

August 2019

Together

AT DAWSON

**Meet the
del Riscos**
A Family's Spiritual Legacy

Modeled by
Jesus
WHY INTENTIONAL
DISCIPLESHIP
MATTERS

5 EASY
MEALS
ON THE GO

SCENES OF
SUMMER





Life's Better Together

There's a Life Group for you!

PRESCHOOL • KIDS • STUDENTS • COLLEGE
YOUNG ADULTS • ADULTS

dawsonchurch.org/lifegroups

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JOIN US

Sunday Morning Life Groups:
8:25 a.m. & 9:40 a.m.

Sunday Morning Worship:
8:25 a.m., 9:40 a.m. & 11:00 a.m.
11:00 a.m. Hispanic Worship - Chapel

WATCH LIVE

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From Pastor David

Dr. David Eldridge Senior Pastor

As you read this edition of the Together at Dawson magazine, we are quickly approaching the start of football season. Many are already getting ready for months of tailgating and channel flipping. During these next few months, I will even tune in to local sports talk radio to hear endless discussions about each week's match up for Alabama, Auburn, UAB, Samford, and even those other Bulldogs from Mississippi State. (Sorry, I could not help myself!) No matter what college or high school team you will be cheering for and arranging your weekend schedules around, there is something that is particularly exciting about the beginning of the football season here in Alabama.



There is always something exciting about the possibilities of a new season. At Dawson, we are entering into a new Fall season of ministry and mission opportunities. In this edition of Together at Dawson, you will have the opportunity to read about some of the exciting ways God is moving in this season of the life of our church and our church members.

Last year, we focused on Gospel-centered conversations and how we can weave God's great story into our own story. This Fall, we will highlight the importance of being prepared to give a reason for the hope that we have in Jesus. We invite you to participate in our church-wide study based upon Tim Keller's *The Reason for God*. It's my prayer that through this study we can become more equipped to have loving conversations with friends and family members about some of the most important and often controversial topics in regard to our faith and life. This study will help us navigate how to engage friends and family members who struggle with questions such as:

- Hasn't science disproved Christianity?
- How can you say there is only one way to God?
- Why does God allow suffering?
- How can God send good people to hell?

This Fall season will be an exciting time for our Dawson Family of Faith. May God continue to find us faithful in all we do as a church family.

Blessings,

Pastor David



dawsonchurch.org/AfterTheSermon

Life Groups Stories

By Trenton Cleghern



Originally from Tennessee, Trenton Cleghern is a staff optometrist at VisonAmerica of Birmingham and is an assistant professor at UAB. He is married to Sarah, also an optometrist, and they live in Vestavia Hills.

My wife, Sarah, and I began looking for a new church home right after we got married almost three years ago. We had gone to different churches when we were single and wanted to find a new church together. During the first six months after our wedding, we visited seven or eight churches in the Birmingham area. There were various aspects we liked about each of them, but eventually we narrowed it down to three congregations. The Dawson Family of Faith was one of the final three. The next step was to visit a Small Group/Life Group/Sunday School class to learn a little more about each church.

We thought that Dawson was a great group of believers so we began visiting some Life Groups during the Sunday School hour. There were several Life Groups for newlyweds / married a few years. We visited three groups and all were very welcoming and friendly and it was actually quite difficult to choose only one. We ended up joining a class that had a lot of couples about our age and that made us really feel at home. In all honesty, we might have joined a different congregation if it were not for our Life Group. The other two churches we visited had good teaching, as well. They were also large congregations, much like Dawson. The large size can be a wonderful thing, but it can also be more difficult to really get involved with larger congregations. The best way we found to get more involved was with a Life Group.

Our Life Group has helped us to make some great friendships with fellow believers. We feel like we are part of a family. Our group meets like a Sunday School every week. We have fellowship time, we pray, and we study the Word of God. We have men and women's Bible studies as well as events for fellowship. It has also been a great way to know more about things going on at Dawson, such as guest speakers as well as special programs and ministries. Our Life Group has made a tremendous impact on us and we would not be as involved as we are now without it. We would definitely encourage anyone not currently in a Life Group to see what they are all about.

Find out how to get involved in a Life Group at dawsonchurch.org/lifegroups.



Modeled By Jesus

by Jim Gifford



Have you ever seen a child take her very first steps? There are few things more exciting than watching an infant move from crawling to walking. One of the first and most important goals of parenting is to help your child take his very first step. Could you possibly imagine a parent never allowing their child to start walking? What if every time a child began to take their very first step a parent swooped in and grabbed up the child?

It is obvious to us all that taking steps physically is important, but that's also the case for taking steps spiritually. When a person comes to faith in Christ, the goal is to take more steps. Salvation is the first step but certainly not the only one. God desires that every Christian become a "fully equipped" disciple of Christ who, in turn, will make other disciples.

This process for equipping Christians was first modeled by Jesus who extended the invitation to those who would become his disciples to "come follow me, and I will make you fishers of men" (Matthew 4:19). After investing in them for a season and following His death and resurrection just prior to His ascension into heaven, He commissioned these same followers to go and do likewise: "Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything I have commanded you. And behold I am with you always, to the very end of the age" (Matthew 28:19-20).

Dawson is engaged in this same mission when we commit **To Become and Help Others Become Faithful Servants of Jesus Christ**. This mission is not just something to pursue as we gather on Sundays, it should be a lifestyle that permeates our everyday life. It is not enough to just become an obedient and faithful Christian, but it is a call to invest in leading other people to follow and become obedient servants of Christ. I believe when we examine how Jesus, the greatest disciple-maker in history, went about leading and teaching his apostles to be faithful servants, we will discover three keys to His success as a disciple-maker.

Intentional Leadership

The first key to Jesus' success as a disciple-maker is that He was an intentional leader. To be an "intentional leader" is to be deliberate and purposeful in everything you do. Jesus was intent

on pursuing the presence and will of His Father. Throughout the Gospels, Jesus was intentional in pointing His disciples to God and His will.

Jesus was also intentional about how He invested His time with people. Throughout the Gospels, we learn that Jesus spent time with a variety of people in different size groups. In his book, **Rediscovering Discipleship**, author and pastor Robby Gallaty states, "Group size matters. It mattered to Jesus as well. In addition to having a clear system for making disciples, Jesus wisely utilized different size groups on the pathway to growth. We can roughly categorize them into five different types: the Crowd, the Congregation, the Community, the Core, and finally his Close Relationships." (For more information on these five types of group, please see sidebar on page 7.)

We can see that Jesus was an intentional leader, intent on doing the Father's will. He was intentional in the way He invested in people, from those gathered in crowds, to calling 12 to journey and live life with Him, to personally being accountable with three disciples for intimate times of encouragement and training.

Intentional Relationships

A second key to Jesus' success is that disciple-making is best accomplished within the context of a relationship. Jesus modeled the importance of relationship in that He followed the Deuteronomy 6:5-7 exhortation:

Love the LORD your God with all your heart, with all your soul, and with all your strength. These words that I am giving you today are to be in your heart. Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up.

It was within this relationship that Jesus would use stories as a jumping off point to create great discussions. He also used everyday experiences that were familiar to His listeners such as farming, gardening, fishing, and shepherding to teach deep spiritual truths.

