

Relax in to the Summer ...

Dear Parents,

If we had money for every time a young person whined, "I'm bored!", we'd all have enough to collectively purchase our own private island, and once we arrived, our kids would somehow *still* fail to find ways to entertain themselves.

Summer boredom is the plight for many a parent, and with it comes a stab of guilt. But our instincts tell us how much we benefited from unstructured time when we were kids. Our imaginations came alive and we were able to create worlds inside our heads with very few toys or electronics. Those quiet moments of creating our own fun built us into the adults we are today. Still, it's hard to hear from our children how bored they are - it feels like a failure on our part. Boredom is defined as *"the frustrating experience of wanting, but being unable, to engage in satisfying activity."* And while that sounds - and can feel - unpleasant, numerous studies have shown it's actually good for us to be bored.

Because when our we are bored, we can:

- * Learn how to self-motivate and act independently.
- * Take responsibility for our own well-being.
- * Seek out creative challenges.

Young people who face unstructured time with no planned entertainment learn to figure it out. In fact, boredom can actually be a tool to help them discover their passions and how to develop them. That means we have to be intentional about creating unstructured time for them this summer.

Here are three ideas how we can help being bored this summer:

1. Choose only one class or activity.

We know, it's tempting to enroll them in sports, camps, music lessons, or classes and keep them occupied every day (or as some would call it, to give them an academic head start). However, a tight schedule can escalate to stress, short tempers, and exhaustion for you and your family. Creativity requires breathing room to flourish.

2. Create a screen time strategy.

Prioritise routine tasks and creative activities before screen time. Encourage them to complete a checklist of things to do, like chores, reading a chapter in a (Bible?) book, or some form of creative expression before turning to screens.

3. Schedule unscheduled time.

Provide art supplies or set challenges for them, that require them to slow down and focus, like building an adult-sized LEGO tower, inventing a recipe, or teaching themselves a new skill, write a postcard, etc.

On the reverse you will see some podcast ideas (I know that is a technical device !!) and a few book recommendations, besides their Bible. Maybe have a family challenge of reading a bible book during the Summer or learn some new skills together.

May you know Peace this Summer and learn to relax with the Father and with your loved ones.

Erik



Victoria Baptist Church
YOUTH PROGRAMME '23

UK SUMMER CAMPS '23:

(ask Google for details)

- * SATELITES
- * URBAN SAINTS
- * CONTAGIOUS
- * GENERATIONS CAMPS
- * Boys' Brigade
- * Somerset Christian Camps
- * West Runton Holidays
- * Spring Harvest (France)

WEC, Operation Mobilisation and Youth with a Mission run short term missions as well

Whilst on holiday, why not visit another church, and remember, the body of Christ isn't all Baptist. If you come across anything that you think could enhance our worship here at VBC, please do let us know. Bring back any info flyers you might find in other places, any ideas you like or flavour of their tea and coffee.

Whatever you do this Summer, go with God !! (He's not on holiday !!)



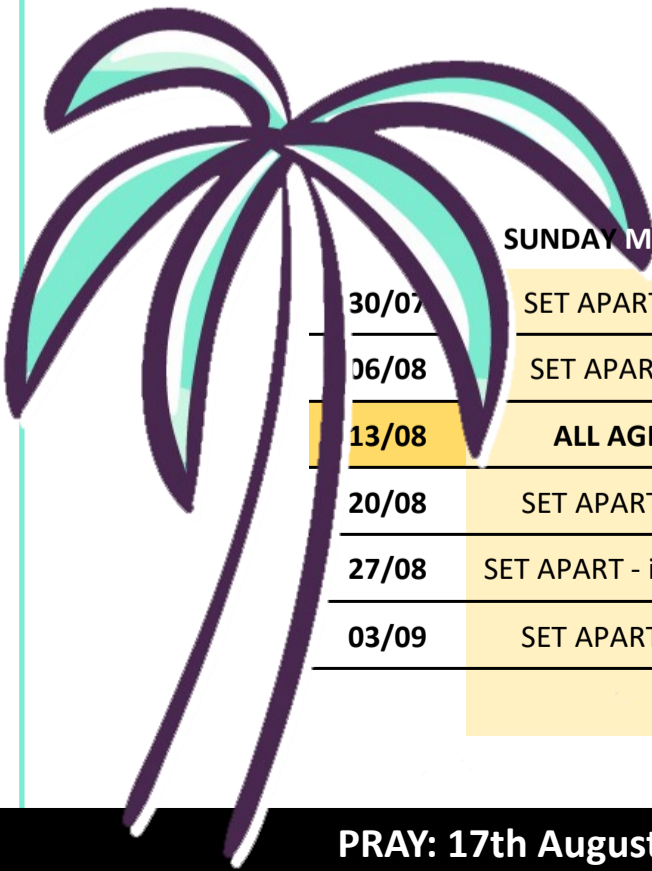
JULY YOUTH ACTIVITIES:
9th July - mini Golf in Hastings + chips on the beach
25th July - Games, Challenges and BBQ

