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RETURN SERVICE REQUESTED

JULY NEWSLETTER 2021



**PBCC
VACATION BIBLE
SCHOOL
JULY 19-23, 2021
8:30a.m.-12:00p.m.
Send your kids on a
mountaintop
adventure!**

At Rocky Railway VBS, kids discover Jesus' power can pull them through life's ups and downs.

Rocky Railway is filled with incredible Bible-learning experiences kids see, hear, touch, and even taste!

Sciency-Fun Gizmos™, team-building games, cool

Bible songs, and tasty treats are just a few of the standout activities that help faith flow into real life.

Online registration now open!! Don't wait!

powellbuttechurch.com

OUTDOOR SERVICE

Our outdoor service started at **9:30am**. Call your friend from church and let them know you will meet them there!!



Cowboy Fellowship at Powell Butte Christian Church

Cowboy Fellowship is EVERY Saturday night in the Historic Chapel at 7pm. **July 3, 10, 17, 24, 31**

FOOD, FOLKS & FUN SPLASH DAY!

Plan Now to attend July 11th. We are looking at an alternate location for our Lake Day. Watch for updated information or call the office. 541-548-3066



Summer Calendar

Pick up a Summer Calendar at the gazebo or on a table in the Great Hall and see what is planned for this summer! You won't want to miss out!



The Chosen

Starting on July 13th on Tuesday nights at 6:30pm, we will be showing all episodes of "The Chosen"- 2 a night with discussion afterwards. Bring the family!



LORD'S ACRE PIE SUPPLIES Updated

****We have all the flour, sugar and pecans needed at this time for pies! THANK YOU!!!** We are now needing only 14# Brown Sugar, 15# Butter. Please drop by the office or leave in kitchen on counter, in walk-in cooler or freezer with Lord's Acre written on it. Please notify Jeanne in the office of your donation. **Thank you** for your donations we are getting so close to having all the needed items!!

MISSION 4 MEXICO

Mission 4 Mexico 20 year reunion BBQ set for Aug 21, 2021 at PBCC. More info to follow. Questions? Contact Troy Y.



Lord's Acre Pie Baking Dates

Save the dates **NOW** as we will need as many people as we can to help make pie crusts! No experience necessary we have plenty to teach you how!! Come enjoy the fellowship, make yummy pies and even get to tasted the pie of the day! There are jobs for everyone!



Aug.5th - Strawberry/Rhubarb, & Rhubarb, Aug.7th - Marionberry (6 boxes), Aug.12th - Apple, Aug.14th - Mixed berry, Aug.18th - Make mincemeat, Aug.19th - Mincemeat & Marionberry (2 boxes), Aug.26th - Peach & Sept.2nd - Cherry



7 Ways to Teach Time Management Skills for Teens

By June Scharf

Most adults struggle with how to manage time effectively. Teens are no different. Their time is splintered by many demands—academic, social, sports, volunteer hours, family responsibilities. So when it comes to time management for teens, how do we help teens learn to set priorities and manage time effectively? Parents, you can be a helpful resource by stepping in and offering guidance.

When you understand the many factors involved with time management for teens, you will be able to make suggestions to help reduce your teen's stress. Jennifer Hatfield, president of Therapy and Learning Services, Inc., details her best practices for time management skills for teens.

1. Figure Out Your Teen's Style

Start by helping your teenager understand her own unique rhythms. We all have times of day when we're able to be more productive than others. Helping teenagers identify their own productive periods is more effective than parents deciding when teenagers should do what. A key to time management for teens is letting them be in charge.

2. Talk About How to Manage Stress

Because it can be so overwhelming, high levels of stress are not helpful when it comes to managing time effectively. There are two basic kinds of stress: internal and external. Internal stress is self-imposed ("I need to straight A's!"). External stress is the result of deadlines and other pressures ("I have a math test tomorrow!"). If your teenager is feeling too much external stress, see if he can remedy the situation by starting projects and other assignments earlier, asking teachers for extensions, or dropping extracurricular activities. If your teenager is the type to put a lot of internal pressure on himself, then look for ways to help him keep a healthy perspective on what's important (and what's not).

3. Help Your Teen Understand How Priorities Work

"There's a big math test on Monday morning, but my friends are all going to the movies on Sunday night. Can I go too?" While most adults will see a problem in this statement, teenagers — with brains that are not yet adept at understanding consequences — may not. Parents can help improve this aspect of time management by talking with teenagers about their priorities, like, say, getting a B in math. "You want to do well on your test so you can get that B you've been talking about. Could you study during the afternoon, so you'll be ready for the test before the movie?"