Jesus modeled the behaviors He wanted the disciples to learn: how to pray, how to be a servant, how to be humble, and more. Jesus knew that a personal relationship with His disciples was the pipeline through which they would come to understand who He truly was, as well as the nature of the Gospel movement that He would launch through them.

Equipping Disciples To Make Disciples

The third key that Jesus taught us is how He modeled a simple process of making disciples who will make disciples. Jesus' process of teaching and equipping was a

four-step process: "I do – you watch" progressing to "I do – you help," which developed with time into "You do – I help," and then as the disciples matured and developed spiritually, it became "You do – I celebrate!"

In the early 1960s, my Dad tasked me, as the eldest son, to shine shoes every Saturday evening in preparation for church on Sunday. I recall very vividly his teaching and equipping me how to use the polish, a brush, and a buffing cloth to shine shoes. His process for equipping me was quite similar—watching him polish them and asking if I had any questions one week, polishing them together the following week, and finally allowing me to polish them on my own as he watched. How proud I was that he entrusted this task to me. Some years later as I prepared to leave for college, Dad asked me to teach and equip my younger brother to carry on the Gifford Saturday night tradition of polishing shoes. This simple

process is one that I continued to use as I equipped my children to do a job or task, and in my vocation, as I equipped others for ministry.

Jesus instilled this simple process in His disciples, knowing that the Gospel could effectively be passed down from one generation to the next. The New Testament is filled with examples of Jesus using this same simple process for equipping His disciples. With each assignment, His expectations became more complex.

In nearly every vocation, one must learn specific skills from someone else who has become proficient in that specified vocation. Carpenters, plumbers, electricians, interior designers, and many other vocations are only licensed to operate upon completing a full and extensive apprenticeship with someone with recognized experience. A doctor goes through years of education but will not be released to practice until he or she has spent years in residency under an experienced doctor in their field.



Jesus was intentional in pursuing His Father's will of inviting a group of disciples into a personal relationship with Him. By doing this, He would reveal and model to a group of followers God's plan for redeeming the world. These followers in turn would duplicate His simple process of "making disciples who make disciples" which would be carried from one generation to the next.

There is no doubt about it, Jesus was a master disciple-maker. When He told the apostles in Matthew 28:19-20 to make disciples, they understood what He meant—they knew what to do because of what He had taught and modeled with them. God's plan for redeeming the world is now in our hands. You and I have been commissioned **To Become and Help Others Become Faithful Servants of Jesus Christ** for this generation and the next. But how do we do that? Through discipleship. Discipleship is both personal growth toward becoming a faithful servant and helping our family, friends, and other people God brings into our life move toward a growing relationship with Jesus. At Dawson, some of the steps we take toward spiritual growth are:

Worship God: A large group environment where one begins to express their love and devotion to God with all their heart and soul and might.

Join a Life Group: A smaller biblical community where one learns how to navigate life with others, guided by the Word of God.

Small Groups: Be accountable to a group of three to five people for getting into God's Word and letting God's Word get into you.

Serve: Be in ministry and on mission in your community, workplace, and around the world.

Where does discipling others fall on your radar? What is your next step of growth toward becoming a faithful servant of Jesus Christ? Is it participating weekly in worship or joining a Life Group? Maybe it's stepping into a place of service and ministry at Dawson, or going on a mission trip. Or maybe you need to ask yourself who are you helping to become a faithful servant of Jesus Christ? Will you intentionally invest in someone's life by inviting them to join you in growing spiritually? Whatever your answers may be to these questions, I want to encourage you to take your next step in your faith journey today!



Jim Gifford is a 39-year veteran of ministry, having served in a variety of roles from Youth and Music to Associate Pastor for Education & Administration. Jim has also served as a Sunday School Strategist with the Louisiana Baptist Convention. In his role as Minister to Adults at Dawson, he encourages and equips adults to be disciple-makers engaged in expanding God's kingdom. Jim is married to the love of his life Dorinda, and they have three children and four grandchildren. In their free time they enjoy camping and traveling adventures.

Five Group Types Modeled By Jesus

The Crowd (1000s): From early in Jesus' ministry, the crowds assembled everywhere He went. Jesus was not very interested in the numbers, for He was focused on something more than temporary success and worldly acclaim.

The Congregation (72/120): In Luke 10:1, Jesus appointed 70 people and sent them ahead of Him in pairs to every town and place where He was about to go to heal the sick and proclaim the advent of the kingdom. By Acts 1, we find a group of 120 believers who professed faith in Jesus who had gathered awaiting the coming of the Holy Spirit. These men and women identified themselves as followers of Jesus but did not travel around with him.

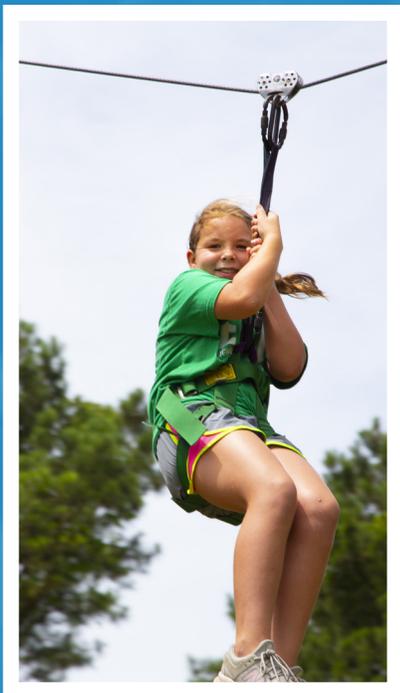
The Community (12): Jesus had a smaller group of men he called to leave their families and friends and careers to follow him. Author and pastor Eugene Peterson wrote, "Jesus, it must be remembered, restricted 9/10's of his ministry to 12 Jews." The majority of his time was devoted to the fellowship and community of these twelve men.

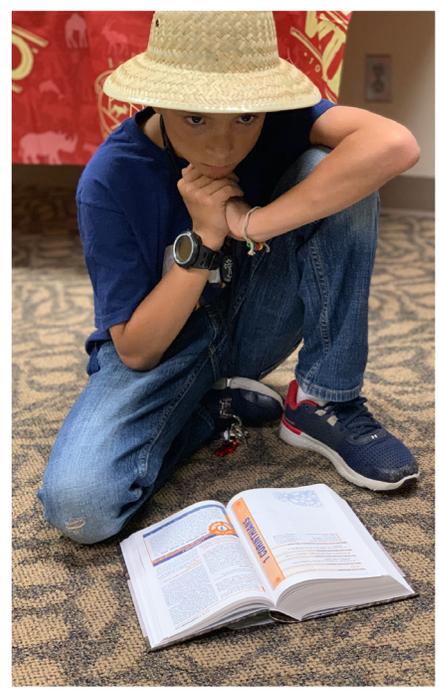
The Core (3): Even though he would spend the majority of his time with the 12, there is also recorded in the Gospels times when Jesus took three disciples (Peter, James, and John) with Him for intensive times of equipping. These three were privy to intimate times of encouragement, edification, and education.

The Close Relationship (1): Interestingly, even though the Bible records Jesus ministering to a variety of individuals, we never see any evidence that he disciplined anyone one-on-one.

