

AlienContact

September 2010

A monthly newsletter connecting parents with the WMC "Area 51" youth ministry

Is your teenager stressing out?



Stress has become a way of life for most American teenagers. They're bombarded from every angle with pressures and expectations, leaving too little time for unwinding and resting. When *Group Magazine* asked 20,000 Christian teenagers about their top needs, the third most common response was "I need help managing or dealing with the stresses in my life."

In a recent Associated Press/MTV survey, 13- to 17-year-olds said school is their main worry. Stress, not relationships, is the hottest topic of conversation at school, says one teenager. Another adds, "I'm just really overwhelmed. I even compete with my parents about who's stressing more."

In our ministry to students here at Woodburn Missionary Church we don't want to add to the stress; we want to help alleviate it. We want to provide ministries that will help our youth to be able to order their lives so that they can discover God's peace and the "Sabbath" that God offers to us. I want you to know that I will be praying not only for our teenagers but also for our parents as fall begins and pressures start to increase. Angela and I are glad to be here at WMC and look forward to what God has for all of us in the days ahead!

Sincerely, Pastor Bryan

FOR YOUR PRAYER LIST

- Pray that our teens will look to the Lord as the One Who can help them deal with stress in their lives (Philippians 4:6, 7)
- Pray that God will help us all to prioritize our schedules in such a way that we include time with Him.
- Pray that the Lord will provide wisdom and courage to our youth leaders as they seek to minister to our Jr./Sr. high students.
- Pray that the programming for our student ministry will help our teens to grow in their walk with God and help them take "next steps."
- Pray for spiritual protection from the enemy's attacks as he will be working to steal, kill, and destroy your teen's faith.
- Pray for healthy relationships for your son/daughter as they interact with both Christ followers as well as unbelievers at school.

Remember... God says "you have not because you ask not!" (James 4:2)



Here's a snapshot of teenagers' experiences with stress:

- Teenage girls are 55% more likely than teenage boys to say they pressure themselves to get good grades in school. And less than half of the pressured group of girls believes their parents realize how stressed out they are. (ronicohensandler.com)
- Although one major study found that kids from middle-income households experience more stress than their peers, another found that affluent kids are the most stressed, for fear of "falling back." (AP/MTV; New York Times/CBS)
- An estimated 10% of teenagers suffer from some sort of anxiety disorder. (teenhelp.com)
- Highly stressed teenagers are twice as likely as other teenagers to smoke, drink, get drunk, and engage in the use of illegal drugs. (alcoholism.about.com)

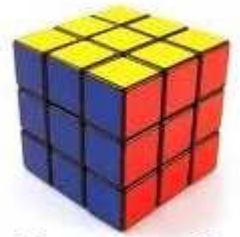




WMC STUDENT MINISTRIES

Here are the exciting ministries that we will offer Jr./Sr. high students this fall here at Woodburn Missionary Church.

SUNDAY MORNINGS: SQUARE 1 is the Woodburn Missionary Sunday school for our Jr. and Sr. high students. It meets right after the 9:00 worship hour from 10:15 AM to 11:15 AM in Area 51. Students are guided in discussion using the Sunday morning sermon content as a study guide.



Square 1

SUNDAY NIGHTS — Alien Nation is our normal Youth Group time where the students get together as a whole group for a time of worship, teaching, and fun. The goal of Alien Nation is to disciple our students so that they grow in their walk with their Lord and Savior, Jesus



SUNDAY NIGHTS—Twilight Zone is our outreach program that meets once each month following our normal Alien Nation programming. This program serves the purpose of bringing students in and introducing them to the student ministry of Woodburn Missionary Church. We seek to make these events fun-filled where students can bring non-Christian friends .



Skill

WEDNESDAY NIGHTS —Skill Pods were designed with the idea that we can love Christ with our minds as well. This is a recent change to the way we were doing small groups. Small groups in the Spring will now include activities such as scrapbooking, leadership, learning guitar, cooking, gun safety, etc. If you would like to be part of a Skill Pod group, please contact the Youth Pastor, Bryan Lloyd. Be sure to attend our Small Group preview on August 25th.







Pods

WEDNESDAY NIGHTS — The Central District of the Missionary Church has quiz teams from other churches that memorize scripture and then quiz other churches in quiz matches. Churches quiz locally on the 3rd Saturday of the month and denominationally on the 4th weekend of the month. Join us for our Quizzing Informational meeting on September 12th after the 2nd service! We will provide pizza and hold a drawing for two \$25 gift certificates to iTunes!



September 2010

Attention Deficit Hyperactivity Disorder Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Skill Pods	2 Skill Pods	3 Heritage vs. Woodlan @ 7 PM 5th quarter Party @ WMC from 9 PM-12	4
5 	6 Labor Day	7	8 Skill Pods	9	10	11
12  ADHD NATION Quizzing Informational meeting (after 2nd service) Youth Staff Meeting	13	14	15 Skill Pods	16 Skill Pods	17 Monroe Central vs. Woodlan @ 7 PM Campus life Kickoff at Woodlan School after the game.	18 National eat an apple day
19  ADHD NATION The TWILIGHT ZONE	20	21	22 Skill Pods See you at the pole @ 7 AM	23 Skill Pods	24	25 Ichthus FORT WAYNE @ Auburn Auction Park
26  ADHD NATION	27	28	29 Skill Pods	30		