



## 10 Affirmations for the Weekend



The words “parenting” and “worrying” are pretty much synonymous.

We worry if our kids are sleeping too little.  
We worry if our kids are sleeping too much.  
We worry about them making friends.  
We worry about the friends they make.  
We worry we’re destroying their futures somehow.  
We worry there’s something we’re overlooking.

The thing is, we’re all trying to do the best we can, given the circumstances. (And by “circumstances” we mean being responsible for raising decent humans who will one day make up the next generation.) Instead of spending the bulk of our days wrought with anxiety, we can do something different—we can remind ourselves our best is good enough. We can also remember the power we hold in thinking positively about our parenting experience. Ultimately, the direction we point our thoughts directly determines the direction of our lives.

To combat parenting worry, here are 10 truths we can remind ourselves of daily:

1. I am the best parent for my kids.
2. I will not compare myself to other parents or compare my kids to other kids.
3. I will do what I can do. I can’t do it all, and that’s okay.
4. My kids know they are loved, safe, and accepted.
5. I will fully embrace today, knowing that not everything will go exactly

as planned.

6. It's okay—in fact, it's necessary—to take care of myself.
7. I might not see it now, but the time I invest in my kids does matter.
8. My kids don't want perfect, they just want me.
9. We are a family, no matter what. We will cheer for and defend each other, no matter what.
10. It's okay to ask for help.

When we choose to worry (and it is a choice), we choose to live lives that are half-lived. Our kids need a parent who understands perfection was never in our job description. Our primary job is to show up for our kids every day...and the best way we can do that is making sure we control our thoughts rather than allowing our thoughts to control us.

Resource Provided by Parent Cue

[Sign Up for Parent Cue Here](#)

**Rise and Shine,  
It's Pancake Time!**

**Support the Campers  
March 23  
9am-1pm  
St. Joe UMC**

[Sign Up to Volunteer to Help ALL Our Kids go to CAMP](#)

**Family Camp**

June 19-21  
Camp Lakewood

Middle / High School  
July 13-18, 2025  
Epworth Forest

Elementary Camp  
July 20-23, 2025  
Camp Lakewood

Sign Up / Scholarship Info:  
taldredash@stjoemin.com



YOUTH MINISTRY

**CHURCH Summer CAMP**

Scholarships available

High School: Epworth Forest  
Elementary/Family: Camp Lakewood

fun & creative outdoor activities

outdoor games, water activities, rock climbing, zip-lining, bible time, and so much more!

# Youth



## Sunday Night Youth

March 2nd & 16th  
5-7pm  
Dinner Games Lesson  
Enter Door F




**LEVEL UP** 24-25  
WEDNESDAY'S 6-7:30P

FOOD, FRIENDS, GAMES, CRAFTS

Level Up Ends 4/30

# Families



**BUNNY BOUNCE**

BOUNCY BALL DROP | BOUNCE HOUSE | AND MORE!  
COME ENJOY THIS FREE OPPORTUNITY TO CELEBRATE EASTER!

Have Questions?  
taldredash@stjoemin.com  
260-755-4949

**April 19**  
2p-4p

BALL DROP TIMES  
AGES 0-2: 2:30P  
AGES 3-6: 3:00P  
AGES 7-11: 3:30P

BROUGHT TO YOU BY:

**State Farm**  
Jordan Klopfenstein  
Agent

A Collaborative Event by:

FOR the Y



ST. JOE UMC

**DIAPER DASH**





St. Joe UMC:  
Sunday School 9 am & 11am  
Preschool 2nd & 4th Sun. 9a  
St. Joe @ the YMCA:  
Breakout 10 am

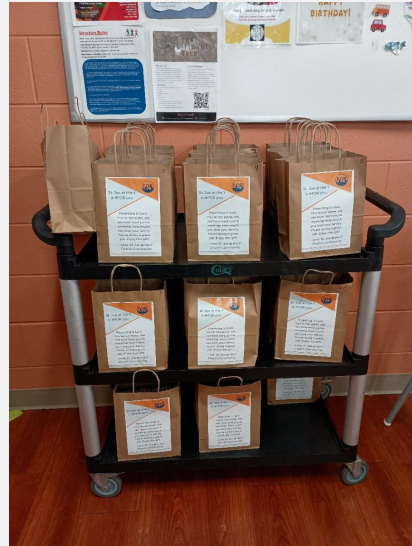
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## SAVE THE DATE

UWF RUMMAGE SALE  
Collection: April 3-5  
SALE: April 10-12



Thank you for Donating Car  
16 Car Seats & High Chairs  
Diapers, Wipes & Baby  
Clothing



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*Where Everyone Belongs, YOU are Celebrated & God's Love Makes Us Fearless!*

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# GET INSPIRED



## Elevate Retreat 2025

Have you ever had a chance to beat your teenager at Archery Tag? It gives you a feeling of accomplishment! We had a whole weekend of fun, friendly competition, good teamwork, cold weather and great food! Whether we were learning about being ready to succeed, working together or that having fun is more important than winning it was a weekend to remember! We played Archery Tag, Volleyball, Dodgeball, Basketball, Ping Pong, 9 Square and went sledding! Hope your teens had a wonderful time and went home tired.





Saint Joseph United Methodist Church | 6004 Reed Road | Fort Wayne, IN 46835 US

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