

The Beulah



GAZETTE

Celebrating Mothers



To the mother

To the mother who is new and who slept 2 hours last night
To the mother looking out, to whom having an empty nest doesn't feel quite right
To the mother who stays home, who spends her days with tiny hands and feet
To the mother who is working, plates spinning, grappling for moments so tender and so sweet
To the mother who is struggling, who can't find an answer to "How are you?"
To the mother who is stuck, who can't figure out the next right thing to do
To all the mothers
To you

When the moments feel hard, it's because they are
When you feel exhausted at the end of the day, it's because being a mother is the equivalent of working 2.5 full time jobs
When you feel like you're failing, it's because this world was not set up to support you

You are not just a mother
You are a place
You are someone's home
You are the softest pillow to land on
You are an anchor in a storm of emotions
You are irreplaceable and invaluable
You are a mother

From our Beulah family to yours, we wish you a happy and fulfilled Mother's Day!



What's In This Month's Issue

May 2025

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GREETINGS FROM SOUTH AFRICA

Ms. Rebecca sends her regards from South Africa! She is enjoying her time and is finding great purpose serving God's children, like Zion. Zion was a child of the mission home in South Africa after having experienced significant trauma at the hands of a family member.

Rebecca will begin work soon at the Sinakekele Children ministry in Veralum, South Africa. Sinakekele Children is a home for abandoned and vulnerable babies and children. Approximately 10,000 babies are abandoned in South Africa annually. Sinakekele is committed to cultivating a safe and stimulating environment to promote emotional and cognitive stability for these children.

If you would like to learn more about Sinakekele Children and where Ms. Rebecca is spreading God's love, check out their website.

<https://sinakekele.org.za/>





From the Director



It's May and around here we have been "ooing" and "ahhing" at the arrival of butterflies. In April, each class was given a "Cup of Caterpillars" and the children have watched with wonder, the transformation from creepy, crawling caterpillars to beautiful butterflies. What an exciting portrail of life and the beauty of change, right before our eyes!

It can be especially exciting when you catch it just at the right moment and you get to experience the critter breaking free from its chrysalis and emerging, wings flapping, as a beautiful butterfly. As I watched this happen from my dining room table, an unexpected feeling came over me. The breaking free seemed...difficult. It seemed, in fact, that the butterfly was struggling.

It was taking a while! Surely something was wrong. I wanted to help. Maybe if I just gave it a little push or ripped the cocoon a bit to assist in its exit. I paused and noticed this feeling of wanting to help, wondering if something was wrong, sure that my patience was not enough.

It reminded me acutely of the struggle we sometimes face with our children.

You may feel, as I did, the need to help the butterfly exit its chrysalis to make it easier for her. However, ultimately you would be doing a disservice to the butterfly as the natural struggle of exiting the cocoon is what gives the butterfly the strength needed to fly. In much the same way, adults may feel the need to impose themselves on young children when they are experiencing natural struggle such as trying to obtain a play object that is just out of reach or attempting over and over again to pull a play object from another. But in doing so, we rob the child of the strength needed to build problem solving skills, self-confidence, self-image, and persistence.

As Jean Piaget once said, "As soon as you teach a child something, you forever ruin his chance of learning it for himself." Sometimes the best gift we can give is to stand on the sideline. We may offer encouragement through our words, or we may choose to simply be a silent witness to their struggle. Often just your physical presence is reassurance enough that you are there for them. Allowing the process of growth to run its course can be such a struggle. But without struggle, there is no flight.

With love and patient encouragement for a lifetime of flight,

Emily Martello



Devotional Thoughts

Struggle is necessary for a solid home. One of the deadliest enemies of a successful home is the attitude that parents often take, which is "I don't want my children to go through what I had to go through. I'm going to make things easy for them, I'm going to let them have things that I never had." But it is far better to endure hardship than it is to make life so easy that there is no struggle at all, for nothing destroys character like the absence of struggle in human life. I am convinced that the major source of weakness in our Christian homes is the desire of parents to keep children from making mistakes. We think that if we can keep them from making mistakes until they are grown up, they won't make any mistakes at all, but this is a fallacy. What happens is that they grow up and they have no defenses at all with which to meet the temptations to make mistakes, and they make them all around, every day, and they have no way of overcoming them.

Thank you, Lord, for how you have allowed me to experience struggle and failure through it in order to grow deeper in my walk with you. Grant me the wisdom to allow you to do that same work in the lives of my loved ones.

-Ray Stedman



National Mental Health Awareness Month

May is National Mental Health Awareness Month. Early childhood is a critical time to develop social-emotional skills that will contribute to their life-long mental health. Here are some ways that you can continue to promote the healthy development of social-emotional skills at home.

- Young children experience negative emotions such as sadness, anger, and anxiety. It can be helpful to sit with your child as he/she experiences these emotions without shame or judgement. It can also be helpful to name your child's emotions. "It seems like you're feeling sad. I am right here with you. You are safe." When children are feeling out of control, they need a calm, steady adult to reassure them that they are safe. This can be more beneficial than attempts at making them feel better or "fixing it." Invision yourself as an anchor for their waves of emotion.
- Young children are also very perceptive and can pick up on our emotions and feelings as adults very easily. It can be helpful to slow down, name your own emotions as you are experiencing them, and sportscast what you are doing to help regulate your nervous system. "I am feeling frustrated right now. I am going to put my hand on my heart and take three deep breaths to help me calm down."

These strategies will help your children develop positive coping skills and prepare them for good overall mental health.



NEWSROOM

- Knowing Place for May will be Monday, May 12th and Thursday, May 15th
- Thank you care families for a smooth re-sign and registration process in April.
- We will be having planting days for our Pollinator Garden with the children May 28th and May 29th during their playground times. If you are interested in being a part of the planting experience with your child, there will be time and space on Saturday, June 7th from 9:00-11:00. **Please let Amanda know if you are planning to join on Saturday the 7th.**
- If you are not returning in the fall, please return your fob to the main office on your last day.
- Last day for Part-Day Preschool is May 30th.
- Last day for care children going to kindergarten is August 22.
- If you would like us to apply sunscreen to your child, please make sure you have signed a parent signature form. If you are unsure, contact the office and we can look in your child's file. Please apply sunscreen in the morning and we will reapply before going outside in the afternoon. Check with your child's classroom teacher, to make sure they have sunscreen that is not expired.
- Thank you for your patience and understanding during the power outages. We are happy to be back up and running, caring for families and children!
- BCPC will be **closed** Monday, May 26th for Memorial Day.

Ministry Spotlight

Check out some at home or on the go resources for our May Knowing Place! We are excited to continue worshipping with Ms. Kelly and Mr. Joshua this month!

Knowing Place May, 2025

Lesson: The Good Shepherd and the Lost Sheep

John 10:11-18

Bible

At home idea

Read and act out the story of The Good Shepherd and the Lost Sheep at home.

How does a GOOD shepherd walk and how does he talk?

How do sheep act when they know they are safe and loved?

Worship

At home or in the car

Listen, Sing, and Dance along to our new song:



Scan me!

Mindfulness

Niighttime routine

Practice Echo Breaths

Visualize and describe happy sheep in the pasture

And even count sheep, remembering that God counts his sheep, too!