

Single Parent Networker

Ascension, Cathedral of the Holy Spirit,
Corpus Christi, St. Anne, St. Mary, St. Joseph,
Christ the King, and Spirit of Life

Volume 23 Issue 9

September 2014

Teenage Alcoholism - Contribution Factors and Why it is Rampant Among Teenagers

The number of teens involved in the excessive consumption of alcohol is growing. Another tragic statistical fact is that kids as young as 12 years old are already learning to drink alcohol as if it was just soda.

Parents are already alarmed with the rampant case of teenage alcoholism. Although the media and celebrities can be partly blamed for the popularity of teen alcoholism (take the cases of Lindsay Lohan, Britney Spears, Paris Hilton), a lot of other factors can also be considered as to why teen alcoholism has become a societal disease.

One of the most common lines that teenagers say is "but everybody's doing it!" Parents hear those words every so often and teenagers frequently blurt it out of their mouth as if they were just saying "yeah" or "okay". The need to belong and to be accepted is a really important need that simply cannot be ignored by teenagers - even if it takes doing some things that are way out of line.

Another factor that leads teenagers to alcoholism is curiosity. Perhaps their first intake of alcohol is just to satisfy

their curiosity. The sad thing is that alcohol can be addictive and if teenagers get hooked, it's as if there's no stopping them.

Teenage social life is usually composed of house parties, dates, sleepovers, etc. The social life of teenagers provides numerous opportunities for alcoholic drinks to be served. House parties are especially dangerous, if there's no adult or parent around to supervise and monitor (which is mostly the case nowadays since most teenagers would demand that their parents get out of the scene when they are hosting a party).

Some teenagers also have their first glass or bottle of alcohol as a result of peer pressure. Since they don't want to be called a "kill joy" or a "goody two shoes," most teens do succumb to the offers of their friends to drink or taste alcohol.

Troubled teenagers also use alcohol as a way to forget their problems and emotional anguish in life. Let's just say that teenagers who are depending on alcohol intake as their escape to their worldly

problems are "killing themselves softly."

Perhaps one of the reasons why alcoholism is very rampant among teenagers is because of the fact that it is very easy for an underage teen to purchase alcohol. Although it is imposed in most of the laws all over the world that teens under the age of 18 years old are not allowed to purchase alcoholic drinks, many teens still get away with it. Some clerks and salesmen are too lazy or too lenient to care if the teen is the proper age or not.

To avoid teenage alcoholism, parents, teachers and the government must go hand in hand in trying to provide "cool" and healthy distractions for teenagers so that they will not fall into the tempting traps of alcoholic substances. One widely used "healthy distraction" is sports. Local community groups as well as academic institutions are great ways to entice teenagers to become busy and active in healthy and productive physical activities. Teenagers must be given opportunities to express themselves and cultivate their hidden talents so that they can realize that there are more exciting ways to spend their life rather than waste it on life-threatening drinking sprees.

Parents and teachers should be

ambassadors in making teenagers realize that the fun and excitement they get from drinking alcoholic drinks is only superficial and short-term; they must emphasize that there is more to life than trying to belong. It is better to belong through a healthy and productive way rather than through hazardous and self-destructive ways.

<http://www.articlecity.com/terms.shtml>, Adam Rise



St. Michael the Archangel

Feast day, September 29

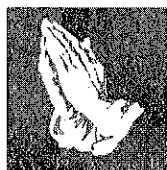
The church recognizes, September 29th as the feast day of St. Michael the Archangel and all the holy angels. St. Michael was chosen by God to fight evil spirits. He is viewed as the angelic model for the virtues of the *spiritual warrior*, with the conflict against evil.

Prayer to St. Michael

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host – by the Divine Power of God – cast into hell, Satan and all the evil spirits, who roam throughout the world seeking the ruin of souls.

Amen.



Divorced Parents Prayer

Lord, in this silent moment with you, I seek a miracle for our lives and a joyful spirit.

