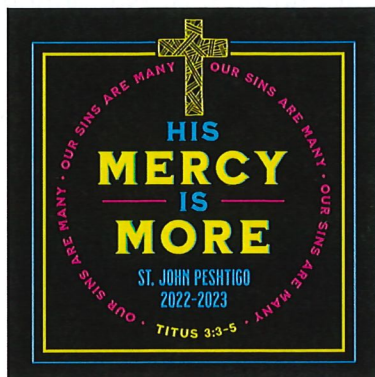


# St. John Lutheran School

## The Cardinal Chronicle

May 10, 2023



### Track Day - Help Needed

We are still in need of many volunteers to help with our Track Day events on Friday, May 19th. If you, or anyone you know can help that day, please go to our Sign Up Genius on our school website and choose the time you prefer. If you can please sign up by this **Monday, May 15th**, then we will know if we still have to look for more helpers. Thank you to those who have already signed up to help.

### Upcoming Events

May 12 - Chapel devotion - 8:15 am

May 12 - Hot Lunch

May 17 - Lutheran Pioneers (Potluck) Awards Banquet - 5:30 pm at Zion, Peshtigo

May 19 - Track Day

May 25 - 4K & 8th Grade Graduation Service - 6:30 pm (Grades 4K - 8 sing)

May 26 - Last Day of School/School Picnic - Dismissal at Noon

### Bethany Lutheran College Recruiter

Mr. Don Westphal, Recruiter from Bethany Lutheran College in Mankato, Minnesota, will be spending the morning of Sunday, May 14th at First Trinity Lutheran Church in Marinette. He will be giving presentations on the College at the end of their 8:00 and 10:00 services and giving a longer presentation during Bible Class time (9:10-9:40 AM). All are invited to join in worship and hear about a quality Lutheran college.

Additionally, there will be a free concert by the Bethany Lutheran Choir on the evening of May 14th at 6:30 PM that all are invited to attend.

## Hot Lunch

This week's hot lunch will be pizza cups provided by the McClain family in honor of Brylie's birthday. The cost is \$2 per person.

## Heart to Heart

This month's *Heart to heart: Parent Conversations* featured in a previous issue of our WELS publication **Forward in Christ** article is entitled: *How can parents model healthy cell phone use?* As summer approaches and our children have more free time, this article may offer valuable insight into how to find an appropriate amount of cell phone usage.

## School Calendar for 2023-2024

The school calendar for our 2023-2024 school year has been posted on our school's website under **Parent Resources**.

## Seroogy Candy Bars

We still have a few Seroogy candy bars remaining if anyone is interested. There are 8 bars of Mint Meltaway and 23 bars of Shock Rock. Contact Mrs. Sargent if you are interested.



## Missing Glass Bowl

Is anyone missing this glass bowl or any other items from the Entertainment Night? If this bowl belongs to you, or any other item, please contact Mrs. Sargent in the school office.


## Mission Offering



Our second semester mission offering will be going to the family of Finneas Bater, the 2 year old son of a WELS pastor in Thousand Oaks, CA. Finneas was diagnosed with medulloblastoma, a form of brain cancer. He has been going through numerous chemotherapy treatments over the last few months. Our donations will help the family pay for the treatments that Finneas needs. Last week we collected **\$38.50** bringing our total semester offering to **\$547.60**. Mission offerings will be collected during our chapel service on Fridays. Thank you for your heartfelt gifts.

*2 Corinthians 9:11 – You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.*

# Heart to heart: Parent conversations: How can parents model healthy cell phone use?

 [wells.net/heart-to-heart-parent-conversations-how-can-parents-model-healthy-cell-phone-use](http://wells.net/heart-to-heart-parent-conversations-how-can-parents-model-healthy-cell-phone-use)



## ***How can parents model healthy cell phone use?***

Do you ever feel like your smartphone use is out of control and you're not sure how it happened?

I am not an early adapter, so I didn't jump right on the smartphone wagon. Gradually, though, it crept into my life. First I wanted the camera. Then I liked the idea of being able to check my work e-mail when I was on the go since I do much of my work from home (or from my minivan). Somehow, my phone is now my lifeline. All my recipes live there as well as my music, videos, and to-do lists. I do most of my shopping on my phone. I stay in touch with family and friends via texting. Almost any question that is asked can be answered by checking my phone. Weather? Directions? Calendar? You get the picture.

My uses feel legitimate—and they may be—but all that my kids know is that Mom is always on her phone. If you relate to any of this, read our articles this month—and join me in resolving to make a change.

*Nicole Balza*

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**Let's have a show of hands.** How many of you are struggling to determine what healthy cell phone use looks like?

