

WELCOME to SUMMER 2021!!!

Summer, summer, summer, summertime! We are honored to have the opportunity to love on these kids (and their families) for the summer. We especially love seeing our school age kids, many we've known since BIRTH!

We will NOT be sending green folders home during the summer. Individual daily sheets (excluding school age) will be sent to let you know of the day's activities.

Below are the themes that we have selected for our summer session and some activities you may see during those weeks. Your child's teacher no doubt has many more things planned within their classrooms.

If you have any questions, don't hesitate to ask!

Remember to always pack a set of extra clothes in your child's bag.

Michelle Eastman Jenny Sissom

Summer Themes

June 1 st - 4 th	SUMMER TIME and GREAT FRIENDS
June 7 th - 11 th	ALL THINGS SPORTS
June 14 th - 18 th	CLOSED FOR VBS
June 21 st - 25 th	CAMPING and JUNGLE
June 28 th - July 2 nd	AMERICA (Closed Monday, July 5 th)
July 6 th - 9 th	RETRO
July 12 th - 16 th	BEACH
July 19 th - 23 rd	FUN FOOD

A Sampling of Our Summer Activities These and so much MORE!

Snowcones (often!)	Music Mondays with Pastor Aaron
Water Gun Art	Friendship Bracelets
Sports Competitions	Solar Ovens for Smores
Water Days	10 Commandment Accordions
Canvas Painting	Talent Show
Nail Art	Badminton and Four Square
Catapult Wars	Community Helpers
Picnics	Garden Stones
Woodworking	S.T.E.M Projects
Puzzle Wars	Pet Rocks

Lascassas Baptist Preschool Monthly Devotion

Creating a Habit of Prayer

I think we all wish we prayed more. We know it's a good thing. We know more time in God's presence has only positive effects. But we still struggle with it so much, don't we? Here are nine tips to help make prayer a habit.

RECOGNIZE YOUR NEED FOR HIM. I'll get to the more practical tips in a second but first and foremost, if we think we can do our daily lives just fine without Him, we will only call out to Him for the really tough stuff. When we start to see how desperately dependent we are on Him for every little aspect of life, we start talking. You will find yourself praying for strength to get through a meeting or just through the morning before nap time.

DON'T BE AFRAID OF CREATING A HABIT. If you grew up a good girl like me, legalism is an easy trap to fall in to. And because we know that, we try to steer clear of getting too legalistic about anything but creating a habit of prayer is a good thing. It's important obviously that we don't just go through the motions to check it off a list, but if you are praying sincerely don't be afraid of the routine of prayer.

HAVE A MORNING ROUTINE. This pairs with #2, but I wanted to expand a bit. I don't think it matters if you are a night person or a morning person, what we set our minds on when we wake up directs the path of our whole day. On the days I don't get my time with Jesus to reset my heart, I am less patient with my kids, less grateful for my circumstances and more concerned with what the world thinks. If we start our day with Jesus, we are more likely to continue our day with Him. How do we convince ourselves that we could fit Him in later if we can't get quiet with God before our kids get up, our phone starts dinging, our clients start emailing or our boss starts calling?

BUILD PRAYER INTO EVERYDAY TASKS THAT JUST REQUIRE HANDS. Think about the things you do that don't require your brain and just require your hands or feet, like folding laundry, cooking dinner, mowing the grass. Be on the lookout for all the tasks you do each day that aren't so mental. You might be surprised to see how many opportunities you have to start a conversation with God.

PRAY WITH SOMEONE ON A REGULAR BASIS. Whether it's a spouse or a friend, every day or even weekly, set something up now with someone else. We shouldn't rely solely on this time for our prayer life BUT it will help us create some consistency and accountability.

INSTEAD OF SAYING YOU NEED TO PRAY, JUST START PRAYING. I have started doing this. If someone emails me and mentions a need, I'll just pray for them in the email. I'm not going to just think about prayer anymore without actually praying. It's too deceiving and convinces me I've prayed when really I have just talked about praying.

MAKE A COMMITMENT. I know, I know. Everyone says this. But it's because it's one of those things we overlook because we've heard so much. If we don't commit to it, it's simply not going to just happen though. The urgent will take over if we aren't really committed to making this happen. So make a plan for one month. Set your alarm on your phone for 5, 10 or 15 minutes, pray and don't let anything interrupt until the alarm goes off. I am a strong believer that remembering what God has done is helpful motivation to keep praying.

WRITE DOWN ANSWERED PRAYERS. When we see God really working as we pray, it's easy to keep praying. This will help you dig deeper in your relationship with God even in our busy world.

REMEMBER: THE MORE YOU PRAY, THE MORE YOU WANT TO PRAY. It's easy to get sidetracked by busy schedules, but when I finally slow down to pray, I am kicking myself for not coming back sooner because it's just soooooo good.

By Valerie Woerner and adapted from: www.dayspring.com/articles/tips-to-build-a-habit-of-prayer

Healthy Recipe of the Month

Coconut Milk Strawberry-Banana Freezer Pops

Ingredients:

1 can (13.66 ounces) coconut milk	1 pint fresh strawberries, chopped, divided
1 medium banana, sliced	2 tablespoons maple syrup
12 freezer pop molds or 12 paper cups (3 oz. each) and wooden pop sticks	

Directions: Place coconut milk, 1-1/2 cups strawberries, banana and syrup in a blender; cover and process until smooth. Divide remaining strawberries among 12 molds or paper cups. Pour pureed mixture into molds or cups, filling 3/4 full. Top molds with holders. If using cups, top with foil and insert sticks through foil. Freeze until firm, at least 4 hours.