

RELIGION CALENDAR

If you want to submit an item for the religion calendar, fax it to (248) 477-9722 or write: Religion Calendar, Farmington Observer, 3471 Grand River, Farmington, MI 48335. The deadline for an announcement to appear in the Thursday edition is noon Monday.

EVENTS

Noon Prayer
First United Methodist Church in downtown Farmington will open their sanctuary for prayer during the noon hour on the weekdays. During this time of instability and war, all persons are invited to come and pray.

Easter Eggstravaganza
Detroit First Church of the Nazarene will hold an Easter egg hunt 10:30 a.m. Saturday, April 19, at the church, 23260 Haggerty, north of Eight Mile, east of Haggerty.

Jesus Christ Superstar
Salem United Church of Christ in downtown Farmington presents Jesus Christ Superstar at 7:30 p.m. Friday and Saturday, April 11 and 12. The performance will be given by Salem's Youth Group and friends. For reservations call (248) 474-6850.

Walters
The New Generation Youth Choir at Nardin Park United Methodist Church will present "Walters," a musical by Kathie Hill and Travis Coltrane, at 7 p.m. Palm Sunday, April 13, Nardin Park is located at 29937 W. 11 Mile. Call (248) 476-8840.

Godless Devl
Columbia University Professor Vidya Dehejia, specialist on the Hindu Godless Devl, will be the special guest at a dinner gathering on Saturday, April 12, at the Priya Restaurant in Farmington Hills. To make reservations call (313) 833-3991.

Coffee talk
Single Point Lighthouse Cafe offers an evening of relaxation and fun while listening to live entertainment provided by other Single Pointers. Cost is \$5. Hot dogs, goodies and coffee provided. Call Single Point Ministries at Ward Evangelical Presbyterian Church, 40000 Six Mile Road (near Haggerty), Northville, at (248) 374-5920.

EASTER SERVICES

First United Methodist
First United Methodist Church in downtown Farmington will hold Easter services 7:30 a.m., 9:30 a.m. and 11:15 a.m. Sunday, April 20. Maundy Thursday service will be held at 7:30 p.m. Thursday, April 17, and Good Friday services will be held at noon Friday, April 18.

First Presbyterian
First Presbyterian Church of Farmington, located at 11 Mile and Farmington Road, will offer the following Easter services:
Palm Sunday - April 13, 8:45 and 11 a.m.
Maundy Thursday - April 17, 7:30 p.m.
Easter Eve Vigil - April 19, 5:7 p.m.
Easter Sunday - April 20, 8:30 a.m., 9:45 a.m., 11 a.m. and Easter brunch 10:30 a.m.

Nardin Park Methodist
Nardin Park United Methodist Church in Farmington Hills will hold Palm Sunday Services at 9:15 and 11 a.m. Sunday, April 13. Holy Thursday Service will be held at 7:30 p.m. Easter Sunday services will be held at 7:30 a.m., 9:15 a.m. and 11 a.m. Sunday April 20. Breakfast will be served continuously from 8-10:30 a.m. Nardin Park is located at 29937 W. 11 Mile Road.

Forest Baptist
Forest Baptist Church in Farmington Hills, located at 25805 Farmington Road, will hold the following Holy Week services:
Palm Sunday - April 13, 9:45 a.m., Bible Study for all ages, 11 a.m. morning worship, and 6 p.m. Easter Carols.
Maundy Thursday - April 17, 7 p.m.
Easter Sunday - April 20, 7 a.m. youth service, 9:45 a.m. Bible Study for all ages, 10:30 a.m. Easter Egg Hunt, and 11 a.m. worship service.

Antioch Lutheran
Antioch Evangelical Lutheran Church, 33350 W. 13 Mile Road in Farmington Hills, will offer the following Holy Week schedule:
Maundy Thursday - April 17, services at 1 p.m. and 7 p.m. with foot washing at 7 p.m.
Good Friday - April 18, Tenebrae service at 7:30 a.m.
Easter Vigil - April 19, 7:30 p.m. service
Easter Sunday - April 20, services with Holy Communion at 8:30 a.m. and 11 a.m.

Widow/Widower Support
New Hope Center for Grief Support, a Christian-based bereavement outreach center, offers support for widows and widowers with children on the second and fourth Tuesday of each month. The group meets at 7 p.m. at St. Kenneth's Parish offices, 14951 Haggerty, Plymouth. New Hope for Kids meets at the same time and place and is aimed at ages 4-11. (248) 348-0115.

