

The Vine

I am the vine; you are the branches...John 15:5

A publication of Valley Falls Christian Church

March 2019

When I was at the Preaching & Teaching convention in February, I attended a workshop entitled Leading Your Church and Family in a Techy World. It was presented by Brian Jennings and Chris Autrey. The cool thing is that they gave permission to 'steal' their material to use in any way for the church. What I am going to present for the next two or three newsletters is mostly their material with a few of my notes sprinkled in.

3 Big Ideas

1. We don't need to be anti-technology, but we need to learn how to have a healthy relationship with it. That starts with adults modeling healthy behavior.

People on the average check their phones 52 times a day. Are you present when you are with your family and friends, or are you engaged with your phone?

2. Tech companies (with very few exceptions) don't exist to help you or your family; they exist to make money by any means necessary.

Advertising and data are huge moneymakers. It is not in the tech company's best interest to limit screen time. The only reason tech companies put in controls is because the outcry becomes so great it will hurt their brand if they don't.

3. Parents, for the love of God, act like a parent.

When you feel overwhelmed, it is easy to not do anything. Parents cannot just roll over and act like it will all go away or turn out OK when it comes to your child's access to technology. The average kid spends 7 hours in front of a screen per day!

Too many parents are oblivious, gullible, or afraid to say no to their kids. ~ Chris Autrey

Cyber-Dangers for kids

Cal Newport, the author of *Digital Minimalism*, wrote: "Smartphone addiction is what a psychologist would call a 'moderate behavioral addiction,' which means if you have it around, you're probably going to use it more than is healthy." The dangers are:

A. Spiritual guilt and isolation

B. Comparisons: *certain feeds are engineered to leave you slightly depressed. When you are depressed, you will click on ads more often.*

C. Self-harm

D. Brain development: *each time you swipe and tap a screen, your brain releases a chemical that is like a tiny hit of cocaine. Kids are burning neurological superhighways in their brains with this.*

E. Social Media

Instagram: *contains dark themes and depression/suicide promotion with the proper hashtags. It is also a major text messaging platform that parents don't know about.*

Snapchat – **made for sexting**; developed into a platform for sharing that has nearly unlimited controls for searching elicited content. *For this reason alone, no one needs this app. It makes it super easy for kids to avoid being caught or tracked.*

F. Unfiltered web access

G. YouTube: *contains unsavory messages and hypersexualized messages that are available to anyone.*

H. Unfiltered app access

Tinder and Grindr (*dating apps*)

Android – There are porn distribution apps disguised as innocuous work apps.

I. Physical Dangers: Messaging apps and online gaming leading to contact with predators.

J. Pornography: Leads to sexual dysfunction among teens and young adults, broken marriages, fatherless homes, is severely addictive, etc.

I don't want everyone to feel completely disheartened. We do need to be alarmed enough to act.

Next month I will share ten things parents can do to correct these cyber-dangers in their families. If you don't want to wait, you can find this material at brianjenningsblog.com.

They are also having a Facebook Live presentation on March 6. More info on that at the above website. Until then, keep praying!!

Mike



**Saturday
March 10th**

CHURCH ACTIVITY FOLDERS

Activity folders contain information on a particular event that the church participates in each year (or has participated in past).

The folders are in the foyer on the table. We need someone to chair each activity but then we also need several people available to help. Please take a look at them and see if there is a perfect activity for you to either chair or at least help with. Picking up a folder means you direct that activity this year.

Men's Breakfast: The men's breakfast will be on March 9th at 8:00 AM. Kevin Gatzemeyer will be cooking.

Pocket Change for Progress: We take a special offering of the pocket change you have been saving every 3rd Sunday during church. The money is divided between VFCC Youth programs and the School Supply Giveaway Fund.

Copies of the sermons are available on cd by request:

If you would like a copy please see Mike. You can also listen to them online at www.valleyfallsc.org.



FUNDRAISING FOR ALPHA CHRISTIAN CHILDREN'S HOME

Several churches in Jefferson County along with us are collecting canned goods the month of March for Alpha Christian Children's Home in Perry, KS. Final Collection day is not determined so bring your canned goods early in March. Goods can be placed in the tub in the foyer.

