

Children and Health

“Young and in Surgery for a Mouthful of Cavities” doesn’t sound nice does it. That was the name of a front page article out of Seattle in the March 6, 2012 article in the New York Times. The story started with a 2 ½ year old resting in his mother’s arms as he was anesthetized. “The doctors then took X-rays, which showed that 11 of his 20 baby teeth had cavities. Then his pediatric dentist extracted 2 incisors, performed a root canal on a molar, and gave the rest fillings and crowns.” According to the article dentists are seeing more preschoolers at all income levels with 6-10 cavities or more with the level of decay so severe that general anesthesia is recommended for treatment.

From the American Dental Assoc.: Baby teeth are at risk for tooth decay at about 6 mo. when teeth start to appear. Tooth decay is a disease that begins with cavity-causing bacteria being passed from the mother (or primary caregiver) who has these bacteria in their mouth to the infant. These bacteria are passed through the saliva. When the mother puts the baby’s feeding spoon in her mouth, or cleans a pacifier in her mouth, the bacteria are passed to the baby. Research has shown that parents or caregivers with active tooth decay can pass the cavity causing bacteria via saliva.

Another factor for tooth decay is the frequent, prolonged exposure of the baby’s teeth to liquids that contain sugar, like sweetened water and fruit juice and potentially milk, breast milk and formula. Tooth decay can occur when the baby is put to bed with a bottle, or when a bottle is used as a pacifier for a fussy baby. The sugary liquids pool around the teeth while the child sleeps. Bacteria in the mouth use these sugars as food. They then produce acids that attack the teeth. Each time your child drinks these liquids, acids attack for 20 minutes or longer. After multiple attacks, the teeth can decay. Pacifiers dipped in sugar or honey can also lead to tooth decay since the sugar or honey can provide food for the bacteria’s acid attacks.

Some parents say: “He doesn’t want his teeth brushed. We will wait until he’s more emotionally mature” Here is some advice from dentists according to the NYT article.

1. Infants and toddlers who do not receive an adequate amount of fluoride may also have an increased risk for tooth decay since fluoride combines with the outer covering of the tooth (enamel) and makes the tooth more resistant to the acid attack. See <http://www.ada.org/3034.aspx> for more information of prevention and treatment.
2. Take an infant to a dentist for assessment of cavity risk, before the first birthday, even if infant has only a few teeth
3. Use a bit of fluoride toothpaste twice a day. At two use a pea size amount.
4. Brush preschooler’s teeth for them. “They are in no position to effectively brush their teeth until 7 or 9.” according to Dr. John Hanna, a pediatric dental surgeon at University of Oregon.
5. Reduce snacking. The frequency of exposure to acid is more important than the sugar content of food. Brush after snacks.
6. Don’t pacify a child by giving him or her a sippy cup all day.

A 3 year old child who was making his second visit to the operating room for dental work, arrived with a bottle of Coca-Cola. This may sound bad, but treating our children with candy and other sweets can be just as harmful to their teeth.

Keep up those dental checkups. Yes many do not have dental insurance, but which is worse saving some each month for that yearly (or twice yearly) exam or being hit with a big bill for fillings, extractions or oral surgery? You choose.

A couple other things about children I found in some of my reading. When an infant or child comes into our home, we are always looking at our level to put things up so they do not pull them down or hurt them selves in other ways. We need to get down to their level and see through their eyes those things that will entice them. Like the key in the outlet and no those plastic covers are not the latest and greatest. Look for some of these child safety items: outlet shields, toilet locks, furniture fastener, TV brackets, cord shorteners, drawer locks. We used play pens, but there were problems with them too. Check out this site for more ideas. <http://www.babysupermall.com/main/browse/child-safety-devices.html>

Obesity is a much talked about issue not only for us adults, but children too. Parents need to set an example for their children. A family that eats healthfully and exercises together can grow old together. Rethink the way you cook and what you have in your home for meals and snacks. Remember snacks and treats are not necessarily the same thing. Check out these sites <http://www.modernmom.com/article/snacks-vs-treats-there-is-a-big-difference> <http://lifehacker.com/5327383/distinguish-snacks-from-treats-for-a-healthier-diet> <http://ezinearticles.com/?Snack-or-Treat---Make-the-Distinction&id=1051465> Avoid “portion distortion”. Don’t push seconds. Remember it is not only what they eat but how much. Limit sedentary time, yours and theirs. The options are limitless.

Recipe tip: Toast nuts in oven for 5-10 minutes at 350 to turn them fragrant and flavorful adding a pleasing crunch to your cereal or salads like chicken or apple salad. Peace be with you, Joann

GOING DEEPER>>>

At the beginning of the month, the Busy Bees, Fabulous Frogs, and Shining Stars participated in a fun-filled day celebrating Dr. Suess's birthday!



The kids made hats, enjoyed books by Dr. Suess, ate green eggs and ham and watched The Cat in the Hat!