~ from **Rediscovering Discipleship**
by Robby Gallaty

SCENES OF SUMMER





So That All May Know

By Kimberly Cook

When Ben Hale, our Missions and Evangelism pastor, reached out for help, it was already too late. Right before Christmas 2018, Ben contacted Bonnie Chapman, Doug Wilson, and me to help recruit 20 volunteers to staff a cluster retreat for company workers¹ from one of the most difficult areas in the world to be held in early July. Typically, a conference like this takes a minimum of a year to plan because it involves providing a program in a foreign country for approximately 200 company workers and their families.

I had a particular affinity for the cluster group² we would be serving. For the last 15+ years, I have served as the Stateside Prayer Advocate for one of the couples who would be attending the group meeting. Over the years, I had heard of these “meetings” and understood the importance of providing spiritual nourishment and encouragement to workers spreading the Gospel in dark places. These workers had uprooted young families, left a familiar culture, learned a foreign language not taught in any U.S. public school, and lived in difficult, uncomfortable conditions—all to advance the Gospel to the Sparrows³, a tribe of more than one million people who had never heard about Jesus.

My friends, B&C, are members of our church, having previously served Sparrows in the Horn of Africa, but now living in Western Europe. Their job has shifted to providing administrative support for those who are continuing the work in North Africa they started many years ago. I knew this would be an incredible opportunity to link up with company workers for whom I had prayed over the years, but some of whom I had never met. This would be a rare privilege to not only serve the workers, but their children as well. Ben asked Bonnie and me to recruit volunteers for the children’s camp and Doug to recruit security personnel. Our destination: Northern Europe.

We had to be careful not to share the exact location of the meeting or the nature of the work of the personnel we would serve, because protecting identities and locations of service was important so the kingdom work can continue unimpeded by government interference. This is why “security” would be such an important part of the planning. Our location for our meeting is one of the safest and least expensive places in Europe to travel. This was not a cruise ship destination, but it was a perfect place to provide a safe, inconspicuous retreat for our workers, who were in desperate need of rest and refreshment.

Our small team set to work, casting our nets into our spheres of influence. We quickly assembled a group of 20 people eager to serve as camp teachers and security. One week before departure, one of our workers experienced a health emergency, but quickly God provided not one, but two replacements. This was only the first sign of God’s providence that we would see throughout the trip. Our team members consisted of teachers, retired company workers, college students, government workers, engineers, athletic trainers, fitness instructors, nurses, members of the military, and college administrators. Most of our volunteers had personal connections with B&C and had been praying for their team for years. Once the action started, we saw we had exactly the right people in place to meet every need.

We brought 18 trunks with us, full of snacks, candy, toys, games, crafts and recreation supplies and more—everything needed to conduct a camp for 60 children in a hotel conference center. We had a great week, conducting five days of Bible Camp for 60 children and then extended-day activities for 50 children. The company workers told us it was important for their children to hear testimonies of faith from someone besides their parents. Through recreation, music, crafts, and Bible stories, we loved on kids from 9-6 each day. The days were long but fruitful. Altogether our two teams served 80 kids.





The children were also treated to extra field trips to the Lego museum, the zoo, and more. A favorite treat was a trip to get ice cream. I had the privilege of sampling a lot of flavors, just for quality control purposes, of course, but because of Dawson’s generous giving, we were able to provide an experience that their parents told us was as exciting as Christmas to their children. “They will be talking about this for years,” parents said.

Near the end of the week, we had dinner with some of the company workers our church supports. The “R” family took B&C’s place as team leaders when B&C moved into their new role with the company. Following dinner at a local pizza place, we met in a secure room to meet the rest of the team, folks I had heard about but had never met face-to-face. Here is just some of the good news we heard that evening:

- » We met the Journey Girl we had prayed for after an unfortunate accident landed her in an African prison. Since her release and clearing of all charges, she has returned to serve again.
- » We met the man in charge of a broadcast who shares stories from the Word, in the native heart language of the Sparrows.
- » We met the veterinarian who had in recent months been kicked by a bull but survived, by the grace of God, to continue his service for the dairy farm, one of the businesses that provides a reason for our team’s visas.
- » We met the folks who run the hospitality house for visiting volunteers and workers who must travel to the city on company business.
- » We met the women who provide goats to widows so they have a means of supporting their families; along the way, these widows hear some good news they can share with others.
- » We heard about the fruitful program that trains Sparrows to be teachers and equips them to share with friends and family members.

Go Love Tell funding supports all of these ministries, but we don’t often get to hear about the work because of security concerns. Here, in one room, our team got to hear, from the workers themselves, first-hand accounts of their triumphs and setbacks; we understood better where our Go Love Tell investment was making a return. Following our conversations, we circled the workers, laid hands on them, and prayed God would bless their families and the Sparrows. This was the highlight of the trip, for me.

When B&C first began to minister to the Sparrows, there were 25 identified believers in the entire population; today, there are more than 1000. New Sparrow believers are being trained to lead others to Christ. Go Love Tell is not just a church program—it is a tool that is being used to build the Kingdom. Upon our return, one of our Dawson team members told me, “This was a life-changing experience.” Indeed.

Thank you for supporting Go Love Tell and for making it possible for our team to have this experience of serving our field workers. Because of your many generous contributions, our workers had an opportunity to rest so they could finish the work they were sent to do, “so that all may know Jesus Christ is Lord.”



Kimberly Cook is married to Greg, mom of 3, Councilor for the City of Vestavia Hills, Unit Commissioner for the Boy Scouts of America, pianist for the Dawson Orchestra, and Chapel Choir Sponsor.

¹ Throughout this article, we use particular words to protect the security of workers associated with our denomination.

² Company workers are organized in cluster groups that provide regional support for their work. These groups work closely with one another.

³ Sparrows is a generic term for a native tribe of over one million people living in North Africa; the Sparrows speak a particular tribal language, referred to as their “heart language.” There is no complete copy of the Word in the Sparrows’ heart language.

CHRISTIAN APOLOGETICS

By Birch Bowdre



The word "Apologetics" comes from the Greek word "apologia", meaning "defense" or "answer." When the Greek philosopher Socrates was accused of wrongful teaching, he presented his "defense" to those accusations at a trial. The methodical dialogue that Socrates used to answer his accusers was written down by his student Plato in a book known today as *The Apology of Socrates*. Socrates was not making a confession or apologizing (in the modern connotation of that word) for what he had done, but instead was presenting a systematic defense or "answer" to the charges asserted against him.

"Christian Apologetics" is the discipline of studying and understanding our Christian faith—what we believe and why. It is being able to communicate to others those basic understandings of God, especially those who raise questions about our faith. Is Jesus the only "way" to God, or are there many paths? How do you respond to someone who says that Jesus was a "good man and teacher" but nothing more? How does the Christian faith differ from Judaism, or Mormonism, or Buddhism, or Islam? Do you have a sufficient knowledge and understanding of the uniqueness of Christianity so that you could explain it in simple terms to someone coming from a different background than yours?