**Value**

Struggling can be good because it helps us identify our values. I really love how God tells us in Deuteronomy to love him wholly—to value him above all things. He doesn't say fleetingly or haphazardly share his words and precepts. He says, "Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up" (Deuteronomy 6:7).

We value our God who saved us, and we value the children he's entrusted to us. And, since we are people using media devices who are raising children in the way of the Lord, how we use and model using devices is an important topic of our struggle . . . when we walk along the road (or drive to school), when we put our kids to bed (or sit in the family room)—really at any and all times.

### **Evaluate**

Remember the expression, "more is caught than taught." Our kids are watching us and listening—weighing what we say against what we do. Short of some cataclysmic dystopian accident, cell phones are not going away. Children can see if the device appears more interesting to us than the people around us do.

There is value in struggling with how to have and show healthy media habits. Notice when you choose to give attention to a device. While it's fine to view entertainment online and be connected to others, it's also good to evaluate: "Is my media time excessive or to the exclusion of those around me?" Evaluate whether you would allow or encourage those choices for your child.

### **Value in struggle**

Recently, I was sitting with my youngest daughter when she beelined to retrieve my beeping phone. I thanked her and told her to leave the phone in the other room because I was spending time with her. The phone could wait.

Herein lies a struggle. We will have times when we need to take phone calls and answer messages. We also don't want to give the impression that we value what's on the other side of the beep more than we value the people present.

The apostle Paul reminds us that just because we can do something doesn't mean it's constructive to do so. He writes, " 'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but not everything is constructive" (1 Corinthians 10:23).

Evaluate how your personal habits appear to your child. Would your son notice that Dad stops what he's doing to check every notification or that Mom checks her social media in the middle of conversations? None of these situations are necessarily wrong,

but each one begs us to evaluate and struggle with: “Is this how I want my child to interact with those around him?” Where are the boundaries—or where would I want them to be?

There is no magic pattern to win the “best media boundaries parent award.” Yet being aware and evaluating media choices makes a difference. Share your values and discuss what you are doing: “I’m putting the phone away because . . .”

You may show healthy boundaries by deliberately putting the phone out of reach more often. Explain why you don’t want phones at meals or decide the family will all put them in the other room or turn them off during family time. Even declare the hour that it’s absolutely okay for everyone to catch up on their favorite media platform.

Let your children have input—work through this together so your family can use these God-given tools in moderate, healthy ways. There will be some struggling, tweaking, and reevaluating, but sharing your values with your children is priceless.

*Amy Vannieuwenhoven and her husband, Charlie, have four children ranging in age from a fourth-grader to a high school senior. Amy is a teacher at Northdale Lutheran School in Tampa, Florida, and the author of Look Up From Your Phone So I Can Love You from Northwestern Publishing House.*

**Our families are at war** with technology and digital communication. At a time when information is more readily available than ever and we can connect with friends and loved ones in an instant, depression and anxiety among young adults and parents increase. Many report feeling disconnected from their families because of technology. So something that was designed with the intention to keep us connected actually makes us feel more lonely!

As beloved children of our heavenly Father, we were designed to be in relationships with one another. The very nature of our triune God points to the interconnectedness of the Father, Son, and Holy Spirit. Our digital age has given us a false sense of interconnectedness by giving us so much information that we assume our relationships are more complete than they might actually be. Instead, we are lonely because we’ve stopped looking into each other’s eyes, and we’re anxious because we feel that we need to post or perform to receive attention.

This year, consider making a digital resolution to turn off the smartphone at dinner; forget the in-the-moment Facebook post; and talk face to face with family, friends, and especially your children. Your commitment to set a digital resolution in 2019 could include:

- Setting a specific time and place for technology use in your home.

- Having all family members agree on when to unplug, perhaps during family meal times and at the same time every night.
- Committing not to use technology before a specific time on weekends (Mom and Dad, this means you too!).
- Using the resources on your mobile device to set daily time limits for use for every member in your household. Most Apple and Android devices now include this type of software. Consider a tool like [mobicip \(mobicip.com\)](http://mobicip.com), which helps parents set healthy limits on their children's digital experiences (as well as their own!).

When you set limits around your technology use, watch for the Lord to bless your efforts, including more conversation, more face to face time, and perhaps even more hugs.

Laura Reinke is a marriage and family therapist at Christian Family Solutions and the director of youth ministry at Trinity, Waukesha, Wisconsin.

## **SUBMIT YOUR STORY**

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Do you have a manuscript, idea, or story from your own life you'd like to share for use in *Forward in Christ* or on [wels.net](http://wels.net)? Use our online form to share it to our editorial office for consideration.

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Author: Multiple Authors

Volume 106, Number 2

Issue: [February 2019](#)

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