Registrations for the fall have already begun. If you would like to register or need more information contact Janelle Barton at mdo@frcoh.org or call 360-632-3315.

Easter Sunday

Please join us at 10:10am in Wezeman Hall for a Resurrection Egg hunt for children in the nursery-fifth grade. If the weather permits, we will go outside for the egg hunt!

There will be no Sunday School classes or Children and Worship Easter Sunday! All children will be invited to place a flower on the Easter Cross at the front of the sanctuary during the service

Date Night

Date Night is Friday, April 20th, from 5:30p-8:30p. Please sign up in the nursery by April 18th or call Teresa Presler at 929-1444.

Children and Worship (Ages 4-6)

- Apr 1 - Jesus Last Passover
- 8 - No Children and Worship
- 15 - Jesus is Risen: Appearance to Mary Magdalene
- 22 - Resurrection: Appearance to the Ten
- 29 - Resurrection: Appearance to Thomas

Spring Cleaning!!!!

Its that time of year again.....time to SPRING CLEAN!!! Childrens Ministries and Youth Ministries are holding their annual garage sale at the church June 8th and 9th! We will be accepting donations on June 7th only from 9am-1pm.

FFW Menu for April

- April 4th**
NO FWW —Spring Break
- April 11th**
Baked Potato Bar
- April 18th**
Breakfast Burritos
- April 25th**
TBD

Please contact the FFW Crew if you would like to volunteer!

Sandy Stanford (Ordering): 969-2874

Lynette Roseberg (Ordering): 675-4837

DeAnna Kohl (Scheduling): 720-2892

Only two available dates left! April 25th and May 16th.

Women’s Ministry...Supporting the call of the church

Opportunity is the word for this month’s newsletter. The following are some we would like to share.

Hospitality Luncheons – These are luncheons or brunches held in homes for as many individuals as the host feels comfortable having for the sole purpose of getting to know someone better. It is one of the ways we strive to meet the mission of connecting together with God (Going Deeper). If you would like to host a luncheon but need help putting together a guest list please contact Carol Seth @ 675-1659 or Arlene Johnson @ 675-1664 or arlenedave@comcast.net

Holiday Bazaar Crafts – We are working on putting together a group focused on planning and potentially making craft items to sale at the Holiday Bazaar. If you would like to be a part of this group please contact Lynette Roseberg at the church office or Arlene Johnson as noted above.

Mother Mentors – We were contacted to help spread the word about a new program which is currently in place on South Whidbey but not on North Whidbey. There are handouts about this program at the information desk. It is a program that supports mothers, fathers, and other primary caregivers of young children by matching families with trained volunteer mentors, free of charge. Volunteer screening includes an interview, background check, and reference review. All volunteers receive training and continued support while mentoring. To learn more about mother Mentors you can call, email or visit their website: (360) 221-0484 or (360) 279-5514 or rtlearnfoundation.org or wamothermentors@gmail.com

Ladies Night of Laughs– A Spring women gathering for fun, inspiration and fellowship is being planned. More information in the near future.

Mother’s Fund– There is a fund at Western Seminary called the Mother’s Fund. Monies in the fund are available for those unexpected expenses that arise for seminary students – not basic school fees. Examples of its use would be paying medical bills, car service needs, etc. As Seminary staff becomes aware of needs, they can access the fund to help the student. Donations can be made to Western Theological Seminary. 101 East 13th Street, Holland, Michigan 49423 – Attention: Mother’s Fund.

We close this month praising the Lord for his constant presence in our lives and world. – Blessings, Arlene Johnson

Communion Offering

April 1st the Communion Offering is designated to Latin American Leadership Development (RCA—Chuck Van Engen)

Special Offerings

April 6th Good Friday Service is designated to Oak Harbor Christian School.

April 8th Easter Sunday Service is designated to Words of Hope.

Distribution Offering

May 6th the Distribution Offering is designated to the Pregnancy Care Clinic. Keep a look out for the empty bottles in April to be filled.

I.N. Network Sponsorship



Thanks to those who participated in the New Year Eve's Run-for-One, as they raised the funds for FRC to sponsor Judith Agbagba. She is ten years old, born on June 6, 2001 and lives in a small community of Mepe, in the Volta region of Ghana. She and her family lives amidst the everyday realities of poverty, hunger, malaria, and hopelessness. An education will help Judith get a good start in life. Sponsorship provides her with food, clothing, a Christian education, medical check-ups, biblical teaching, and Christian nurture. Please contact the front office should you be interested in writing her a letter.

One Nation Under God—National Day of Prayer

Thursday, May 3rd, 2012

- Several opportunities available nearby to pray with others.
- 10:00 am Concordia Lutheran Church
- 12:15 pm Island County Courthouse in Coupeville
- 5:30 pm Windjammer Park at the Gazebo



STUDENT MINISTRIES>>>

Calendar of Events:

- Every Sunday night 6:00-7:30pm : high school Youth Group
- Every Monday at 4:00pm: Middle School Bible Study
- Every Wednesday night 6:30-7:30pm: High School Bible Study and Middle School Youth Group.