Peter engaged in apologetics at Pentecost when he explained to a mostly Jewish audience how Jesus was not only the fulfillment of Old Testament prophecy of the Messiah, but was God himself. (Acts 2:14-41) Philip engaged in apologetics when he explained Scripture to the Ethiopian eunuch in (Acts 9:26-40). The apostle Paul engaged in apologetics as he discussed life philosophies with the Athenian “thinkers” on Mars Hill and declared that he had come to reveal to them in detail the true God they had only seen as “unknown.” Paul also engaged in apologetics as he went to synagogues throughout Asia and Europe explaining to Jews how the “mystery” of God’s plan of salvation had been revealed uniquely in the person of Jesus, the Messiah. In 1 Peter 3:14-16, God tells us that all Christians are called to be apologists:

“Do not fear what they [evildoers] fear or be disturbed, but set apart the Messiah as Lord in your hearts, and always be ready to give a defense [or answer] to anyone who asks you for a reason for the hope that is in you. But do this with gentleness and respect.”

Apologetics requires a commitment to learn about our faith—a knowledge of God and a knowledge of God’s Word. We shouldn’t be caught off guard when someone asks about our Christian faith. God has tasked His followers to be prepared to explain our Christian faith in simple terms that others can understand. Likewise, our response should not be argumentative in spirit, but instead communicated with “gentleness and respect” and in a way that helps others want to seek a relationship with the living God.

As we learn more about our faith, we need to remember that apologetics is not about winning an argument as much as it is about removing obstacles from a person’s path to God. The ultimate ground of Christian faith is not our philosophical arguments but a better understanding of God himself. As author Keith Plummer has written, “...let us pray that we will open the Scriptures not first and foremost with the desire of adding to our apologetic arsenal, but to feed upon Jesus, the reality to whom they bear witness.”

In his letter to the church at Colossae, Paul wrote that a full understanding of God’s plan had been hidden for generations but now that “mystery” had been revealed to God’s people. That mystery is Jesus, or as Paul termed it in his letter—it is “Christ in you, the hope of glory.” Col. 1:27.

.....

”Apologetics requires a commitment to learn about our faith – a knowledge of God and a knowledge of God’s Word.”

When Christ comes into our lives, everything changes. Christ not only changes our future (having an eternity with Him), but also our view of our past and present. God gives us a “hope,” not hope in the sense of a “wish and a prayer” but an assurance that the penalty for our sin has been paid through Jesus’ sacrifice. Because of that sacrifice, we have been reconciled through faith with God, and our futures have been secured with Him. That assurance or expectation of what God has done for us should impact how we live, especially since we know how the story ends. God loves us and has made provision for us in our present and in our future.

Another way that we give a “defense” or “answer” to why we have this “hope” is through our actions. The way we live out the knowledge that we have of God’s grace can be seen by others. They may not know why you respond differently to the difficult circumstances, but frequently the witness of your life in the midst of ups and downs will cause others to want to know why you are different.

When people ask you about the “reason for the hope within you,” are you able to give an answer and explain that reason to them? If not, now is the time for us to prepare ourselves so that we will be ready to provide that explanation—that “apology”—for the hope that we have within us.



Birch Bowdre is a graduate of Furman University. He received his law degree from Samford’s Cumberland School of Law and earned his Masters (in Taxation) from the University of Alabama School of Law. He works for the local law firm of Wallace, Jordan, Ratliff & Brandt, LLC, serving in their Business and Estate Planning areas. He and his wife, Karon, have two sons, one of whom works in IT and the other who has followed the career path of his parents into law. Birch and Karon have been at Dawson for more than 30 years and help lead the Bowdre/Martin Life Group.

SHARING OUR BURDENS

EFFECTIVELY ENGAGING
OTHERS TO SUPPORT
CHILDREN WITH ADHD

By Ruth Ann Turner

*In her book **Nothing Less: Engaging Kids in a Lifetime of Faith**, Director of LifeWay Kids Jana Magruder highlights recent research that identifies the top influencers of spiritual health in children. In addition to regularly reading the Bible, the research suggests that a child's spiritual development can be significantly influenced by regularly serving in church, participating in church mission trips/projects, and connecting with adults at church who intentionally invest in them. But what about kids who may struggle to participate appropriately in, or even come to, church?*

For many children that may be classified with hidden disabilities, such as ADHD, it can be unusually difficult to navigate all of the activities and expectations in a church setting. But research also shows that children with ADHD benefit greatly from having adults in their lives who understand the disorder and are willing to help them overcome its challenges.

With so much evidence highlighting the importance of relationships and relational experiences, it is important to consider what parents and the church can do to make it possible for all children, even—and especially—those with hidden disabilities, to connect with others. As the parent of a child with ADHD, what is the best way to support and advocate for your child at school, at church, and in community activities, so that he or she can successfully participate and build relationships? And as a church that prioritizes children's ministry and emphasizes that kids are "the church of today," how can we come alongside families to create positive, meaningful experiences at church for children and students with ADHD? To answer these questions, let's start with the basics.

WHAT IS ADHD?

Attention-deficit hyperactivity disorder (ADHD) is a neurobiological disorder that affects executive functioning, or the way our brain processes and acts on knowledge (i.e. the set of mental skills that allows us to get stuff done). Children with ADHD have difficulty with focus and attention, impulse control, and (sometimes, but not always) hyperactivity. ADHD is also a developmental issue. Most children with ADHD are delayed in areas such as self-control and emotional regulation by about 30% of their chronological age. Because of this delay in development, a seven-year-old with ADHD will behave, in many ways, more like a 5-year-old, a 10-year-old with ADHD may behave more like a 7-year-old, a 16-year-old may behave more like a 12-year-old, and so on.

By recognizing the significance of these deficits and their potential to impact kids with ADHD at all times and in all places, parents and other adults can better understand and support children and teens with ADHD.

It is also important to realize that ADHD is a lifelong disorder. Although symptoms typically appear in early childhood and may change over time and with proper treatment, ADHD continues to impact individuals well into adulthood.

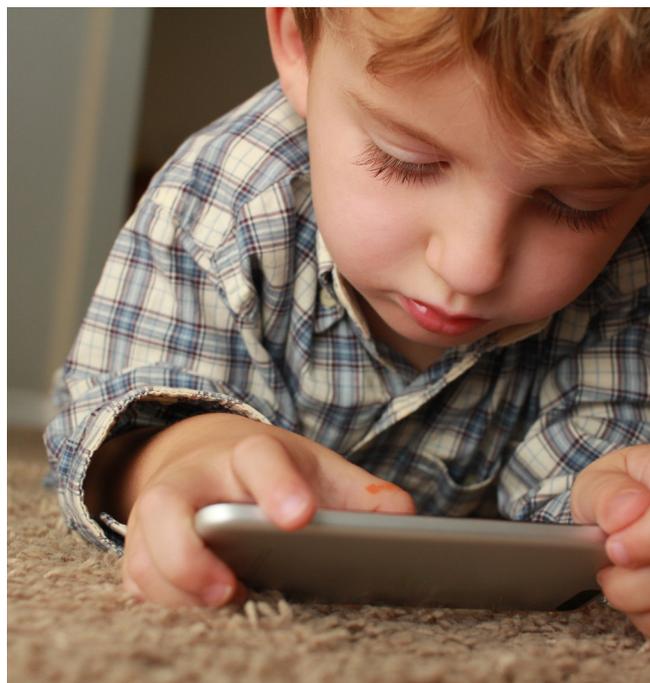
Similar to diabetes, it would be unwise to expect that a child's ADHD can be left untreated while he or she is at school, church, sports practice, etc., without any repercussions. But as a parent, it can be difficult to know how to help manage your child's ADHD in so many different settings, each with its own expectations and challenges. One of the best tools for helping your child navigate life with ADHD is right at your fingertips—the other adults who are already investing their time and energy in your child.

