

THE ADVENTIST HOME EDUCATOR NEWSLETTER

Issue 150
October 2010

A HOME ROUTINE

After the birth of a baby, one would often agree that a routine would help the baby to feel safe and secure. Little actions done daily become part of that routine; how you hold the baby when it is time to eat, how you respond when the baby wakes up, the order of a diaper change, bath time routines, naptime routines, etc. Routines help infants to feel safe and secure.

The need for security does not change with age. Little children like knowing what is going to happen next. Wives like knowing when their husbands will return from work. Husbands like knowing when dinner will be on the table. Family members like knowing what

will be served for the Thanksgiving meal. The list can go on...

So why do we often fail to create order in the home by the simple method of having a home routine? What is it about today's society that we often feel we are being legalistic, old-fashioned, or too regimented if we create a routine and stick by it? It seems that in order to live life to the fullest, we can't have a routine. That is what is often expressed to us.

Let me assure you that having a routine does not mean that you will miss out on many of the good things that life has to offer. On the



Are you making the most of your days? Take time to evaluate your home routines.

contrary, if you have a routine, you often can accomplish more. So, let's remove any dark clouds surrounding the pictures of "routines" and "schedules" and see what benefits they can bring to our home.

Regular rising and sleep
(Continued on page 2)

OCTOBER IS PASTOR APPRECIATION MONTH

October is Pastor Appreciation month. It is a perfect time to set aside some time in your school routine to reach out with



an arm of encouragement. Write a note, create a card, write a poem, draw a picture or some other craft, or bake some bread or some cookies or prepare a meal.



Inside this issue:

A Home Routine, cont.	2
Elsewhere with AHE	2
Devotional Basket	3
Camping for Kindergarten	3
When Service Isn't Fun	4
AHE Resources	5
Handbook Update	6

Pray Together with your Children

- Pray for Forgiveness
- Pray for AHE Families
- Pray for your church
- Pray for your neighbors
- Pray for your family
- Pray for Guidance
- Pray for a Servant's Heart

A HOME ROUTINE, CONTINUED...

(Continued from page 1)

times – helps our body's rhythm and gives us a better night's sleep. This often means we can fall asleep quickly, and wake up less cranky.

Regular meal times – helps our body's digestive system to run smoothly. This decreases illness and aids digestion by having routines. Remember to try to space out meals 5 hours from each other if possible. This gives the digestive system time to rest. We ultimately feel better and are not distracted by growly tummies or stomach aches.

Regular exercise times – Exercising takes time, and often is the thing to leave off the list if we are busy. One may find however that a regular exercise routine may actually be a time saver as it may reduce the amount of sleep needed by helping your sleep rhythm to be more efficient with rest. Try to find time between rising and mid-afternoon to exercise as evening exercise can disrupt sleep patterns.

Regular cleaning routines – will keep your home neat and orderly. You won't need to have "catch up" days in your routine if you keep the home orderly on a daily/weekly basis. An orderly home saves time overall, as you don't spend so much time hunting for things lost in

the clutter.

Routines in general – are some of the best ways to convey love to your family. Family traditions, bedtime routines, family worships (and more) create some very warm fuzzies in your home.

Your challenge this month is to work on your home routines. Look at areas that need help. Do you have routines to work in those areas? If not, develop some. Don't overburden yourself. Make a list of areas that need attention. Work on them one by one. Some examples might be a laundry routine, a bedtime routine, a naptime routine, a rising routine, a meal clean up routine, a morning devotion time routine, etc. Pray for guidance in areas that need your attention.

After the small routines of your home are developed, it is much easier to keep a schedule or master home routine by putting them altogether. One may find that it just "comes together" as you work on putting the small routines into practice, bit by bit. Scheduling doesn't have to take the fun out of your days, scheduling should be something as simple as organizing the home routines that help keep your family happy, healthy, and feeling loved.

Titus 2:5 [To be] discreet, chaste, keepers at home, good, obedient to their

own husbands, that the word of God be not blasphemed.

Deut. 6:7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Psalms 37:23 The steps of a [good] man are ordered by the LORD: and he delighteth in his way.

Psalms 119:133 Order my steps in thy word: and let not any iniquity have dominion over me.

