

THANK YOU, PASTOR!

October is Pastor Appreciation Month, and we have some ideas to help you encourage and celebrate your local pastor.



- Send them a gift card to a local restaurant or cultural event.
- Pray for them every day.
- Write them an encouraging note, highlighting how they have helped your church.
- Take ownership of a ministry at your church. (Don't wait for your pastor to do all the work!)
- Talk to your pastor directly (not to others) when you have a concern.
- Post a compliment on their social media account this month (and encourage others to do the same).

Share *your* favorite ideas with us on our Facebook page!

NEW RESOURCES FOR KIDS

- The North American Division (NAD) Children's Ministries Department has introduced a new Sabbath School curriculum, *Alive in Jesus*, which uses the stages of faith development, best educational practices and 21st century learning practices to present Bible truths.



- ADRA International recently launched their online community hub at the NAD Educators' Convention in August. Their resources, created with teachers, churches and young adults in mind, are designed to teach participants about issues impacting communities across the world and offer practical ways to get involved.

ENSURE THEIR SCHOOL YEAR IS A SUCCESS

Right before this school year started, about 500 Columbia Union Conference educators joined some 5,000 of their colleagues from around the NAD for the Educators' Convention in Phoenix. During the convention, the *Visitor* team asked this group of educators for tips on how parents can better prepare their children for success in the classroom. Check out their responses at youtube.com/columbiaunion.

TOO MUCH SCREEN TIME?

"TV in and of itself isn't bad. Social media in and of itself isn't necessarily bad. I think the key is [for families to] do activities together and have a shared interest," says Marissa Leslie, a psychiatrist practicing at Adventist HealthCare Shady Grove Medical Center and White Oak Medical Center.

Don't just tell children to get off of their phones—look for warning signs, provide other options and engage them in different ways, say panelists on a recent Adventist HealthCare podcast covering adolescent mental health. For practical tips, listen to the entire episode on the *Visitor* website.



EAT TASTY AND HEALTHY!

Eating in-season produce is not only tastier because of how fresh it is, but healthier for you, because it maintains higher levels of vitamins, minerals and antioxidants if consumed soon after harvest, say multiple studies. Eating local adds the extra bonus of cutting down on extra pollution from the long distance transportation of produce.

Find a list of in-season fall produce, vegetarian recipes and tips on how to organically prepare your garden bed for next year's growing season at columbiaunionvisitor.com.

DOGS—OUR HEALTH HEROES?

It might be time to give in to getting that requested dog. A recent health study has found what dog lovers everywhere may have already intuitively known: spending time with dogs is beneficial to your health.

The study found that children—especially children with special needs—who spent time with dogs had lower levels of stress hormones than those who didn't.