AS A PARENT, HOW CAN I BEST HELP OTHERS HELP MY CHILD WITH ADHD?

Initiate The Conversation: Be upfront with your child's teachers, church leaders, and coaches about his or her ADHD. If possible, communicate with them about your child's diagnosis, strengths, and needs before the school year or activity begins. Because of the nature of ADHD, your child may struggle with self-control and other executive functions, which can result in inappropriate behavior. Teachers and other leaders are much more likely to be understanding and willing to help if you communicate openly from the very beginning.

Communicate In Writing: In addition to having face-to-face conversations when possible, it can be helpful to communicate in writing (email or text often work best). Teachers and other leaders receive a tremendous amount of information from all directions, especially at the beginning of a new school year. By sharing your concerns and suggestions in writing, you will allow them to read it at a time when they can truly focus, and they will also have it for reference in the future, when things have settled down and they have gotten to know your child.

Be As Open As Possible: Share your specific concerns about your child's weaknesses and how ADHD impacts his or her functioning. Even more importantly, share any tips or tricks that will help them help your child be successful. Even with the benefit of medication, your child's ADHD will likely still affect their functioning or behavior. It's important to remember that your child may behave differently at home than in other environments, and that not every strategy is appropriate for every setting.



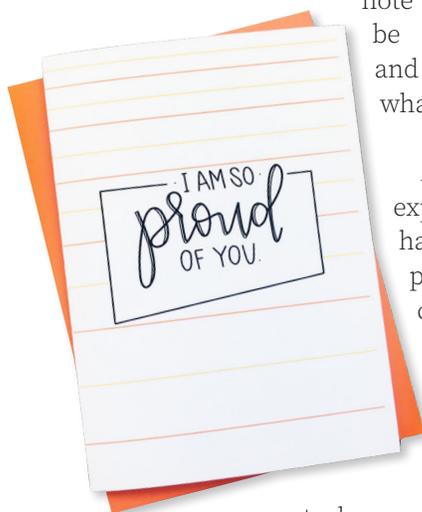
Be A Team Player: Approach school, church, or organizational leadership with the attitude that you are all on the same team—you all truly want your child to learn and have a positive experience. Try to avoid falling into an “us vs. them” mentality. When possible, utilize special education or special needs resources already present (such as special education teachers, special needs ministry staff, etc.), since they often have a good understanding of the school or church dynamics and may be able to assist in advocating for or implementing the accommodations that your child needs.

Choose Grace and Kindness: While there may be times that teachers or other leaders respond to you or your child in ways that you find frustrating, choosing to answer with grace instead of anger is the best path forward. It will allow you to continue building a positive relationship with them, which will benefit your child in the long run. By committing to treat them with kindness and respect, you also open the door to help them better understand ADHD, which could have a lasting impact on how they engage with other families in the future.

Seek Out Fellowship: Whether it's through your child's school, your church, or other community organizations, it can be so helpful to connect with parents who have similar experiences and perspectives. Parenting and advocating for a child with ADHD or any other hidden disability can feel like a long and lonely road, and finding other families who just “get it” can be incredibly encouraging, not to mention a great resource for practical questions and future planning.



Show Your Appreciation: You know that it often takes extra effort to help your child with ADHD just get through the day. When a teacher, leader, or organization goes above and beyond to help your child succeed, make it a priority to express your gratitude. A simple handwritten note or thoughtful email can be a huge encouragement, and will let them know that what they are doing matters!



As a parent, you are the expert on your child. God has gifted you a unique, precious son or daughter, created in His image, and ADHD is a part of how your child is wonderfully made. God has also provided you, their parent, with the ability to love and know them better than anyone else, so be confident in that knowledge as you assertively but graciously advocate for them. By equipping and trusting others to meet your child's needs, you are allowing them to help carry your burden, while demonstrating that your child is an important and essential member of your community and the body of Christ.

AS A CHURCH, HOW CAN WE SUPPORT AND CONNECT WITH FAMILIES WITH ADHD?

Although hidden disabilities such as ADHD can present challenges for connecting with children and students, making church a positive and enjoyable experience for these families doesn't require an advanced degree in psychology or special education. In most instances, the best resources that we have as a church for addressing these unique needs are the families themselves.

By simply inviting parents of children with ADHD into an ongoing conversation about how we can help, we open the door for them to actively participate in the life of the church. By respecting their knowledge and being flexible enough in our procedures and expectations to act on it, we allow them and their child the opportunity to grow spiritually as well as to help grow those around them. As a family of faith, we have so much to gain by sharing in the burden of those with hidden disabilities, who help make the body of Christ whole, and reflect in their own unique way, the powerful light of the Gospel.



Ruth Ann Turner serves as Dawson's Hearts & Hands Coordinator. Prior to joining the staff at Dawson, she taught special education for 10 years, and she is passionate about helping others learn how to understand and embrace children with special needs and their families. Ruth Ann is married to Brett, and they have three daughters: Anne Elliot (8), Claire (5), and Margaret (2).

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Weekly Schedule

2019–2020

Sunday Mornings

- 8:25 a.m. Bible Study Life Groups
Worship in the Sanctuary
- 9:40 a.m. Bible Study Life Groups
Worship in the Sanctuary
- 11:00 a.m. Worship in the Sanctuary
Hispanic Worship in the Chapel

Wednesday Evenings

- 4:45 p.m. Dinner (Reservations are not required.)
Fellowship Hall
Adults: \$5, Children and Students: \$4
Preschoolers eat free.
- 6:00 p.m. Preschool Music & Missions
1st Floor East (Ages 2–3)
Lower Level Arendall (Ages 4-Kindergarten)
- 6:00 p.m. Collide (Grades 1–5)
Chapel & Arendall
- 6:00 p.m. Middle School (Grades 6–8)
The Loft, Arendall
- 6:00 p.m. High School (Grades 9–12)
Dye Groups: In homes & 9th Grade Room
- 6:00 p.m. RENEW Bible Study (Adults)
Social Hall
- 6:00 p.m. Adult Bible Studies
2nd Floor North & 3rd Floor West
- 6:00 p.m. Sanctuary Choir Rehearsal
Choir Room
- 6:00 p.m. Hispanic Bible Studies
3rd Floor East



Do You See?

[a 3-part series on BULLYING]

I was reading a story about bullying in schools and one sentence stood out to me: “Perhaps more than any other school safety problem, bullying affects students' sense of security.” The truth is, I want to feel secure at school but I don’t. People talk about preventing bullying but it seems that very little has been done to stop it, at least that was the case for me.

I remember going to preschool when I was three or four years old. Thinking about it now, I remember it as a safe place. All the kids played together, and we shared our toys with each other. Sometimes we fussed a little about who would play with a certain doll or wear a certain costume. Sometimes we pushed each other down or even hit one another, but the teachers always made us stop and the playing resumed.

The happy day finally came for our graduation program and the teacher put me on the front row. I was so nervous. She told us that next year many of us would be going to “big school” which was kindergarten. She made it sound so exciting and fun and I couldn’t wait to go there.