April 5: Come take a Deception Pass Tour with our youth group. Meet at church at 10:15am. We will be arriving back at church at 12:30pm. NO COST.

April 8: Spring Break! Anyone want to hang out? Contact Amy!

April 9: High School Student Leadership Meeting.

April 11: Youth Band at 7:30pm in Wezeman Hall.

April 19: Student Date. Check with Amy to see if it is your turn. 3pm at Amy's office.

April 25: Youth Band at 7:30pm in Wezeman Hall.

Student Dates—Every other Thursday there are openings for students to go on a date. Get a group of friends together, sign up, and show up at church at 3:00pm on the day you signed up and Amy will take your group out for coffee, slurpee's, milkshakes, etc.

Student Leadership—Is anyone interested in being a student leader for the next school year? There will be 3-4 openings for the high school student leadership team and 3 openings for the junior high student leadership team.

Volunteer Leadership—Is any adult interested in being a volunteer leader for the next school year? Contact Amy and she will take you out to coffee to chat it over.

Verse and Challenge of the Month:

"But love your enemies, do good, and lend. Expecting nothing in return. Your reward will be great, and you will be children of the Most High, for he is kind to the ungrateful and the wicked. Be merciful just as your Father is merciful." Luke 6:35-36

How can I love, do good and lend to others? What is the condition of my heart when I love others? Am I really expecting nothing in return when I love or do good for others?

Consistory

2012 Elder and Deacon Recommendation forms are available on the information counter in the lobby. Please submit the completed forms in the ballot box for our 2012 Consistory.

ELDERS

- *John Koetje
- **Bob Zylstra
- John Kingma
- Gary Swanson
- Dave Johnson
- Matthew Nienhuis

DEACONS

- *Mike Hoover
- *Luke Wezeman
- Patrick Reichmann
- Nathaniel Nienhuis
- Bill Meche
- Lee Bradley

*Completed term and ineligible to hold same office.

**Completed term and is eligible to hold same office.

Finances	FEB	MAR	YTD
Budget	41,379	41,379	124,137
Received	34,354	40,788	113,143
Expenses	31,811	44,303	118,046

Growing Closer...
Going Deeper...
Reaching Wider...



First Edition

April 2012 Issue

A Monthly Newsletter of the First Reformed Church Pastors' Perspective

In the first chapter of N.T. Wright's book "Simply Jesus: A new vision of who he was, what he did, and why he matters," he includes this:

The reason Jesus wasn't the sort of king people had wanted in his own day is that he was the true king, but they had become used to the ordinary, shabby, second-rate sort. They were looking for a builder to construct the home they thought they wanted, but he was the architect, coming with a new plan that would give them everything they needed, but within quite a new framework. They were looking for a singer to sing the song they had been humming for a long time, but he was the composer, bringing them a new song to which the old songs they knew would form, at best, the background music. He was the king, all right, but he had come to redefine kingship itself around his own work, his own mission, his own fate.

I read those words from Wright and I am compelled again by the person and purposes of Christ; the architect, the composer. They also remind me to remain committed to who Jesus really is and how his purposes for our lives really show up in the middle of the week. I don't want to be the kind of Christian who goes on singing the same song without ever consulting the composer. I don't want us to be the kind of church that tells Jesus what sort of house we'd like to have without asking the architect what house he intends for us to have.

As we move from Lent to Easter lets not look for "the ordinary, shabby, second-rate sort" of king that our complacencies may lead us to seek, lets look for the one who put sin to death, brought life out of death, and invites us to share in his dying and rising purposes in the world. That's our king, Jesus; the architect, the composer. —Pastor Brown

Keep Listening

In his concluding sermon on the Seven Deadly Sins, Pastor Jon encouraged us to listen to the Holy Spirit and write down the sin that we felt particularly convicted about, the sin that the Spirit was prompting us to leave at the foot of the cross. By my estimation, everyone in the service responded.

Now I want you to go even further than that. I want to encourage you to keep listening, not only to the sin that the Spirit is convicting you of, but also to the things the Spirit is showing you about what surrounds the sin. Keep listening as the Spirit addresses the unresolved grief that drives you to lash out in anger. Keep listening as the Spirit has compassion on you for the deep insecurities that feed your lust. Keep listening as the Spirit asks you about the fears that keep you bound in slothfulness. I want you to keep listening and to keep laying the whole story of your sin at the foot of the cross.

As Jon said, Jesus did not declare, "It is finished," so that we would just go out and pick our sins back up again as soon as we leave worship. So keep listening. Attend to what comes before the sin, and to what comes after it. Listen as the Spirit helps you tell the whole story of your sin, and helps you frame it in a whole new light, the light of Christ's resurrection. Keep listening, and keep laying your whole self at the foot of the cross. —Pastor Noel

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