Aglow
Aglow International, a community lighthouse for women, meets for dinner and discussion at 6 p.m. the second Monday of each month at Best Western Executive Hotel, 31525 W. 12 Mile in Farmington. For information or reservations call (248) 476-1052.

Love, building success help children gain self-esteem

We hear it over and over again. Parent your kids in ways that encourage healthy self-esteem.

It sounds like good advice, but what does it mean? What is self-esteem? Can a child have too much of it? Does self-esteem cause conceit or an overinflated sense of entitlement? There are many misconceptions about self-esteem. By understanding what it is and how it works, parents can make a positive difference in the quality of their children's lives.

Self-esteem is not vanity. It's not egotism or conceit. When we meet a person who acts superior to others, what we are seeing is not self-esteem. These types of behaviors compensate for a lack of self-esteem.

People with healthy self-esteem believe that they are worthy of happiness and capable of handling life's challenges.

Some typical traits of a person with high self-esteem include: integrity, resilience, and respect for others and themselves.

Children with high self-esteem find the courage to raise their hand in class, try out for sports teams, show compassion for others, take responsibility for their actions, and be actively involved in their lives.

People who feel good about themselves don't need to put others down to boost themselves up.

Parents can help children build self-esteem by providing experiences that leave them feeling lovable and capable. Here are some specific ways to reinforce self-esteem:

Give unconditional love. Avoid putting conditions on your love. "I love you when you behave yourself..." when you get



Parent's Corner
Marilyn Suttle

good grades...when you win a medal.

Human beings are imperfect.

We sometimes make mistakes or fail to please. If kids feel at risk of losing love because it's tied to their behavior, it leaves them feeling insecure or hopeless.

When kids are loved for who they are, without conditions, they feel free to value themselves just for being alive.

SHOW IT, SAY IT

Children have preferred ways of receiving love. Some kids are verbal, they like to hear the words. Some kids are visual.

They want to see how much they mean to you.

Others are kinesthetic, they respond to physical displays of affection. Why not give them all three?

Here are some powerful ways of expressing love verbally:

"I love you."

"I love you for the unique person that you are. There's not another person in the whole world who has your thoughts, ideas, and dreams. I'm so glad you're my child."

"I've talked to many adults who feel a loss in their lives, because they never once heard their parents say, 'I love you.' Expressing love is one of the greatest gifts you can give your child."

Here are some visual ways of expressing love:

Place loving family pictures near your child's bed.

Write notes, letters, cards, or drawings expressing love and appreciation.

Smile. It sends a powerful visual message of love and acceptance.

Physical expressions of love include: Sitting on your lap, hugs and struggles and playful wrestling.

Help your children build capabilities.

When children feel capable, they are willing to take chances, set goals and go after them. Success builds success.

In many small ways, we can help our kids create big results for themselves.

Ask for your child's opinion. When you listen to children's thoughts and ideas, they feel important. They begin to see that they can contribute and be taken seriously. Ask them:

"Which side dish did you prefer?"

"What color pants do you think looks best with this shirt?"

"Who would you vote for?"

Give kids opportunities to build successes. Let your young children give the waitress their order.

Encourage kids to learn new things, join clubs and fully participate. This will build their competence.

Let your kids be responsible for doing age appropriate activities for themselves.

Let them learn how to handle their allowance and do chores.

Help your children learn how to help themselves. Every new accomplishment, boosts confidence. Each success encourages kids to believe in their ability to handle new situations.

DEALING WITH PUT DOWNS

How does your child handle put downs? Some children take it hard. They let put downs affect their sense of self worth. There are ways to stay resilient in the face of criticism. Share the following idea with your child.

Kids don't feel bad about themselves because of what other people say. It's what kids say to themselves when others stop talking that determines how they feel.

Eleanor Roosevelt said, "No one can make you feel inferior without your consent." If a bully says, "You are a telephone," it might be annoying but it wouldn't shake your child's sense of self worth because she knows she's not a telephone.

Suppose a bully says, "You are dumb." Does this shake your child's sense of self worth?

What does she tell herself? Teach kids that they get to choose to consent or reject the put down.

Kids with high self-esteem have a positive and realistic view of life. They are willing to take risks, handle setbacks and persist.

A parent's encouragement can make a big difference in the way children feel about themselves. For more information on self-esteem issues, check out the web site of the National Association for Self-Esteem at www.self-esteem-nase.org.

Marilyn Suttle helps people and organizations increase self-esteem, work-life balance strategies, and parenting skills with interactive presentations and workshops. Email her at MSuttle@aol.com or visit her web site: www.SuttleOnline.net

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