At first things went well. I was the fastest person when we had races in P.E. I even ran faster than the boys—but that did not last long. Soon most of the boys could out run me and even some of the girls. One day, during recess one of the larger boys in our class pushed me down. I didn’t say anything because I thought it was an accident. A day or two later he pushed me down again. He pushed other classmates down too. The teacher saw what had happened and talked to him about his behavior. He got in big trouble. He stopped.

When I was in the first and second grade, several boys and a few girls would hit me and take my pencils. I always had difficulty telling the teachers when people were bothering me. I'm not sure why I felt that way, but I guess I was afraid. My mom sent a note to the teacher about it, but my pencils were still "borrowed" from my desk and book bag. When it continued, my mom went to see the principal and told the principal who was doing it. The principal had a conference with parents of several students and things got better.

From fourth grade on I really never said much in class. Sometimes when I asked a question, a student(s) would say, "that's stupid." Sometimes the teacher would scold the students for saying things, but most of the time the teacher didn't hear what was said. I learned that it was best not to ask questions in class at all. I didn't like being called *stupid* or *airhead* in front of everyone.

By middle school things didn't get much better. I was often pushed from the back while walking down the crowded hallway. Sometimes my books were knocked out of my hands. The worst thing was when someone would make negative comments about my hair or my clothes while others would laugh. Middle school is hard for a lot of people, but I was never prepared for what to expect each day.

In high school there was still no relief—even in church. Often, it was the most popular people who did most of the bullying. One student, a cheerleader, stood next to me at choir practice and intentionally stepped on my foot several times. When I complained to the teacher about it, the student cornered me in the church restroom and told me to never tell on her again.

While the pushing and hitting was bad, the name calling was worse. I didn't have many friends in my class at school, but there was one girl who befriended me and took up for me. When someone bothered me, she would threaten to hit them if they didn't leave me alone. One time she got into a lot of trouble when she punched a student who was bothering me. I felt safer when she was around. I wish I had more classes with her.

Another time in the lunch room, a former friend threw bits of food into my hair. She would laugh every time she threw it. My back was to her and her friends, but someone told me she was throwing food into my hair. I turned around and asked her to stop, but she didn't. When I told the assistant principal about the incident, he said he would investigate. The next day he told me that he had talked with the student. She told him she was throwing the food at another friend, and it had hit me by accident. She continued to taunt me and even told me later that the principal wouldn't believe anything I said because I was a "tattletale." My mom talked with the school's counselor several

times but the taunting continued. In parent/teacher conferences, the teachers would always say that I was cooperative with them and quiet in class. They wished I would talk more. They did not see the problem.

The truth is, I am afraid to go back to that school. I have no idea how to make it stop. I went to another school for a while. I thought I could get a new start where no one knew me. My mom says to stand up to the students who bully me but it's harder than you think. I don't like causing a scene. Sometimes I ask myself—what is wrong with me?

Now that school is starting back, my only option is to be home-schooled. If that doesn't work out, then I want to quit school all together...but really I don't. What I really want is to be able to go to school and not worry every day about what will happen to me. What I really need is for someone to help me and the other kids who are bullied. We are scared, we are alone, we are silent—and we are all around you. Do you see us?

Editor's Note: Many schools are implementing programs that promote positive behavior rather than simply trying to stop bullying. Parents can contact their local school system to inquire if their child's school is one of them.



11 Things To Know About Bullying

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1. Over 3.2 million students are victims of bullying each year.^[1]
2. Approximately 160,000 teens skip school every day because of bullying.^[2]
3. 17% of American students report being bullied 2 to 3 times a month or more within a school semester.^[3]
4. 1 in 4 teachers see nothing wrong with bullying and will only intervene 4% of the time.^[4]
5. By age 14 less than 30% of boys and 40% of girls will talk to their peers about bullying.^[5]
6. Over 67% of students believe that schools respond poorly to bullying, with a high percentage of students believing that adult help is infrequent and ineffective.^[6]
7. 71% of students report incidents of bullying as a problem at their school.^[7]
8. 90% of 4th through 8th graders report being victims of bullying.^[8]
9. 1 in 10 students drop out of school because of repeated bullying.^[9]
10. As boys age they are less and less likely to feel sympathy for victims of bullying. In fact they are more likely to add to the problem than solve it.^[10]
11. Physical bullying increases in elementary school, peaks in middle school and declines in high school. Verbal abuse, on the other hand, remains constant.^[11]

¹ Cohn, Andrea, and Andrea Canter, Ph.D. "Bullying: Facts for Schools and Parents." NASP Fact Sheet. Accessed February 9, 2014 http://www.nasponline.org/resources/factsheets/bullying_fs.aspx

² The National Education Association. "Nation's educators continue push for safe, bully-free environments." NEA. Accessed February 10, 2014, <http://www.nea.org/home/53298.htm>.

³ Valerie, Strauss. "New data on bullying: 17% report regular abuse." *The Washington Post*. Accessed February 10, 2014, <http://voices.washingtonpost.com/answer-sheet/bullying/2010bullyvictimdata.html>.

⁴ Cohn, Andrea, and Andrea Canter, Ph.D. "Bullying: Facts for Schools and Parents." NASP Fact Sheet. Accessed February 9, 2014, http://www.nasponline.org/resources/factsheets/bullying_fs.aspx.

⁵ Rigby, Ken. "Bullying in Schools and What to Do about It: Revised and Updated." Aust Council for Ed Research, 2007.

⁶ Cohn, Andrea, and Andrea Canter, Ph.D. "Bullying: Facts for Schools and Parents."

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⁷ Nolin, Mary Jo, Elizabeth Davis, and Kathryn Chandler. "Student Victimization at School." *Journal of School Health* 66, no. 6 (1996): 216-221.

⁸ Osanloo, Azadeh. "Implications From UCEA Addressing Bullying in School." UCEA.org. Accessed February 10, 2014, <http://ucea.org/storage/implications/Bullying-Implications%20from%20UCEA%20July2012.pdf>.

⁹ Osanloo, Azadeh. "Implications From UCEA Addressing Bullying in School." UCEA.org. Accessed February 10, 2014, <http://ucea.org/storage/implications/Bullying-Implications%20from%20UCEA%20July2012.pdf>.

¹⁰ Rigby, Ken. "Bullying in Schools and What to Do about It: Revised and Updated." Aust Council for Ed Research, 2007.

¹¹ Cohn, Andrea, and Andrea Canter, Ph.D. "Bullying: Facts for Schools and Parents." NASP Fact Sheet. Accessed February 9, 2014, http://www.nasponline.org/resources/factsheets/bullying_fs.aspx.

Celebrating Grandparents



One of the delights of a grandparent is to slip into the room where one or more of our grandchildren are asleep, look at them, pray for them, and kiss them goodnight. Just to be with them in their waking hours can be pure joy (most of the time). Grandchildren are a wonderful gift from God that merit great care and stewardship. Grandparents are often free from the same responsibilities as parents, and therefore have a certain freedom in relationships with their grandchildren. We can thus offer acceptance, confidence, and security that can build a foundation for the character of the children throughout their lives.

The Bible has many references to biblical grandparenting. *“Teach them [God’s commands] to your children and your children’s children.” (Deuteronomy 4:9)* *“Tell to the coming generation the glorious deeds of the Lord . . . which he commanded our fathers to teach their children, that the next generation might know them, the children of the yet unborn.” (Psalm 78:4-6)*

As grandparents we have been instructed to pass on our heritage of faith to our children and our grandchildren. Being a grandparent who faithfully passes on a heritage of faith is not only important and essential for us to do; it will be something which is fulfilling and one of our biggest sources of joy as we grandparent.