Order Necessary for a Happy Home.– God is displeased with disorder, slackness, and a lack of thoroughness in any one. These deficiencies are serious evils, and tend to wean the affections of the husband from the wife when the husband loves order, well-disciplined children, and a well-regulated house. A wife and mother cannot make home agreeable and happy unless she possesses a love for order, preserves her dignity, and has good government; therefore all who fail on these points should begin at once to educate themselves in this direction, and cultivate the very things wherein is their greatest lack. {AH 22.3}

~Editor

ELSEWHERE WITH AHE...

Would you like additional articles like these in the newsletter?

<http://aheblog.org/2010/09/29/creating-a-schedule-for-the-year/>

Shares another perspective with scheduling.

<http://aheblog.org/2010/10/06/put-the-home-back-in-homeschooling/>

Shares some thoughts that might help

you when creating your own schedule.

<http://aheblog.org/2010/10/01/october-brings/>

Shares more October thoughts.

Also, our website is going through some changes. We encourage you to check in often to see what has been newly added.



Take time each day to meet with your Savior. It is one of the best ways to share Jesus with your own children. When He's your best friend, it will show.

DEVOTIONAL BASKET

By ~Editor

One way to keep yourself accountable for your personal daily devotions is to create a "Personal Devotions Basket". Find a basket that will fit your Bible, a journal notebook, a pen, and perhaps a study book that you might also read. You might also wish to add a highlighter or Bible marker, a second notebook to keep special verses in, a Bible concordance, a Prayer Journal/notebook, index cards or post it notes, your Sabbath School lesson, etc.

If you gather all of these items into one basket, it is much easier to accomplish personal devotions without getting distracted by looking for some of these items. The basket need not be fancy; it

just needs to be practical. If the basket is large enough, writing utensils can be kept in a small vegetable can covered with material, wrapping paper, or contact paper.

Keep your basket near a favorite chair that you wish to study near. Some are able to enjoy a few extra minutes in bed, while others need to find a quiet place elsewhere in the house to enjoy some fellowship with our Lord. Just make sure it is a place where you won't fall back asleep. If you have that tendency, place the basket somewhere other than by the bed or couch.

Creating a warm cozy nook to enter into devotions can encourage you to follow



Creating a devotional basket can help make your devotion time much more peaceful and productive.

through on this part of your daily routine. By choosing your materials to place into your basket, you will develop a unique and special time with your Lord. Once your routine is established, help your children create a special basket of their own for their personal devotions as well.

CAMPING FOR KINDERGARTEN

Some of us look for the perfect curriculum to teach our children their needed skills. I find that often times we just don't see the learning that is taking place around us because we aren't clued in to the opportunities that present themselves.

Sometimes we even forget to "count" that fun learning activity mistaking it for "fun" and not "true learning".

"While camping my daughter was excited to share with me that she saw a real raccoon, not a paper one, like on the bulletin board."

Camping can provide for many Kindergarten skills. Some activities that often go along with camping are:

Art – creating collage pictures, colors, coloring, drawing with sticks

Bible – family worship, reading or listening to Bible stories (campfire is a great time for this)

Science – star gazing, safety, exploring, seasons, nature study of bugs, trees, leaves, grasses, flowers, rocks, water, etc.

Math – sorting, counting,

Social Studies – seeing other family structures and activities, learning about the park ranger, the campground hosts, learning how to live without electricity or many home appliances, etc.

PE – lots of time for large motor skills of running, jumping, skipping, climbing, biking, playground play, hiking, and small motor skills of holding food over the fire, picking flowers/leaves/rocks, whistling

with grass between fingers, helping prepare meals, etc.

Language – sharing what is happening, drawing pictures of what you saw or did, dictating to Mom or Dad a letter to family or in creating a camping memory book, listening to stories told or stories read.

