



# West Side Church

## October Parent Newsletter

Happy October! While your kid is busy planning their best costumes for Halloween, we hope you take a second or two this month to trick-or-TREAT yourself (maybe with an extra nap or your favorite snack?), because you are an incredible parent.

### WHAT’S HAPPENING

#### Here’s our weekly programming!

Sunday Morning Gatherings @ 9:45am!

#### Middle School

Wednesday BASIC @ WSS 6pm - 7:30pm  
- 10/16 Dodger Wars

Thursday Life Groups 6:30pm - 8pm  
- Boys w/ Ben at WSS  
- Girls @ Denise’s  
- 10/24 MS LG’s meet at DQ

#### High School

Monday Move @ the Church 7pm - 8:30 pm

#### Sunday Life Groups

- **Boys (freshman, sophomore, junior, senior)** meet at Ben’s house 6pm—8pm
- **Freshman & Sophomore Girls** meet at Tamara Brown’s house 6pm—8pm
- **Junior & Senior Girls** meet at Hassell’s house 5:45pm –7:45 pm

### Mark your Calendars!



High School Event 10/11 @ 1pm @ Roasters on Gway in Richland



10/31 Light in the Night!



Middle School Event 11/8—9th! Contact Ben for more info.

### WHAT WE’RE TEACHING

#### Middle School



A 4-WEEK SERIES ON **IDENTITY**  
How many times have you compared yourself with someone else today? Seriously — see if you can count. Whether it’s their stuff, their looks, their skills, or their popularity, we can’t help but notice all the things other people have, and how those things compare to all the things we wish we had. But in this 4-week series, we’re going to focus on four things that God has given to every single one of us. **You have a past, you have today, you have a future, and you have a family.** All four of these things make you valuable and uniquely you.

#### High School



Anxiety is a major issue amongst teenagers today, one that affects so much of their lives. Jesus constantly had people questioning him, second-guessing him, wanting to kill him, and wanting something from him. Yet, he was able to invite people to come to him to find rest. He offered peace in the middle of the tumult of life. His is an invitation to be real, to receive, and to rest. Maybe, we can learn something from him.

### TIP OF THE MONTH

Teenagers can be pretty dramatic sometimes, but do you think you could spot the difference between typical teenage stress or drama, and a real mental health concern? When it comes to your teenager’s mental health, always be aware of your own limitations, and don’t ignore any concerns that your kid might need support from a medical or mental health professional. And as always, if your kid is struggling, let us know how we can help!

### RESOURCE OF THE MONTH

THE GROWN-UP’S GUIDE TO TEENAGE HUMANS

BY JOSH SHIPP

If you’re the kind of person who refuses to read parenting books, hang on just a second! We have one we think you’ll actually like. It’s called The Grown-Up’s Guide to Teenage Humans. It’s fun, practical, encouraging, and it even comes in audiobook form. [Check it out!](#)

### Student Highlight



“Regan consistently displays a positive attitude with leaders and other students. She has taken the initiative to help in the Koinonia café as a barista and is also helping on the kitchen team with Alpha this Fall. We love to see the ways Regan is using her gifts of hospitality to bless the entire congregation. We are so proud of you Regan!”  
-Youth Ministry Associate  
Denise Sams