

CLIFF DRIVE CARE CENTER

FEBRUARY NEWSLETTER

DATES TO REMEMBER

February 14th: Valentine's Day

February 14th, 6:30pm: Ash Wednesday Service with FMCSB

February 16th: CDCC OPEN for Lincoln's Birthday

February 19th: CDCC OPEN for Presidents' Day

February 22nd: Parent's Night Out with FMCSB

SAVE THE DATE

March 25-29th: CDCC OPEN for Spring Break

March 29th, 7:30pm: Tenebrae Service with FMCSB

March 30th, 9am: Easter Egg Hunt with FMCSB

March 31st, 6:00am: Easter Sunrise Service with FMCSB

March 31st, 8:30 & 10:15am: Easter Services with FMCSB

VALENTINE'S DAY

Wednesday, February 14th

We will be celebrating Valentine's Day on Wednesday, February 14th. If you are able to, you are welcome to bring Valentine's cards for your child's class. Please write your child's name on the card so that they can be easily distributed. You don't need to include your child's classmates' names.

CLASS NUMBERS

Miss Ashley: 3 - Miss Halie & Miss Erika: 10 - Miss Norma: 5 - Mr Santos: 7

Miss Alyssa: 14 - Miss Kolap: 13 - Miss Lily: 12 - Mr Miguel: 13

ASH WEDNESDAY SERVICE

Wednesday, February 14th, 6:30pm

The Free Methodist Church invites you to a beautiful worship service of scripture and music that will prepare us for the season of Lent. This service highlights themes of humility, repentance, and mortality, and we will spread ashes on your forehead, a long-standing tradition of the church.

CDCC IS OPEN FOR LINCOLN'S BIRTHDAY & PRESIDENT'S DAY

If you would like your elementary-age Child to attend for the day, please message us on Brightwheel.

PARENT'S NIGHT OUT

Offered by Free Methodist Church of Santa Barbara | *February 22nd* | 5:30-7:30pm

Got kids? Do you need some time away? Parent's Night Out is here to help! We are offering free childcare (+ \$5/child for pizza) on Thursday, February 22nd, from 5:30-7:30pm here at the church. Please sign up by emailing childcare@fmcsb.org by February 16th to reserve your spot.

**February
School Themes:
Valentine's Day
Friendships
Caring/Compassion**

CHAPEL AT CDCC

Cliff Drive children gather every Wednesday to sing songs and hear a story from the Bible.

For chapel we are learning about:

February 7th: "God is Patient With Jonah" from 2 Peter 3:9

February 14th: "Love" from 1 Corinthians 3:1-3

February 21st: "Whoever is Patient is Smart" from Proverbs 14:29, and Matt 7:24-25

February 28th: "Simon and his Boat" from Luke 5:1-11

CELEBRATING BIRTHDAYS AT CDCC

We love celebrating your children on their birthdays! The teachers try to do things throughout the day to make it extra special for them. If you would like to bring treats for your child's birthday, please bring store-bought items. Thanks!

A few weeks ago, I became aware of a new condition we all experience in one way or another. It is called "The Sunday Scaries." Now you want to know more, right?

Cleveland Clinic posted a blog in December of 2021 that recently surfaced in my awareness. Susan Albers, PsyD, of the clinic, summarizes the "Sunday scaries" this way, "The Sunday scaries are feelings of intense anxiety and dread that routinely occur every Sunday. They often start in the late afternoon and continue into the evening. However, depending on a person's level of anxiety, these feelings can start as soon as they get out of bed."

She further says, "Her clients often describe it as a pit in the bottom of their stomachs that grows as Sunday progresses or anxiety that haunts them throughout the day. The Sunday scaries can snowball into physical manifestations such as a racing heartbeat, sweating, difficulty breathing, trembling, upset stomach, trouble sleeping, headache, and, in extreme cases, depression or a heart attack.

Perhaps you don't have the Sunday scaries, but certainly, for those of us who get those occasional Monday holidays, we know it is spoiling to have our weekend extended.

And if it is not Monday you dread, it may be something else: another day of the week, a health condition, an ongoing relationship challenge, a financial cliff, etc. None of us is immune from dreading something.

Jesus had a few words about experiences that worry us. In the New Testament book of Matthew chapter 5, verses 25-34, he tells us not to worry. The lilies, and the birds are all taken care of by God; why not us? He says, "Can all your worries add a single moment to your life?" Jesus reminds us that if God so wonderfully cares for the flowers, how much more will he care for us? He closes, "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

This is easier to say and read but more difficult to live.

What are you dreading? What causes you worry?

I invite you to trust God and ask your friends/family to rally around you.

You need not be alone in the anxious moments. Your Cliff Drive Care Center teachers love your children and care about you. The pastors at this church are equally ready to be on the journey with you, as you need us.

May God give you peace beyond your understanding.

And as always thanks for entrusting your kids to our care. We count it a blessing and an honor.

- Pastor Doug