On National Grandparents Day, September 8, 2019, we want to celebrate those of you who are grandparents and invite you to join us as we launch a movement at Dawson to commit to become grandparents who will use our remaining years to grandparent with purpose and intention. This commitment includes being engaged in the lives of our grandchildren, intentionally sharing our love for Jesus, and setting an example of knowing and following Jesus, so that our grandchildren will do the same.

Grandparents, please join us on Sunday, September 8, at 3:30 p.m. in the Fellowship Hall for a time of refreshment, inspiration, and learning. You will receive free resources and tools that will equip you to pray for and share a spiritual blessing with your grandchildren. Additionally, all grandparents will receive information about future events and opportunities that will equip and empower you to be purposeful and intentional as a grandparent. Let us all be grandparents who grandparent on purpose!

National Grandparents Day is Sunday, September 8.
All grandparents are invited to the Fellowship Hall for a celebration at 3:30 p.m.

MEET THE DEL RISCOS

by Pastor Joshua del Risco

My personal story of faith is a fulfillment of the promise that was communicated by the Apostle Paul to the Philippian jailer in Acts 16:31, “Believe in the Lord Jesus, and you will be saved, you and your household.” I was born in Camaguey, Cuba. At the time of my birth, my parents were already believers and active members of Primera Iglesia Bautista (First Baptist Church) of Camaguey. A few years earlier, however, they were both spiritually lost. My father grew up in a home where “Santeria” (Voodoo witchcraft) was practiced, while my mother grew up in a Roman Catholic home. Through the faithful ministry of Primera Iglesia Bautista, my parents came to faith in Christ. They would eventually marry and establish a household of faith. As a result of my parents’ conversion, our family’s spiritual legacy was changed forever. Prior to my parents, no one in my family tree was a follower of Jesus.

After my parents, every one of their children, as well as their children’s children, have come to faith in Christ, thus fulfilling the words of the apostle Paul in Acts 16:31. To God be the glory!

Like many Cubans in the late 1950s, my family supported Fidel Castro in his quest to oust Fulgencio Batista. However, after the Cuban Revolution, Fidel Castro declared that he would move Cuba into a communist state. My family rescinded their support and began seeking Castro’s removal in the counter-revolution. My father led one of the counter-revolution’s movements. This made him a wanted man by the communist authorities. Growing up hearing my father’s stories of the counter-revolution was like living in my own “Mission Impossible” movie! My father would eventually be smuggled out of Cuba



My father speaking in opposition to Fidel Castro.

through the Brazilian embassy after a childhood friend who served in the communist army informed him of Castro’s plans to capture him. After several months in Rio de Janeiro, my father relocated to New York City where he began to work for his family’s liberation from communist Cuba. I was ten months old when my father left Cuba for Brazil. I would not see him again until five years later. My family immigrated to the United States in the 1960s.

Like all good Cubans, we arrived in Miami but would settle in the inner-city of Los Angeles, where my father was then living.

Cuba



As a rambunctious boy, I searched for acceptance and significance in my new home. This would lead to my association with friends and their siblings who were involved in the gang life of the inner city. This also brought about attitude problems and my participation in questionable activities. Concerned about my future, my parents packed up and moved the family far away from Los Angeles, settling in Atlanta, Georgia. While my surroundings had changed, my attitude and behavior had not. It appeared that difficulty followed me everywhere I went. It was not long before I began to have conflict with neighborhood kids and with school officials in my new hometown.

My family attended Second Ponce de Leon Baptist Church where my dad served as pastor of the Hispanic congregation. On one occasion, the church held a week of special services called “revival.” I had decided that I would not participate even though I had to be present since my father was leading it. Once the service began at the church, I followed my usual routine, sneaking out of the service, making my way to the basement of the building, where I ate donuts, talked, and watched television with the custodial staff. Trying to time it just right to miss the service, I ran upstairs thinking the service was about to be over. However, God had His perfect timing and as I “sneaked” into



My father, Arquímedes del Risco, will turn 98 years old on August 27!

I’ve had the joy of serving the Lord for more than 30 years in various capacities and roles. At the age of 17 I told the Lord, “Here am I, send me” and the adventure has been awesome! I’ve had the pleasure of starting new churches, ministering to gang members, serving as a chaplain for major league baseball, and serving Southern Baptists in apologetics and evangelism at the national and state level. Over the years I’ve had the opportunity to share the good news of Jesus Christ with people of all different cultures, socio-economic backgrounds, and religions.

My wife, Esther, and I have moved to the Birmingham area and have joined the Dawson Family of Faith to pastor and serve as the church planter for **Comunidad de Fe** (Community of Faith) in Fultondale. **Comunidad de Fe** was begun under the leadership of Pastor Bayron Mosquera. Esther and I feel blessed to serve with Dawson in its continued development and growth. We currently meet weekly in home Bible studies throughout North Jefferson County, and on Sunday evenings for worship at the facilities of First Baptist Church Fultondale. We have two sons, Andrew and Timothy. Andrew (26) is an entrepreneur living in Atlanta and was married last November. Timothy (24) is a graduate of the University of Georgia and is now serving the Lord in one of the collegiate ministries at UGA.

The fields are ripe for harvest! You can help us by praying as we connect with Hispanics in our field of ministry. Please pray for doors to be opened for the sharing of the Gospel. Pray for the Lord’s favor as we begin our youth ministry this fall and seek to have a presence in the area high schools. Please also pray for additional homes to be opened for evangelistic home Bible studies. We are grateful for your faithful prayers. Join us on Sunday evenings at 5:00 p.m. for our Celebration Service and worship in the heavenly language—Spanish!



(Left to right) Andrew, Pastor Joshua, Esther, and Timothy

the back of the Sanctuary the preacher was making the Gospel presentation. In those few moments of the service, God’s Word spoke to my heart and opened my eyes to see my desperate need for Jesus. That night I accepted Jesus as my personal Lord and Savior. My life was completely turned around. The Holy Spirit transformed me from a combative young man with a chip on his shoulder to a more caring individual, who, eventually, surrendered to God’s call to ministry.

THE POWER OF MUSIC

An Interview with Hannah Rodgers

Music is powerful. It provides an outlet for creativity and self-expression. It develops coordination and increases intelligence. Perhaps most importantly, it connects us with our Creator as we offer songs of praise and worship. Because we believe in the power of music, the Dawson Music Academy enjoys helping students of every age, from toddlers to adults, develop their musical talents. We recognize that each student has unique interests and abilities. Our teachers enjoy crafting lessons to meet each student's individual musical goals. We're excited to share the journey of the Rodgers Family, who have been a part of our DMA family for the past six years. Their story, shared by Hannah Rodgers, reminds us that there's an inner musician inside each of us waiting to be unlocked.

~ Kimberly Jones, Director, Dawson Music Academy

Q: Hannah, why did your family choose to take lessons at Dawson Music Academy?

A: When my daughter Emma, was 3 years old, she told my mother that she wanted to play the violin. As I explored various musical schools, I discovered Dawson Music Academy. I was very impressed with the Academy's wide variety of instrument choices, professional faculty, and affordable fees. I also liked that it had flexible scheduling and offered lessons for all ages, including preschoolers like Emma. I was also grateful for the helpful staff who patiently answered my questions about lessons.