NEEDS: UPC labels from Campbell's, General Mills, and Best Choice. Canned vegetables, canned fruits, Campbell's soup, Velveeta, breakfast cereal, easy mac packs, ramen noodles, snack crackers, pudding cups, fruit juices, pancake mix, stuffing mix, canned chicken gravy, nacho cheese dip, cream of chicken soup, cream of mushroom soup, salsa, taco kits, spaghetti sauce, salt and pepper, onion powder, parmesan cheese, Splenda, coffee, disposable cups and plates, HE free and clear laundry detergent (no Tide due to allergy to it) HE Gain laundry detergent, dryer sheets, Clorox wipes, water softener salt, Kleenex, toilet paper, paper towels.

On behalf of Alpha, thank you in advance.

March	Nursery	Greeters	Communion prep	Scripture reader	Communion table
3	Debbie/Aleyna	J & A Mitchell	J Mitchell	A Mitchell James 3: 1-12	Ray/Jay/Stan/ David /Andy
10	Tiffany/Allison	R & R Mitchell	R Mitchell	R Mitchell James 3:13-18	Ray/Jay/Stan/ Wayne A /Kyle
17	Aisha/Ashley	Welborn	Welborn	C Brown James 4: 1-10	Ray/Stan/Jay/ Clinton /Brian
24	Laura/Myles	Cook	Cook	Caitlyn James 4: 11-17	Ray/Jay/Stan/David/ Jackson
31	Brittany/Aleyna	Spencer	Spencer	Spencer James 5:1-6	Ray/Stan/Jay/ Wayne A /Curtis M

March communion devotion and prayer: Ray Mitchell

Prayer Requests: Becky Arnold, Clay Beister, Emma Dockweiler, Joan Hosler, Christine Hile, Natalie Barrett,

OUR SOLDIERS: Curtis Mitchell, Aaron Cook, Jacob Mitchell, Matthew Branam, Noe Garza, Gary Flack, Dayton Flack

Church Offerings:

Jan 6 - \$ 2,043
 Jan 13 - \$ 1,441
 Jan 20 - \$ 1600
 Jan 27 - \$ 1,721
 Feb 3- \$2,320
 Our expenses average \$1500 a week.

March Birthdays & Anniversaries

- 2 Emery Mitchell
 - 4 Donetta Farr
Mary Breitsprecher
 - 8 Caitlyn Thomas
 - 10 Jennifer Guffey
 - 11 Kaylie Mitchell
 - 14 Gary & Betty Smith (1983)
 - 15 RALPH SHEAD
 - 19 Peyton Barrett
 - 20 Grace Thompson
CASSIE WATKINS
 - 28 Jeff & Carolyn Starkey (1981)
 - 29 Isaac Reich
Jodie Cook
- (Names in CAPS in Mission Field)

Looking Ahead...



April 14th



April 21st



Valley Falls Christian Church

511 Oak Street
Valley Falls, KS 66088

RETURN SERVICE
REQUESTED

Phone: 785-945-6757
Email: office@valleyfallsc.org
On the web: www.valleyfallsc.org
Find us on Facebook!

Mike Kirby, Pastor

You are welcome to join us!

Sunday Service times:

Bible Study (all ages) – 9:00 AM

Worship – 10:00 AM

Youth Group (grades 7-12) – 5:00 PM

Midweek: JAMs (grades K-6): Wed. 3:30-5:00

Sunday	Monday	Wednesday	Thursday	Saturday
				2
3	4	6	7	9
2 PM – Midland 5 PM – Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study	1 PM - Elders	
10	11	13	14	16
5 PM – Youth Group	6 PM – Sunflower Crafters	NO JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study		
17	18	20	21	23
10 AM – Pocket change for progress 5 PM – Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study	1 PM - Elders	
24/31	25	26	28	30
24 5 PM – Youth Group 31 5 PM Youth Group	6 PM – Sunflower Crafters	3:30 JAMS 5:30 Zumba 6:15 PM – Worship prac 7:00 Bible Study		