SUNDAY MORNINGS 10am

| | | |
|-------|-----------------------------|--|
| 30/07 | SET APART - Holy God | Erik Speaking @ Generations Camp (age 13-16) / visiting BB Camp |
| 06/08 | SET APART - in Christ | No Xcav8 |
| 13/08 | ALL AGE SERVICE | No Xcav8 |
| 20/08 | SET APART - not alone | No Xcav8 |
| 27/08 | SET APART - in our thoughts | Sunday 27th August - Water and Colour wars (after church, lunch is provided) * |
| 03/09 | SET APART - a Journey | am: Erik Speaking at Downs Baptist All Age |
| | | Friday 8th September - Communion with Alice* (Mad Hatter Tea party with Escape room) |

* please book yourself in with Erik

PRAY: 17th August - Results Day for A-Levels / 24th August - Results Day for GCSE



podcasts

as listened to by your youth worker ...

UNBELIEVABLE?

engages in fundamental questions on Christianity with the intention to openly discuss different opinions between Christians and non-believers.

NOMAD PODCAST

Join two ordinary pilgrims as they stumble through the post-Christendom wilderness, looking for signs of hope. Nomad can be found a twice-monthly podcast, through which we ask real questions and enjoy honest conversation as together we search for signs of hope in this post-Christendom wilderness.

JUSTICE WORRIERS PODCAST

Some confused Christians who worry about justice: the gap between rich and poor, the oppression of people within our society, and many other things. Join us for rambling conversations, lots of questions, and very few answers.

POPCORN PARENTING PODCAST (from the guys at Speaklife)

Popcorn Parenting is about watching movies with your kids and chatting about them from a Christian perspective. Nate Morgan Locke's done a lot of thinking about this. Just don't mention Toy Story 4, okay?

THE MID FAITH CRISIS PODCAST

A podcast for every Christian who has ever asked 'Is that it?' Mid-faith Crisis explores the Christian faith with honesty and humour. If you feel that you have more questions than answers, if you feel as though your faith is changing, if you feel that if the worship leader sings that chorus one more time you will strangle him with his own guitar strap, then this is the podcast for you.

A MUCKY BUSINESS WITH TIM FARRON

Each week Christian MP Tim Farron unpacks the murky world of politics and encourages believers around the UK to engage prayerfully. Tim will share what life is like in Parliament, which issues Christians should care about and what you can do to make a difference.

BEER CHRISTIANITY (for those 18+ / parents)

Faith, hops and love. Beer Christianity blends interviews with thinkers, artists and theologians with good old fashioned pub talk. Because important conversations deserve lubrication. Join host and political/religious writer Jonty Langley as he interviews fascinating people, gets the opinions of reasonable Christians on real issues and drinks an interesting range of unpretentious beers. Pour a pint or crack open a cold one. Put your feet up and listen your way into a different kind of Christianity.

BOOK RECOMMENDATIONS / SUMMER READING LIST (besides your Bible !!!)

Do Hard Things: A Teenage Rebellion Against Low Expectations - Alex and Brett Harris

Written by brothers Alex and Brett Harris when they were teens, this Christian book challenges young people to rise above low expectations and make a change. The challenge to do hard things isn't about doing the impossible or seeking to earn someone's favour, especially God's. Instead, young people are encouraged to use their years 13-19 as an opportunity to make a difference. A good, lasting difference. Why not start today?

Is this it? - Rachel Jones (recommended for those 16+)

Sooner or later, most of us find that adult life is not all it's cracked up to be. At some point we take a look at where we've got to and wonder: "Is this it? Why did no-one warn me that adult life was going to be this... difficult?" Rachel Jones is 20-something, trying to keep it together, and ready to say what we're all thinking. Whether you're just feeling a bit lost or having a full "quarter life crisis", this funny, honest, hopeful book reveals the difference Jesus makes to the challenges of adulting.

Visual Theology: Seeing and Understanding the Truth about God (w/Study Guide) - Tim Challies and Josh Byers

More than a picture book, this is an earnest, transformational introduction to faithful theology focused on godliness and relationship with Christ. Recognising the unique challenge of learning in a visual culture, Tim Challies and Josh Byers have produced a wholly new approach to the introduction of theology, and given us an excellent primer in the essentials of the gospel in the process.

This changes Everything - Jaquelle Crowe

My name is Jaquelle, and I'm a teenager. I like football movies, sushi, and dark chocolate. But the biggest, most crucial, most significant thing about me is that my life's task is to follow Jesus. He is the One who changed my life. That's what this book is about. It's for those of us who don't want to spend the adolescent years slacking off, but rather standing out and digging deep into what Jesus says about following him. This book will help you see how the truth about God changes everything—our relationships, our time, our sin, our habits, freeing us to live joyful, obedient, and Christ-exalting lives, even while we're young.



SUMMER BIBLE JOURNALLING IDEAS