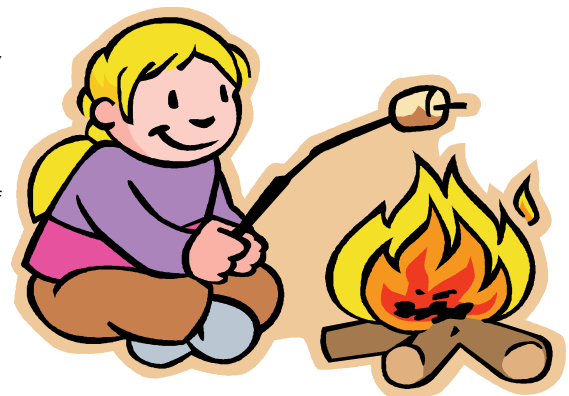
Music – singing songs around the campfire or in the car.

Life Skills – listening to directions, cooking new foods (with

help)

Don't feel guilty if you take some time out of your regular schedule to go camping. You aren't going to fall behind with learning at this age, in fact, you might actually enhance your child's education.

~Editor



Holding food over a campfire helps develop small muscles in the hand, and practice with campfire/outdoor cooking.

WHEN SERVICE ISN'T FUN

By ~Editor

Sometimes service isn't pretty. Sometimes service isn't fun. Do we avoid it during those circumstances... waiting for an opportunity where it is "fun" to serve? I hope not.

Service develops our characters and enables us to put our faith into action. What does it say if we only do the "fun" service activities? What? You want me to do the grunt work? If your child or even your own reaction is that way... think again. We do not have a servant's heart if we are only going to serve when it feels good.



We recently had Mark Anthony come for a one night cooking program at our church. He was to arrive on a Monday at noon. At that time of day, not many in our small church were available to help out. The bulk of the help needed fell to my family, due to us being available. We needed to move many chairs from one building across a parking lot into another building. The chairs were not fold down chairs, so we were only able to carry 2 at a time (they stacked). My girls were not excited to be toting chairs from one place to the other, but they understood that it needed to be done and they did not complain.

I'd love to say that my children have always had a "servant's heart", but that is not so. I've dealt with days of grumbling, complaining, whining and even some stubborn refusals. I guess it would have been easier to just tell people, "No, we cannot help," rather than dealing with some ugly character traits, however I knew that God did not want this trait to continue to grow in my children's hearts.

Time and time again when asked for needed grunt work, for needed messy work, and other not so friendly chores, I volunteered our family and brought the girls along. I prepared myself with prayer and sometimes with study before-hand on how to answer my girls when they began to complain. I also feel that our parental example is so important. I found I needed to monitor myself and also participate as well.

As time went on, it began to get easier and my girls learned that hard work did not kill them. They also learned that the work they did was often highly appreciated. Not always did they get a thank you, but you could tell that they were truly needed and had they not been there, the setting up or taking down might not have happened or it would have been miserable for the one or two others that had volunteered. (Many hands make light work!) They realized the worth of a good honest humble worker.

I encourage all of you to keep working at building "servant's hearts" in your children. The selfish tendencies may reappear from time to time and need attention once again, but that is not a reason to give up and feel it is impossible. Satan works hard with our children's hearts and our job as parents is not to give up in exasperation, but to keep loving, keep praying, and keep training. Remember the end reward is worth all the trials this earth has to throw at us.



But such a character is not the result of accident; it is not due to special favors or endowments of Providence. A noble character is the result of self-discipline, of the subjection of the lower to the higher nature—the surrender of self for the service of love to God and man. {Education 57.4}

The true teacher is not satisfied with second-rate work. He is not satisfied with directing his students to a standard lower than the highest which it is possible for them to attain. He cannot be content with imparting to them only technical knowledge, with making them merely clever accountants, skillful artisans, successful tradesmen. It is his ambition to inspire them with principles of truth, obedience, honor, integrity, and purity—principles that will make them a positive force for the stability and uplifting of society. He desires them, above all else, to learn life's great lesson of unselfish service. {Education, 29.2}

Colossians 3:23, 24 And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ.

1 Peter 4:11b ... if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen.

AHE Resources:

AHE e-Newsletter ... You are reading it now. Short monthly articles to encourage you with home schooling. Sharing ideas among friends in a topical format. When email lists are too much for you, a monthly newsletter can encourage you and help you feel connected among friends. The newsletter tries to present information in such a way that it is clutter free.

AHE Handbook - Available currently by e-book. The handbook is a compilation of ideas shared between other Adventists. This book is currently unavailable. The 25th edition is in the editing process. Check out the website for more details on our handbook updates.