Broken hearts, crushed dreams and divided hearts within a divided family were things I did not want my children to know. Being haunted with these memories of the past, I am now left to parent alone. As I strive to listen to the pains of my children, I seek your healing spirit to heal their hearts. As I try to guide and discipline, I ask for your knowledge to raise them to become healthy adults that will help to fulfill your plan for them on this earth. Help me to teach them your ways by instilling in me to become a good example of a parent. Give me a heart to be able to model the art of forgiveness. In this moment that I am sharing with you, Lord, forgive me and my ex-spouse for the failure of our marriage.

As we walk this road together as a divided family, please bless both of us with a loving and forgiving spirit that will help us to overcome our differences for the good of our children. Unify our hearts and bestow upon us the grace of wisdom as we continue to be committed to our children in learning how to co-parent together. And, Lord, despite the fact that our children will experience a divided childhood trying to live between two homes and two worlds, help them to become children of faith and love.

Used with permission. Earthen Vessels Newsletter, The Department of Marriage & Family Ministry, Dioceses of Cleveland, OH



Grandparent Day Sunday, September 7



Parenting Pointers

588. Sept. 5: "You shall love your neighbor as yourself." (Romans 13:9) Do you know your immediate neighbors? Do any of them have special needs? Talk with your children this week about some favor you could do for a neighbor. Maybe invite them over for dinner.

589. Sept. 12: 10 Life Skills Your Teen Needs Before Leaving Home.

#9 is Ability to discern between love and infatuation. #10 is Ability to admit fault and start over.

These last two skills are hard won and too many adults have still not learned them. Gently ask your teen's opinion about how to learn these skills.

590. Sept. 19: Next Monday (September 22) is National Eat Dinner Together Day. Maybe you always eat dinner together. If not, make a special effort to eat together on this day. Tell stories of your day. What was the high? What was the low?

591. Sept. 26: "You say, 'The Lord's way is not fair!'" (Ezekiel 18:25) Kids often complain about things not being fair. Sometimes life isn't fair. Talk to your children about what they don't think is fair in their life or the world. Can they do anything about the unfairness? Sometimes Yes. Sometimes No.

Used with permission by Susan Vogt, wee.SusanVogt.net



Teaching Your Child Self Control

When kids melt down in the middle of a crowded store, at a holiday diner with extended family, or at home, it can be extremely frustrating. But parents can help kids learn self-control and teach them how to respond to situations without just acting on impulse.

Teaching self-control skills is one of the most important things parents can do for their kids because these are some of the important skills for success later in life.

HELPING KIDS LEARN SELF-CONTROL

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes.

For example, if you say you're not serving ice cream until after dinner, your child may cry, plead, or even scream in the hopes that you will give in. But with self-control, your child can understand that a temper tantrum means you'll take away the ice cream for good and that it's wiser to wait patiently.

Here are a few suggestions on how to help kids learn to control their behavior.

UP TO AGE 2

Infants and toddlers get frustrated by the large gap between the things they want to do and what they're able to do. They often respond with temper tantrums. Try to prevent outbursts by distracting your little one with toys or other activities.

For kids reaching the 2-year-old mark, try a brief timeout in a designated area - like a kitchen chair or bottom stair - to show the consequences for outburst and teach that it's better to take some time alone instead of throwing a tantrum.

AGES 3 to 5

You can continue to use timeouts, but rather than enforcing a specific time limit, end timeouts once your child has calmed down. This helps kids improve their sense of self-control. Praise your child for not losing control in frustrating or difficult situations.

AGES 6 to 9

As kids enter school, they're better able to understand the idea of consequences and that they can choose good or bad behavior. It may help your child to imagine a stop sign that must be obeyed and think about a situation before responding. Encourage your child to walk away from a frustrating situation for a few minutes to cool off instead of having an outburst.

AGES 10 to 12

Older kids usually better understand their feelings. Encourage them to think about what's causing them to lose control and then analyze it. Explain sometimes the situations that are upsetting at first don't end up being so awful. Urge kids to take time to think before responding to a situation.

