

VMB

Values, Manners and Fundamental Beliefs



October is a season of change. We begin to see the leaves change into beautiful & brilliant colors, then fall to the ground. The first frost usually happens in October in the Northern Temperate Zone. Columbus Day honors Christopher Columbus' arrival in America on Oct. 12, 1492.

VALUES

Respect

Respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others. Courtesy, politeness, and manners. Self-respect and the avoidance of self-criticism.

Encourage students to:

- Show respect to others.
- Think positive about themselves.
- Be kind to others-treat them how they would like to be treated.

In class discuss:

- What it means to respect something.
- What to do when they disagree with what someone else believes.
- Respecting oneself.

"To speak kindly does not hurt the tongue"- Proverb

MANNERS

Telephone Manners, Part I

Answer with a pleasant "Hello." Don't just say, "Yeah?"

If the call is for someone else, gently put the receiver down and go get the person. Don't stand near the phone and yell.

When you call others say "Hello" and identify yourself.

If you have to sneeze or cough move the mouth-piece away from you.

Don't chew gum while talking on the phone.

Smile when talking to someone on the phone. Even if they can't see you, they can tell the difference.

Don't mumble. Speak with sufficient volume and clarity.

FUNDAMENTAL BELIEF

The Great Controversy

When Lucifer chose not to follow God anymore, he and his angels were thrown out of heaven. As Satan, he tempted Adam and Eve to doubt God, and they sinned too. But Jesus fought back by becoming a human, living a perfect life, and then dying to pay for our sins.

[Eph.6:14-16](#); [Revelation 12:7-9](#)

Bible Facts:

- Satan led 1/3 of the angels to rebel against God because he wanted to have a higher position than God.
- Satan led man to sin.
- The great controversy affects everyone; Satan tries to make us disobey.
- Jesus' death proved God is just and good.

Encourage students to:

- Find Bible texts to help when they are tempted.

In class discuss:

- The "invisible" battle-God is fair & kind.

Adventist Heritage

Cyrus Farnsworth, younger brother of William, was a member & a lay leader of the first group of SDA's in Washington, NH, in whose home many of the early meetings took place. He married Delight Oakes, whose mother, Rachel Oakes, was instrumental in bringing the knowledge of the seventh-day Sabbath to Adventist believers of Washington.

Ways to Prepare for Fall

1. Plan now for fall leaf projects. Have students study types of leaves. As autumn approaches students can look for & collect these types of leaves as they fall from the trees.
2. Talk with students about fall wardrobe changes-bundle up so they don't catch a cold.

Ways to Honor

Hispanic Heritage Month

1. Hold a scavenger hunt based on items of Hispanic origins.
2. Host a karaoke event where students sing Hispanic songs.
3. Host a Hispanic Film Festival and watch a documentary on a family Hispanic personality or Hispanic location.

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Justice and Mercy

Obedience to law, fairness in work and play. An understanding of natural consequences & the law of the harvest. A grasp of mercy & forgiveness & an understanding of the futility (and bitter poison) of carrying a grudge.

Encourage students to:

- Respect & obey rules at home, school & in our country.
- Forgive others & not hold a grudge against them.

In class discuss:

- God has forgiven us and so we forgive others.
- Why we should obey; rules are made for our safety & care.
- God's law-the Ten Commandments.

*"Teach me to feel another's woe, to hide the fault I see; that mercy I show to others, that mercy show to me."
Alexander Pope*

MANNERS

Manners for Pedestrians

Cross streets at corners or crosswalks. Wait for the green light or WALK sign if there is a stoplight.

Never accept rides with strangers for any reason.

Don't walk more than two across.

Keep to the right when approaching another pedestrian.

Make sure your backpack doesn't swing around and hit others.

Walk on the sidewalk. If the road has no sidewalk, walk on the far left side of the road so you can see cars coming toward you.

FUNDAMENTAL BELIEF

Growing in Jesus

Because Jesus defeated Satan on the cross, we can defeat him also. By depending on the Holy Spirit, we can grow to be more like Jesus every day.

[2 Corinthians 5:17](#); [Philipp 4:13](#)

Bible Facts:

- To grow in Jesus, you need to find special time to pray & talk with Him.
- Prayer is talking to Jesus as a friend.
- Studying the Bible helps us to become more like Jesus and give us power over temptation.

Encourage students to:

- Study their Bible a little each day.
- Keep a prayer and/or Bible study journal.
- Start a group Bible study.
- Find a special place to pray.

In class discuss:

- Ways to pray and study the Bible effectively.

Adventist Heritage

Rachel Oakes Preston was a Seventh Day Baptist who persuaded a group of Adventists to accept the Sabbath.

When Ms. Oakes sought to introduce the Sabbath to the members, she found them so engrossed in preparation for the coming of the Lord that they paid little attention to her Seventh Day Baptist literature.

Ways to Celebrate Vegetarian Awareness Month

- Share with students from the book Ministry of Healing & explain why we as a church choose vegetarian guidelines.
- Have students create posters discussing health & vegetarianism.

Ways to Celebrate National Clergy Appreciation Month

- Make cards for the pastor.
- Throw a surprise appreciation party during lunch.
- Send a balloon bouquet.
- Create a bulletin board about the pastor, the local church and their history.