<http://adventisthomeducator.org/ahe-resources/ahe-handbook/>

AHE Website The website is home central for all the ministries of AHE. Find information on each of the outlets. Also, we are trying to build our information base and as time goes on, you will find more articles on the website to encourage you with your homeschooling. Check back every so often to see what is new.

www.adventisthomeducator.org

AHE on Facebook...Search for "The Adventist Home Educator" on Facebook and click "like" to connect with us there.

AHE Blog, *Shaping Hearts and Hands*, is a place you can find Adventist Homeschooling applied. We'll share principles and how we apply them to specific situations, so that you can learn to do the same. Plus some warm encouragement in a more homey atmosphere. www.aheblog.org

AHE Email Lists:

The **AHE-List** is a place for Adventist homeschoolers to come together for friendly and informative discussion about home education from birth through high school. With an emphasis on true education, we share our ideas and experiences relating to teaching methods, learning styles, scheduling, curriculum choices and many other homeschooling topics. This is a place where we can help others along their homeschooling journey and also learn some new things ourselves. To join, send a blank email to:

AHE-List-subscribe@yahogroups.com

AHE-Living... is a friendly place for sharing encouraging words as we work together to create grace-filled, loving homes and pure hearts for the Kingdom. This is a place to visit about child rearing, home decorating, healthy cooking, health and wellness, family relationships, spiritual growth and family worships, sewing and crafts, gardening and flowers, and other topics near and dear to our hearts. This is a supplemental group affiliated with AHE; a place where we can discuss all aspects of Christian living. You will need to be a member of the AHE-list in order to join. To join, visit:

<http://groups.yahoo.com/group/AHE-Living/>

AHE-Swap...if you have curriculum to purchase or to sell, here is another outlet for getting the word out. To join, send a blank email to:

AHE-Swap-subscribe@yahogroups.com

AHE Teens...is a place for our teen children to interact with other Seventh-day Adventist homeschoolers. To join, parents need to send an email to Melissa at onthefarminiowa@myclearwave.net with their children's names, ages, and email addresses.

THE ADVENTIST HOME EDUCATOR

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The Adventist Home Educator

UPDATE ON THE HANDBOOK...

The Adventist Home Educator has offered a handbook for many years. The AHE Handbook is currently unavailable for purchase. After much prayer, it has been decided to create a new resource for Adventist homeschoolers.

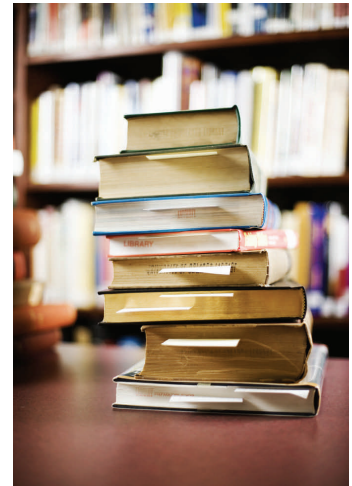


Because we realize that the handbook has been a helpful resource to many,

we are not throwing it out completely. We will be sorting out the information and putting some into the manual that will replace the old handbook. The information that will not be put into the new book, will slowly be added to the website for an additional resource for you. Most of these extra articles from the old handbook will be posted under [Homeschooling Articles](#) on the website.

The [Curriculum Reviews](#) (on the website) will have listings of what used to be in the second half of the old handbook. As we have time, we will add to the reviews so that you will have them to refer to while we are working on the *Curriculum Guide*, a resource which will have curriculum reviews compiled into one eBook.

Mission Statement: It is the prayer and purpose of The Adventist Home Educator that all who desire information, encouragement and support for Adventist home education will find it through the ministry of AHE. Consider AHE to be the support group that you can't find anywhere else ~ Adventist parents in Christ sharing with each other in an understanding that only a few have.



Study and Prayer will be first in importance for developing the new handbook.

The new manual will take some time to produce. It is taking a new direction and will include new information that we haven't covered before. You can continue to watch for updates on the website and in the meantime, be watching the ["Curriculum Reviews"](#) and ["Homeschooling Articles"](#) links for new additions.