



## October Family Devotional

**“Jesus Christ is the same yesterday and today and forever.” (Hebrews 13:8)**

I think autumn is my favorite season of all. Leaves turning yellow, orange, and red, brisk morning air, hot chocolate, popcorn, baking pumpkin cookies, squirrels out gathering and burying nuts—it’s a special time of year!

But it also speaks of change—and change is something that happens a lot as you grow up. Your body is changing. You’re growing out of your clothes and shoes. And you’re also heading toward puberty.

- Your complexion is changing. All of a sudden you find bumps on your cheeks and forehead—acne!
- Your teeth are changing. You’ll lose your baby teeth, and might already be in braces.
- Your schoolwork is changing. You have more homework and harder concepts to learn.
- Your Sabbath School class is changing. You get placed in a new room with older kids.
- Your friends are changing. Some may begin to pull away and branch out to make new friends. Some may start to experiment and make wrong choices.
- Your parents are changing. They probably expect more from you now that you’re older, and have also given you more responsibilities and privileges.

Yep, your tween and earliteen years are full of change. That can make you feel both excited and maybe even a little anxious. And that’s okay.

You will go through more changes in your life—many more. Some will be easy, and some will be hard. Some will be welcomed, and some may be heartbreaking. But here’s some great news for you: *Jesus never changes!* No matter what changes you go through while growing up, He will remain the same.

Wherever life takes you from this day on—whatever changes come to your body, your family, your school, your friends... you have one **Friend** who will always be the same. He doesn’t have grumpy days. He doesn’t have days when He’s too tired to listen. There’s not a single day when He doesn’t want your company. He’s always there for you. And He loves you.



Pastor Nancy  
Children & Family Ministries





# Sunnyside Family Focus

by Alin Dragulin



The benefits of being a part of my child's spiritual life are many, with peace being the most important for me! Being a child today is very confusing—much more so than when I was growing up in the 80's. With so many worldly traps begging for attention it's more important than ever to have a reset and talk about something else other than popular culture habits, who said what on what platform, and what Netflix show is being canceled. I know sometimes I'm guilty of being caught in the tornado of weekly affairs, but I want my daughter to see me taking time away from that noise for Sabbath. When she is grown and faces deadlines, I want her to look for the peace that Sabbath brings. Also, the Sabbath School Bible stories are so varied and presented well, and that fosters conversations between us that makes a path for the Holy Spirit.

We had enough of staying at home Sabbath mornings during the pandemic. I know how difficult it is for families to get out the door for anything, especially when Sabbath comes around. It seems we're fighting extra hard. Clothing choices or "I'm tired" or "My friends don't go to church, why do I?" What I have found is that doing something with a purpose is more fulfilling than just out of habit. Being in charge of some part of the Primary class and helping kids to enjoy Sabbath School is our purpose.

## Pumpkin Volcano

### What I need:



- 1** Cut hole on top of the pumpkin. Dig out seeds and insides.
- 2** Fill pumpkin about 2/3 full of water.
- 3** Add 4-6 tablespoons of baking soda.
- 4** Add 1/2 - 2 oz of washable paint (however intense you want the color to look!)
- 5** Add 1 tsp of dish soap and stir!
- 6** Add 1 cup of vinegar and see the reaction!

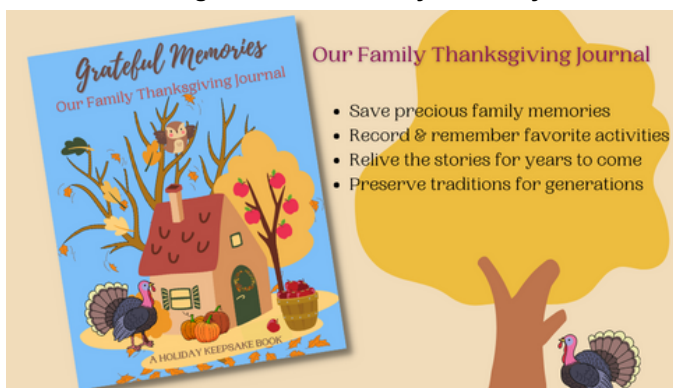


Just what you asked for!  
A fun and messy fall experiment  
to do with your kids!

(Source: <https://www.pinterest.com/pin/674132637955824201/>)



With Thanksgiving coming next month, you can order this book on Amazon and start a great tradition with your family!



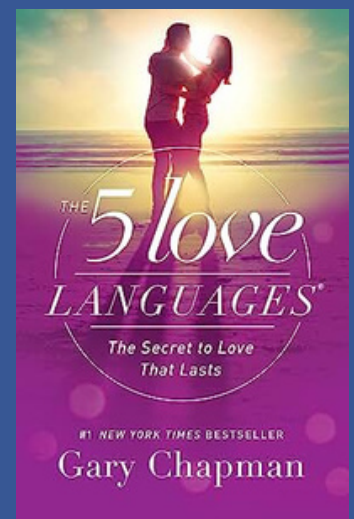
### Our Family Thanksgiving Journal

- Save precious family memories
- Record & remember favorite activities
- Relive the stories for years to come
- Preserve traditions for generations



Want your kids to show some grandparent love? Here are a few ideas:

- Make them a card
- Write and mail a letter
- Bake with them
- Call or FaceTime
- Ask them to read or tell a story
- Take selfies with them  
(This would be fun!)
- Go for a walk together
- Sit with them at church
- Make a craft together
- Have a tea party or picnic
- Give LOTS of hugs!



For moms and dads, "The Five Love Languages: The Secret to Love That Lasts" by Gary Chapman is an oldie but a goody! This bestseller is only \$8.99 on Amazon. You can also get it on Kindle or Audible.