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Unselfishness & Sensitivity

Becoming more others-centered and less self-centered. Learning to feel with and for others. Empathy, tolerance, brotherhood. Sensitivity to needs in people and situations.

Encourage students to:

- Think before they act.
- Understand that everyone is different with different needs and qualities.
- Look at the needs of others not just their own needs.

In class discuss:

- How to be empathetic to others with differences and with special needs.
- What is tolerance?
- What is sensitivity?

"Friendship is a living thing that lasts only as long as it is nourished with kindness, empathy and understanding." - Unknown

MANNERS

Respecting Privacy and Possessions

Respect privacy. Knock and wait for "come in" before entering a sibling's room or an occupied restroom.

Don't barge into a conversation people are having. Stand back; wait your turn. Don't try to eavesdrop.

Don't read another person's journal, mail, or e-mail without their permission.

Don't borrow or use another person's stuff without first obtaining permission.

FUNDAMENTAL BELIEF

God Loves and Saves Us

Even when we were His enemies, God loved us and sent Jesus to save us. When we accept Jesus, He adopts us into His family.

[Ephesians 2:8-9](#); [Romans 6:23](#)

Bible Facts:

- Sin is choosing to disobey God, and the result of sin is death.
- Jesus can help change me from a sinner to a child of God who wants to live forever.
- God's love is a gift to every one of us.

Encourage students to:

- Pray for themselves along with their family, friends to resist sin and give their hearts to Jesus daily.

In class discuss:

- Ways the Holy Spirit can speak to someone.
- Freedom of choice to accept Jesus.

Adventist Heritage

Birthplace of the SDA Church: In April 1842, a group of citizens in Washington, NH banded together to form "the first Christian Society." In the Adventist movement of 1842-43, they espoused the Advent hope. In January 1862, these Sabbath-keepers, after meeting for many years as a loosely knit group, organized as the first Seventh Day Adventist Church.

National Book Month

A reading log or book journal is a great place to react to what you read. You can find out exactly how you feel about the characters; you may gain extra insight into what the book is about or what it means to you through journaling. If you were a character in the book, which would you be? If you were the author, would you have ended the book differently. What is your favorite chapter, line, quote?

Fire Prevention Month

- Be on the lookout for anything that could start a fire. Watch out for:
- Matches, lighters, old & worn-out electrical cords, too many cords in a wall socket, candles burning in an empty room, Clothes & blankets near space heaters & lamps
- Check the batteries in your smoke detectors.

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VALUES

Love

Individual and personal caring that goes both beneath and beyond loyalty and respect. Love for friends, neighbors, even adversaries. And a prioritized, lifelong commitment of love for family.

Encourage students to:

- Be a good neighbor
- Consider their priorities in life-where does family fall?

In class discuss:

- Ways to be "neighborly" in their community- make a class list of things students do
- Priorities.
- Loving your enemies.

*"For God so loved the world that He gave His only son, that whoever believes in Him should not perish but have everlasting life."
John 3:16*

MANNERS

Telephone Manners, Part II

When taking a message neatly write the name of the caller, his/her phone number, the date and time he/she called & his/her message.

If you listen to messages on an answering machine, erase your messages after you've heard them.

Don't give out detailed information if your mom or dad aren't home. Don't say, "Mom's gone to a movie." Say, "Mom can't come to the phone right now. May I take a message and have her call you right back?"

Unless you're sure it's OK, don't call people before 9 am or after 9 pm.

If others are waiting to use the phone, finish your call and let them take their turn.

FUNDAMENTAL BELIEF

Jesus Live, Died, & Lives Again

Before God and Jesus created the world and its people, They made a "just-in-case" plan. They planned how they would rescue people if the people chose to follow Satan and become sinners – enemies of God.

[2 Corinthians 5:21; John 3:16-17](#)

Bible Facts:

- God allowed His Son to die on the cross so we don't have to die for our sins.
- Those who accept Christ by faith will have eternal life.
- Jesus' resurrection gives us the assurance that He has overcome evil & we can have eternal life.

Encourage students to:

- Write a song or draw a picture about the resurrection day.

In class discuss:

- Hope we have because of the resurrection.

Adventist Heritage

In 1994, Washington, NH Church bought land by their church. Clearly & powerfully, the idea came to the pastor to construct a trail tracing the history of the Sabbath from Creation to the New Earth. With conviction, he set about designing the Sabbath Trail that is now complete. Take a virtual tour, see photos & read narrative with your students at www.sabbathtrail.org.

National Book Month

October is National Book Month. This annual event encourages readers of all ages to enjoy books.

"Embark on the journey of a lifetime, travel to exotic places, mythical lands and experience adventure beyond imagination. Or escape to another era altogether. All without luggage, tickets, a passport or leaving home. All you need is an open mind. And an open book."

Ways to Celebrate Dental Hygiene Month

1. Read "I Know Why I Brush My Teeth" by Kate Rowan.
2. Visit www.ada.org. There are age appropriate (PreK-8) oral health curriculums with ideas on promoting dental hygiene in kids-helping them learn these habits at a young age.