4. Learn to Start Early

Being late for activities, not completing homework on time, or waiting until the last minute to get ready for a family event ... all signs of procrastination and poor time management skills. When parents see these kinds of choices impacting grades and causing drama, they need to step in and help teenagers learn to get assignments etc. completed on time. But parent should resist "telling" the teen what he/she "should" do, says Hatfield, and instead, try to offer some tools — like, say, using alerts on her phone or using a calendar to schedule out projects — to help your teen learn to plan ahead.

5. Focus on Time

Similarly, teach your teen to have an awareness of time. Some teenagers are just not adept at paying attention to time and so are always running behind. While wearing a watch or using a phone timer won't likely solve all time management issues, it can be one tool to stay aware of the time at any given moment.

6. Help Them Learn to Manage Technology Distractions

While technology has a lot of upside, when it comes to academics, there are also downsides. Namely, these devices are highly distracting. Have teens make a list of the ways their phone serves as a distraction. Then encourage your teen to come up with ways he can control the distractions. This will teach him to solve problems by setting his own limits, which he will have to do soon enough in college.

7. Lists are not Enough

Having a to-do list is an organizational strategy, not a time management strategy, per se. Teenagers also need to learn how long tasks take, how to plan their schedule using strategies like blocking out chunks of time to devote to certain tasks, setting goals for the day, identifying the steps required to complete each goal, and most importantly, anticipating the roadblocks that might thwart their efforts.

If you or your son or daughter are interested in seeking support from this ministry, please contact Suzan at pbcc@powellbuttechurch.com, or leave a message with Jeanne at the church office.

FORGED YOUTH SUMMER CALENDAR

JUNE:

- 2ND- LAST YOUTH GROUP
- 18TH- 11 HOUR INSANITY
- 23RD- GAME NIGHT
- 28TH- LEAVE FOR FCA CAMP

JULY:

- 2ND- RETURN FROM FCA CAMP
- 9TH- YOUTH GROUP
- 16TH- LAKE DAY
- 18-23RD- VBS
- 28TH- VOLLEYBALL & CORNHOLE

AUGUST:

- 6-11TH- SUMMER CAMP!!
- 20TH- YOUTH GROUP *or*
- 25TH- BONFIRE & GAMES

SEPTEMBER:

- 8TH- END OF SUMMER CELEBRATION
- 15- FIRST YOUTH GROUP



**DATES AND EVENTS CAN CHANGE
SO PLEASE CHECK BACK!**



JULY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Worship Services: Saturday Night Cowboy Church - 7pm SUNDAYS: 8:30am In person and online 9:30 am In person outdoors 11:30am Historic Chapel</p>				<p>1 Lord's Acre Crafts 9am</p>	<p>2 OFFICE CLOSED</p>	<p>3 COWBOY CHURCH 7pm</p>
<p>4 Worship Services* </p>	<p>5 OFFICE CLOSED Ladies Quilting 9am</p>	<p>6 Ladies Quilting 9am Lord's Acre Crafts 9am</p>	<p>7 Men's Bible Study 7am</p>	<p>8 Lord's Acre Crafts 9am GOT Mt. 6:30</p>	<p>9 OFFICE CLOSED</p>	<p>10 COWBOY CHURCH 7pm</p>
<p>11 Worship Services*</p>	<p>12 Ladies Quilting 9am</p>	<p>13 Ladies Quilting 9am Lord's Acre Crafts 9am Elders Mt. 6:30pm</p>	<p>14 Men's Bible Study 7am</p>	<p>15 Lord's Acre Crafts 9am</p>	<p>16 OFFICE CLOSED</p>	<p>17 COWBOY CHURCH 7pm</p>
<p>18 Worship Services*</p>	<p>19 Ladies Quilting 9am Board Mt. 6:30 pm</p>	<p>20 Ladies Quilting 9am Lord's Acre Crafts 9am</p>	<p>21 Men's Bible Study 7am</p>	<p>22 Lord's Acre Crafts 9am</p>	<p>23 OFFICE CLOSED</p>	<p>24 COWBOY CHURCH 7pm</p>
<p>25 Worship Services*</p>	<p>26 Ladies Quilting 9am</p>	<p>27 Ladies Quilting 9am Lord's Acre Crafts 9am</p>	<p>28 Men's Bible Study 7am</p>	<p>29 Lord's Acre Crafts 9am</p>	<p>30 OFFICE CLOSED</p>	<p>31 COWBOY CHURCH 7pm</p>



July Birthdays



Not Available
on the Internet