



EAST HIGHLAND
Baptist Church

A Going Church For A Coming Christ

Hartselle, AL

FAMILY MINISTRIES

Church Phone Number 256-773-4157

Pastor - Bro. Walter Blackman

Basic Information

Thursday nights from 6:30 PM to 8:30 PM

Childcare provided

Refreshments provided: Soft drinks, coffee or water Light snacks

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SINGLE and PARENTING
HARD WORK, REAL HOPE

Schedule Overview

Session 1 (Jan 29th): Tired & Overwhelmed

Session 2 (Feb 5th): Your Children & Your Fears

Session 3 (Feb 12th): Rest & Comfort

Session 4 (Feb 19th): Money & Career

Session 5 (Feb 26th): Parenting Goals & Expectations

Session 6 (Mar 5th): Suffering & Adversity

Session 7 (Mar 12th): Emotions & Stability, Pt. 1

Session 8 (Mar 19th): Emotions & Stability, Pt. 2

Session 9 (Mar 26th): Parenting Tools & Projects

April 2nd Special Passover Meal (Church – all invited)

Session 10 (Apr 9th): Parenting Approaches & God's Love

Session 11 (Apr 16th): Talking & Listening

Session 12 (Apr 23rd): Conflict & Resolution

Session 13 (Apr 30th): Dating & Single Sexuality

Sign up for daily email:

www.singleandparenting.org

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Leadership

Leanne Mayes 256-303-2813

Fred Mayes 256-318-6208

Debbie Johnson 256-502-3219

Barbara Graves 256-347-8162

We are here for you if you need us, but we do gently remind you that if you need someone to talk to, we at *Family Ministries* encourage **ladies to call a female leader** and **men to call a male leader**. Thank you for your cooperation in this matter.

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Our Commitment

“We have all been, or currently are, single parents. We understand what you are going through. We are here to help you begin moving in a positive direction through the Single and Parenting Program. We will support, encourage, and pray for you as you go throughout your journey.”

EHBC “HOPE” Sunday School Class (Sponsors)

Helping **O**ther **P**eople through **E**ncouragement

Jeremiah 29:11

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

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Workbook

How Single & Parenting Works – Describes how these sessions will be conducted each week.

The Foundation For Healing – Describes how you can have a relationship with Jesus Christ who will help you with your healing.

Notes Section for each video – Read this section before coming to the session each week. Helps prepare you for the session. There is space for you to take notes during the video.

On Your Own – These are daily devotions you should do prior to each weekly session. They cover the topics we will be viewing and discussing that week. Read the session's section for the upcoming week.

Care Cards – Keep with you at all times during the week. These are scriptures that will help you that week when you may be facing some painful moments or you just need some encouragement. GOD loves to encourage.

Resource Center – Section listing additional material to help with any specific needs you might have.

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Small Group Guidelines

Maintain Confidentiality – Don't talk about things you hear in the group to people outside the group. This will help develop an atmosphere of trust. (NOTE: There is no way that the group can guarantee confidentiality, so use discretion about what you share.)

Sharing – There is no requirement that you talk in the group, but you are encouraged to do so! If you do share please comment only on your situation.

Be Sensitive – Some of you are naturally outgoing and comfortable in sharing your feelings. Some of you are a bit shyer. If you are outgoing, make sure you do not dominate the group. If you tend to be quiet and shy, make an effort to participate (you will be glad you did).

Test Your Expectations – This is a group designed to help you and the other group members review challenges regarding single parenting. It is not an environment to encourage dating relationships (as you'll see on the video tapes, dating too early can add to your hurt!)

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Small Group Discussion

After viewing the video we will discuss the subjects shown on the video and especially how they relate to your situation.

(We have allotted approximately 50 minutes for discussion.)

Facilitators will lead discussions concerning the topic seen on the video. **Let us remind you that we are not counselors.**