Q: As a parent of music students, what do you feel are the top three benefits of music lessons?

A: Growing up, my brother and I were encouraged by our parents to study music. I believe that music education builds strong academic skills, stimulates creativity, and develops self-confidence. My husband and I have seen all of these benefits in both of our daughters.

Q: Tell us about your experience with instructors at Dawson Music Academy.

A: My 10-year-old daughter Emma takes violin from Viktor Dulguerov. My 13-year-old daughter Margaret takes piano from Michala Alexander. Both of my daughters take voice from Ms. Michala. Mr. Viktor and Ms. Michala are extremely talented musicians who are caring and patient with my daughters. My daughters participate in various musical activities outside of Dawson and Mr. Viktor and Ms. Michala are a large part of their preparation for those activities. For example, Margaret is in Show Choir. Ms. Michala helps her when she prepares for solo competitions. She also helps Emma when she has an audition for a community theater production. When Emma participated in her school's talent show, Mr. Viktor helped her prepare for her violin performance. My family and I truly appreciate all their support.

Q: How does music connect you to your faith?

A: My daughters have been blessed with the wonderful gift of music! When they sing and play instruments, they bring joy to people. I know that their talents lift them up physically, emotionally, and spiritually. As their mom, I am constantly thankful to the Lord for their gift of music and the opportunities to share their gifts with others.

Q: Your daughters have participated for the past several years in Dawson Music Academy's Celebration Sunday, a Sunday Worship service where Academy students join the Dawson Orchestra to lead in Worship. What keeps you coming back each year?

A: To be part of Dawson's Celebration Sunday is an honor. It is a wonderful experience for my daughters because it gives them the opportunity to perform in a group. Celebration Sunday also gives my family and I a chance to meet other Academy families. This experience most importantly gives my girls an opportunity to proudly represent the Dawson community.



Q: What advice do you have for parents who are considering for music lessons for their children?

A: Sign up for music lessons at Dawson Music Academy! When lessons have started, do three important things: #1: Be well-informed of what your kids are learning during their lessons. This will help when encouraging them to practice at home. #2: Be involved in their at-home practice sessions by being “the audience” for them as they practice. #3: Encourage performing. It could be something informal like a family gathering or something bigger like a role in a community theater production. Our family believes that music is meant to be shared and bring joy to everyone!

If you're interested in starting your musical journey this fall, we'd love to help you explore the power of music through private lessons at Dawson Music Academy. To sign up for lessons, please call us at 205-871-7324 or email Kimberly Jones, DMA Director, at kjones@dawsonchurch.org. For more information, visit dawsonmusicacademy.org. We look forward to helping you discover the joy of music!

EASY MEALS

ON THE GO!

by Amy Turnbow, Director of Food Service & Events

These are fun, yet quick and easy, recipes that I have prepared for my family for years. Now that they are all adults, these family favorites still come back as requests. One thing I always found helpful was a little pre-planning on my part made things easier. For example, instead of browning ground beef a pound at a time as needed, it was just as easy to brown 5 or 10 lbs and divide and freeze for later use.

You can do the same with chicken. I bake a sheet pan full of boneless, skinless chicken and shred and divide it into quart-size bags for later recipes. When you're ready to use it, just pull a bag

from the freezer, thaw it in microwave for 1 minute, then put it into a sauté pan with a tablespoon of olive oil or butter and season according to your recipe.

Roasting frozen vegetables is also super easy. Toss with olive oil, salt and pepper and place on a parchment-lined sheet pan at 350°. This will give you an easy side, minimal dirty dishes, and garden-fresh taste. If there are veggies leftover, you can stir them into several of the recipes that are found below. Enjoy!

VERDE CHICKEN STEW

- 2 boneless, skinless chicken breasts cooked and shredded (I use a rotisserie chicken too)
- 1 16 oz jar salsa verde
- 1 can white beans, drained & rinsed
- 1 can pinto beans, drained & rinsed
- 1 can whole kernel corn, drained
- 4 cups chicken broth
- 2 tsp cumin
- 1 tsp garlic
- 1 tsp onion powder

Combine all ingredients in sauce pan and simmer for 30 minutes. You can substitute garlic/onion powders for fresh if you prefer. Sauté the fresh vegetables in 1 tsp of butter until translucent before adding other ingredients.

Serve with grilled cheese sandwiches, cornbread or crackers.

CHILI PIE

- 1 bag of Fritos corn chips, crushed
- 3 +/- cans of chili (or use leftover from the weekend)
- 2 cups of shredded cheese

Spray a casserole dish with cooking spray and layer, beginning with ½ of the corn chips, then ½ chili, 1 cup of cheese. Repeat. Bake at 350° for 30 minutes or until sides are bubbly and cheese is melted.

You can add any combination of add-ins that you prefer. (i.e. jalapenos slices, chopped onion & garlic, canned corn, etc.) Use your imagination!

QUICK BREAKFAST QUICHE

CAN BE USED FOR A QUICK DINNER MEAL & LEFTOVERS
WARMED FOR BREAKFAST!

- 1-2 pieces of cooked bacon, sausage or chicken, chopped
- 1 cup of shredded sharp cheddar cheese
- 6 eggs
- ½ cup of milk (or if you are daring, heavy cream)
- Salt/pepper to taste
- Dash of nutmeg
- ½ cup of fresh veggies – your choice
- 1 pie crust

Whisk eggs and milk with salt/pepper and nutmeg. Stir in meat and cheese. Add veggies if you desire. Pour into pie crust and make on a sheet pan at 350° for 30 minutes or until center is set. Serve with biscuits, toast, jam, and fresh fruit.

CHICKEN POT PIE

ONE OF OUR FAMILY FAVORITES!

- 1 boneless, skinless chicken breast, shredded
- 1 small can of water chestnuts, drained
- 1 cup of frozen green peas
- ½ cup of frozen shredded carrots, if desired
- 1 can of cream of chicken soup
- ¼ cup of milk
- 1 package of prepared pie crusts (2 crusts per package)

Spray pie pan with cooking spray and roll out 1 of the prepared pie crusts into pan, covering the sides. In mixing bowl, combine chicken, water chestnuts, veggies, soup and milk. Stir to combine. Pour mixture into pie shell. Top with the remaining pie crust and fold/crimp edges of the 2 crusts to seal. Cut a slit into the center of the top crust to vent the steam. Bake at 350° for 30 minutes or until crust is golden and filling is bubbling out the cut in the center.

Serve with salad, roasted veggies and/or fruit.

HOMEMADE CHEESEBURGER MACARONI

- 1 lb. ground beef, browned
- 2 family size boxes of Velveeta® Shells & Cheese
- 1 cup of sharp cheddar, shredded
- 1 Tbsp. Taco seasoning
- Frozen veggie mix-ins if your family desires!

Prepare shells & cheese according to package directions. When done, mix all other ingredients into the prepared macaroni mixture and put back on medium heat, stirring constantly until shredded cheese is melted & veggies are hot (5-10 minutes).

Much fresher flavor than the box mix!

be

STILL

A WOMEN'S NIGHT OF WORSHIP

SUNDAY, AUGUST 18

5:00 P.M. | CHAPEL

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Family of Faith

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