AGES 13 to 17

By now kids should be able to control most of their actions. But remind teens to think about long-term consequences. Urge them to pause to evaluate upsetting situations before responding and talk through problems rather than losing control, slamming doors, or yelling. If necessary, discipline your teen by taking away certain privileges to reinforce the message that self-control is an important skill.

WHEN KIDS ARE OUT OF CONTROL

As difficult as it may be, resist the urge to yell when you're disciplining your kids. Instead, be firm and matter of fact. During a child's meltdown, stay calm and explain that yelling, throwing a tantrum, and slamming doors are unacceptable behaviors that have consequences - and say what those consequences are.

Your actions will show tantrums won't get kids the upper hand. For example, if your child gets upset in the grocery store after you've explained why you won't buy candy, don't give in - thus demonstrating that the tantrum was both unacceptable and ineffective.

Also, consider speaking to your child's teachers about classroom setting and appropriate behavioral expectations. Ask if problem solving is taught or demonstrated in school.

Model good self-control yourself. If you're in an irritating situation and your kids are present. Tell them why you're frustrated and then discuss the potential solutions to the problem. For example, if you've misplaced your keys, instead of getting upset, tell your kids the keys are missing and then search for them together. If they don't turn up, take the next constructive step (like retracing your steps when you last had the keys in-hand). Show that good emotional control and problem solving are the ways to deal with a difficult situation.

This information was provided by KidsHealth®, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this, visit KidsHealth.org or TeensHealth.org. © 1995- 2009. The Nemours Foundation/ KidsHealth®. All rights reserved.



Grandparents Prayer

Lord, look down upon all grandparents as they strive to be the soft place for their grandchildren to fall. Give them the grace to know when to speak and when to step back and allow their parents to do their job as they see fit.

Inspire our children to teach our grandchildren about the love of Jesus.

Keep us all united as family, and not allow any strife to come between us, that we may always enjoy the special bond that you have created grandparents and grandchildren to have.

In your son's name - Amen

Grandparents are a family's greatest treasure, the founders of a loving legacy, The greatest storytellers, the keepers of traditions that linger on in cherished memory. Grandparents are the family's strong foundation. Their very special love sets them apart. Through happiness and sorrow, through their special love and caring, grandparents keep a family close at heart.

~Author unknown

Beginning Experience:

Separated, Divorced, Widow
Tara at 701-426-8303

Level I—Charity Lutheran

Level II—Faith Lutheran

Level III—Good Shepherd

Each level is 10 weeks. All levels run concurrently. See website below.

Children's Beginning Experience:

Susan at 1-701-258-3152

Free Preschool for 3&4 year olds for eligible families, contact **BECEP** at 701-323-4400 for school year.

Caring for Children Program—health coverage to uninsured children. 1-800-342-4718. www.ndcaring.org

Single File Newsletter

For information

www.bismarcksinglefile.com

Parish Information:

Cathedral—222-2259

St. Anne—223-1549

Ascension—223-3606

St. Mary- 223-5562

Corpus Christi—255-4600

Spirit of Life-663-1660

Christ the King -663-8842

St. Joseph -663-9562

Office of Family Ministry—Diocese of Bismarck—

Joyce McDowall 701-204-7209

Toll Free 1-877-405-7435

www.bismarckdiocese.com

jmcdowall@bismarckdiocese.com

If you would like your name removed from the mailing list, please call your parish coordinator

Parents Forever-Education for Families in divorce Transition, call NDSU Parent Resource Center, 667-3342 or 667-3340

WEBSITES THAT MAY BE OF INTEREST:

- www.celebratesimply.com
- www.bereavementmag.com
- www.beginningexperienceofwesternnorthdakota.org
- www.vibrantfaithathome.org
- www.usccb.org

www.fambooks.com/moms.htm

www.singleparents.about.com

www.bridgetobenefits.org