# FAMILY WINISTRY

Here is what is happening this Summer at the Park!

### **SUMMER FUN:**

### Rediscover the Lost Arts of Family Rest and Relaxation

by Jim Burns www.homeword.com

Most experts on the family will tell you that, "The family that prays together stays together." But I'd like to suggest a corollary to that principle, "The family that plays together stays together."

Summer is the perfect season for families to rediscover the lost arts of family rest and relaxation -- and it's also the perfect time for families to work on spending plenty of time playing together.

Here are four key reasons why parents should invest in family playtime this summer:

1. Play Builds Family Memories. At your next summer fun family gathering, eavesdrop on the conversations around you. Chances are the majority of the talk is about past family experiences.



2. Play Reduces Family Stress and Tension. Let's face it---we live in some pretty stressful times. During summer, many of us are preoccupied with escape, finding peace, and going on vacation. None of these factors are unhealthy in and of themselves. But when you add them together or experience them for a prolonged period of time, be sure to put away your work and responsibilities and take at least a week of "do-nothing-but-play" vacation time to find some perspective.

### 3. Play Causes Good

Communication. In the routine settings of everyday life, finding the "perfect moment" to have "the big talk" with your kids can feel like an exercise in futility. But in less-structured playful summer moments, you're bound to have

more opportunities to talk about "big issues" with your kids.

4. Play Produces Affirmation and Support. When our families play together, everyone gains a deeper sense of belonging, support and community. Summertime offers parents many opportunities to work at creating a strong sense of community within their family.

Families that rest, relax and play together this summer are likely to discover their time together provides a tremendous source of bonding and fun while helping kids to build a future filled with great memories. Don't let this summer pass by without investing in the serious business of family rest, relaxation and play.

College Park Baptist invites you to our

## DAY CAMP

It will be an out-of-this-world experience!



June 26-30

9am-3pm

We will spend each day learning about God through childfriendly activities plus having fun swimming, going to the movies, and more. We will enjoy lunch every day too!

Open to all children, completed kindergarten through 6th grade! Cost for the week is \$80 per child with \$160 family maximum.

Sign up by June 21 at www.atthepark.ws.



1st-3rd Graders 9am-12pm 4th-6th Graders: 2pm-5pm

\$50

This includes a camp shirt, snacks, and 5 great days of sports! There are only 30 spots available so sign up today!

To register/ask questions, please call (336)768-5870, or contact Jeff Allen (jeff@collegepark.ws) or Matt Wilson (matt@collegepark.ws)

Find more information at www.atthepark.ws



### @YOUTHATTHEPARK

### YOUTH CAMP

Have you heard the news? We are headed to Garden City, SC for this summer's youth camp! We are staying at Garden City Chapel. It is a great place to stay for an entire week at the beach! We will enjoy all of our normal camp stuff - worship, small

July 17-21

Garden City Chapel

Garden City Beach, SC

groups, group recreation, free time at the beach, late night, etc. We will be joining two other churches for one HUGE youth camp. It is going to be unforgettable. Sign up now at www.atthepark.ws!

#### **Early Sign Up Period**

Ends June 14

Cost: \$210 (\$185 another youth from same family)

Deposit due at sign-up: \$50

### **Normal Sign Up Period**

June 14 - July 9

Cost: \$260 (\$235 another youth

from same family)
Deposit due at sign-up: \$50

All balances due July 9!



### YOUTH BASKETBALL CAMP

July 6-8 College Park Baptist Gym

We are excited to announce a brand new camp for middle school and high school students. We will spend three days getting better at the game of basketball! There will be two sessions of this 3 day camp.

First, middle school students will play from 2-5 PM. High school students will play from 6:30-9:30 PM. The cost is \$50 per player. Limited space is available so sign up today at www.atthepark.ws!

### **Middle School Camp**

2:00-5:00 PM Cost: \$50

#### **High School Camp**

6:30-9:30 PM Cost: \$50

Limited space is available so sign up by July 2!

### **STAY IN TOUCH WITH US!**

#### Address:

College Park Baptist Church 1701 Polo Road Winston-Salem, NC 27106 336-768-5870 www.atthepark.ws

#### **Email**

Jeff Allen - jeff@collegepark.ws Children's Ministry - children@collegepark.ws Youth Ministry - youth@collegepark.ws

### **Twitter**

@youthatthepark - Youth account @creationkids - Children's account @collegeparkws - Church account

#### **Text Message**

For text message updates sent to your mobile phone, send a text message to "40404" and type one of the following

- · "Follow @creationkids" or
- · "Follow @youthatthepark" or
- "Follow @collegeparkws"

\*Note that no Twitter account is needed