

November  
2023

# Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



## The time has come....

.....for our Chili Supper and Silent Auction - **Monday, November 6<sup>th</sup> from 5:00 - 7:00 pm.** Remember - chili supper was presale only, so I hope you are all paid up! You do not have to pay admission to come to the silent auction. We have some GREAT things up for grabs. Auction ends at 6:30 pm on the dot, so don't miss it! Special thanks to all of our families for your donations, both monetarily and items for the baskets. Y'all rock!



## Gather Around the Table!

We will have our Thanksgiving Meal on **Thursday, November 16<sup>th</sup>.** We will use Sign Up Genius for everyone to reserve their spot, so check your email for the link. The cost is \$15 for adults and \$8 for anyone under 18. The meal will be chicken, green beans, macaroni and cheese, salad, rolls, and desserts. It is acceptable for your child to bring their lunchbox. Our Mon/Wed families are also welcome to attend, but an RSVP and payment must be made. RSVP by **Friday, November 10<sup>th</sup>.**



## School Closure!

LBP will be closed for Thanksgiving Break **Monday, November 20<sup>th</sup> - Friday, November 24<sup>th</sup>.** Have a wonderful holiday with family and friends!!



## LIGHTHOUSE Monthly Mission Project

### CHRISTIAN CAMP

For our monthly mission project, we are accepting items for Lighthouse Christian Camp in Smithville. Our church supports this mission year round! This camp ministers to disadvantaged children of Middle TN. They bring children to camp during the summer and back again on weekends throughout the year. Over the past 40 years, they have brought over 18,500 children to camp for FREE! They also provide a big Christmas party for these children each year and typically expect 800 children! A "camp store" is set up with donated items. These items are placed on tables and each child is given "play money" to shop for their family members. All the gifts "cost" the kids between only \$1 - \$10. How cool is that??? Included with your newsletter is a list of things that can be purchased for their event. The possibilities are endless! Items are due by **Friday, November 17<sup>th</sup>.** Make a difference in the life of a child today!

## DECEMBER SNEAK PEEK

Ugly Sweater Days	Monday, December 11 <sup>th</sup> and Tuesday, December 12 <sup>th</sup>
Christmas Movie Day & Santa	Wednesday, December 13 <sup>th</sup>
Schoolwide Christmas Program	Thursday, December 14 <sup>th</sup> at 10:00
Christmas Movie Day & Pajama Day	Friday, December 15 <sup>th</sup>
Happy Birthday Jesus Party	Monday, December 18 <sup>th</sup>
Classroom Parties	Tuesday, December 19 <sup>th</sup>
Closed for Christmas Break	Wednesday, December 20 <sup>th</sup> through Friday, January 5 <sup>th</sup>
First School Day of 2024	Monday, January 8 <sup>th</sup>



# Lascassas Baptist Preschool Monthly Devotion

## Leftovers

One of the great joys of Thanksgiving is leftovers. For some reason, turkey and dressing taste just as good reheated as they do fresh out of the oven, maybe better. But I found a website that added up the calories from that delicious stuff, and the exercise necessary to burn it off. How much walking would you need to do for a turkey sandwich, some stuffing, some mashed potatoes, cranberry sauce, and a piece of apple pie with ice cream? Over 13 miles! Add some gravy, and you're up to nearly 15 miles! I don't know about you, but I don't have the time to walk 15 miles after a meal!

But thinking about leftovers brings me back to the thought of thankfulness. Thanksgiving is an indication of the heart. It shows that our lives are in balance—that our communication with the Lord is not all about our wants and our needs.

There are two levels of gratitude. Let's call them the lower level and the upper level. Unfortunately—and I admit I'm in this category—we kind of dwell in the lower level. That's where we see God's work in our lives as intermittent spurts of goodness. Some big blessing comes along and we say, "Thank you, Lord!" But living on that level of gratitude only shows that we are selfish, and that we miss the total perspective of God's goodness. We thank Him for the pleasurable things, because our view of goodness is comfort, rather than becoming like Jesus. The upper level, the higher level, is consistently thanking God, in the good and the bad, believing that all things will work out for good to those who love Him (see Romans 8:28). I admit I have a long way to go on this one! I often complain instead of saying, "You're in control and I thank You, even though I don't understand it."

Corrie ten Boom was sent to a prison camp for hiding Jews from the Nazis. There, her sister said they should thank God for everything in their barracks. Corrie refused to give thanks for the fleas that infested their bedding, but later she found out that those fleas kept the guards from entering the barracks, enabling them to have daily prayer meetings. So she said, "Thank you, Lord, for the fleas!"

So while you're thanking the God "who satisfies your mouth with good things" (Psalms 103:5), remember that He's in control and He knows best. Let's bless the Lord in all things, because God is good all the time!

Adapted from: [www.crosswalk.com/devotionals/thanksgiving-devotionals/](http://www.crosswalk.com/devotionals/thanksgiving-devotionals/)

## Healthy Recipe of the Month - Roasted Pumpkin Seeds

INGREDIENTS: 1 medium pumpkin                      2 tbsp olive oil                      salt

DIRECTIONS: Use a chef's knife to cut pumpkin in half. Use spoon to scoop out seeds (1 medium pumpkin yields about 2 cups); transfer seeds to large bowl of water. Scoop out loose seeds that float and separate pulp from remaining seeds. Discard pulp. Transfer seeds to colander and rinse. Drain, then pat dry with dishtowels. Spread cleaned seeds on baking sheet and bake at 250°F until dry, about 1 hr. Toss with olive oil, season with salt and roast at 350°F, tossing occasionally, until golden brown and crisp, 20 min. Cool completely, then store in an airtight container.

MIX IT UP w/FLAVORS:

Fall Mocha: 1 Tbsp hot cocoa mix + 1 tsp ground cinnamon      Sweet Heat: 1/4 cup brown sugar + 1/8 tsp cayenne

Adapted from: [www.goodhousekeeping.com/food-recipes/cooking/a25252173/how-to-roast-pumpkin-seeds/](http://www.goodhousekeeping.com/food-recipes/cooking/a25252173/how-to-roast-pumpkin-seeds/)

## Help Picky Eaters on Thanksgiving

Thanksgiving—a holiday often full of elaborate food traditions—can be extra challenging for parents of picky eaters. Who wants a holiday dinner turned into a battle zone filled with whispered bargaining? Fortunately, with a little planning, you can create a balanced Thanksgiving meal the whole family will enjoy!

- Choose at least one food you know your child will like.
- Engage your child in meal planning.
- Invite your kids in the kitchen to help prepare your Thanksgiving meal.
- Make it look, smell & taste delicious.
- Keep the mealtime relaxing & enjoyable. Focus on enjoying your time together celebrating this day of gratitude. Know you have prepared a balanced meal and taken many efforts to engage your children in the process—increasing the chances of there being at least one food they will like. You have done your job. Then, try not to worry if and what your child is eating.

Adapted from: [www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Plan-a-Balanced-Thanksgiving-Meal-for-Picky-Eaters.aspx](http://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Plan-a-Balanced-Thanksgiving-Meal-for-Picky-Eaters.aspx)



# LIGHTHOUSE CHRISTIAN CAMP

Items are due by  
Friday, November 17<sup>th</sup>

**NO BREAKABLE ITEMS PLEASE!**

## GIRLS' GIFTS SUGGESTIONS

Dolls  
Jewelry  
Perfume & Body Splashes  
Games  
Trinkets  
Balls  
Games  
Glitter markers, stickers  
Skates  
Skateboards  
Girl Cosmetics  
Age/content appropriate books (9-11 yrs old)  
Backpacks  
Small purses  
Hair clips, bands, ties

## PARENTS' GIFT SUGGESTIONS

Tools  
Make-Up  
What-Nots  
Scarves  
Gloves  
Household Items  
Figurines  
Photo Albums  
Stationary  
Handkerchiefs  
After-Shave Lotion  
Jewelry

## BOYS' GIFTS SUGGESTIONS

Remote Control Cars  
Boats  
Planes  
Games  
Matchbox cars  
Ball Sports Items (helmets, knee pads, gloves, etc.)  
Sports Balls (footballs, basketballs, etc.)  
Skates  
Skateboards  
Fishing Equip (rods, reels, plugs, tackle boxes)  
Camping Equip (canteens, flashlights, binoculars)  
Baseball cards and other Trading cards  
Age/content appropriate books (9-11 yrs old)  
Backpacks, small wallets

## GENERAL GIFT SUGGESTIONS

Movies  
Markers  
Pencils  
Books  
Combs or brushes  
Cosmetics  
Sunglasses  
Photo Albums  
Soaps, lotion sets  
Gloves  
Cologne  
Figurines  
Sweaters or Sweatshirts