

Address: 6840 Nimitz Parkway, South Bend, IN 46628
Phone: 574.272.2200 **Fax:** 574.968.0345
Website: rlasouthbend.com



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RLA NEWS AND NOTES

**Thoughts, Words, and Deeds:
Be Pleasing in Your Sight**

"Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer." Psalm 19:14

No Filter Required

By Jenny Wheeler of Proverbs31 Ministries, posted Aug. 31, 2018

"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23 (NIV)

Hipster. Antique. Vibrant. Faded. Not the latest style or a band name. Those are photo filters in one of my apps. And I rarely post a picture without one. Editing shadows, softening blemishes or unsightly details has become the new "reality" in an Instagram- and Facebook-riddled culture. I don't particularly enjoy showing my flaws to the world. Who does?! No real harm, right? With something as trivial as social media, sure. But I wonder if the edits to appear "picture-perfect" might be causing me to miss the bigger picture.

It's not easy to admit, but it's nonetheless true: I usually put better filters on my selfies than I do on my heart. Fixing the not-so-lovely details is easy to do with an app, but it's a little harder in this broken world. Deep down, I know I should be more focused on what I'm taking in — who I'm becoming. When I quiet the noise of social media and get alone with the Lord, I'm reminded that my heart, not my appearance or what I project to the world, is what matters most. Sometimes my actions just don't line up with my intentions though. Have you been there, too?

The wise author of Proverbs understood the importance of guarding the heart — the soul — the most precious part of who God created us to be. He reveals such a powerful truth when he implores, "Above all else, guard your heart ..." (Proverbs 4:23a). The eternal piece of us ... what Christ came to redeem and inhabit. Why? Because "everything you do flows from it" (Proverbs 4:23b). Everything? Everything. Actions. Thoughts. Feelings. Emotions. Passions. Drive. Hopes. Every. Single. Little. Thing.

In biblical wisdom, the heart is viewed as the core of human existence — the center of our spirituality and true essence of who we are. The heart is also compared to a well from which all we think, feel and do flows. This makes it abundantly clear: What we allow into our hearts matters. A lot. If we aren't careful to guard what goes into that sacred space, we're in danger of being polluted by muck that has the potential to steer our hearts away from the very One who fashioned us. All that is true, honest, lovely, pure, holy, godly: Those are the things we should allow to shape the most intimate part of our being. Everything else should be edited, cropped or filtered out.

But how do we safeguard our hearts? Philippians 4:6-7 gives us three powerful tools in the Apostle Paul's instructions: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (ESV). Prayer, supplication (requests) and thanksgiving is the 1-2-3 punch God has given us to effectively protect our hearts. When we talk to God, wisdom for decisions is available in abundance. By letting prayer, petitions and thanksgiving lead, our hearts are then rooted in a place of peace, safety and connection with Truth.

Filters for selfies may be just fine. But what we need to focus on is who and what we allow into our hearts. Each of us was created to be captivated by God alone. The portrait of a heart and life being developed through the lens of God's Truth is one that reveals what this world desperately needs to see. And guess what? No (selfie) filter required.

Dear God, I admit I sometimes care more about what I project to the world than about what goes into my heart. My heart was made for You. Forgive me for opening it to things or people You don't want in my life. I ask You to give me wisdom about how to protect this beautiful heart You've entrusted me with while revealing Your great love to all I meet. In Jesus' Name, Amen.

<https://proverbs31.org/read/devotions/full-post/2018/08/31/no-filter-required>

Don't Forget!

Empty, sign, and return the family folders to teachers by Monday!

Uniform and Seasonal Clothing Reminders

As the weather is starting to change, we are seeing a few issues with regards to uniform guidelines.

- Leggings can only be worn under skirts or shorts of appropriate length. (This includes during no uniform days.)
- Jeggings fall under the category of leggings and cannot be worn as pants on jean or no uniform days.
- Sweatshirts/sweaters to be worn in the building (not recess/dismissal) must be RLA apparel or plain with no markings.
- RLA uniform shirts must be worn under sweatshirts/hoodies.
- Make sure your child is dressed for the weather. While it may seem alright to be in a t-shirt for the quick run into school, it can get cold fast (especially with the wind on the corner) for recess, fire drills, or other outdoor activities/emergencies.

See page 10-11 in the Parent Handbook for more detailed uniform information

Tardies

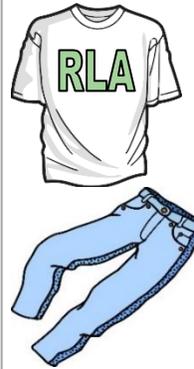
As a friendly reminder, classes start at 8:15am each morning. While we understand that sometimes things happen, it is important that our students start building responsible habits of timeliness, being prepared, and fulfilling obligations.

Our tardy policy is on page 6 of the Parent Handbook. Tardy slips are being distributed.

Upcoming Events

- Oct. 12: Polish Dinner (5-7pm)
- Oct. 17: Last day of 1st Quarter
- Oct. 18-19: No School – Teacher In-Service Days
- Oct. 25: Picture Day! (Portraits, Soccer, & CC)
- Oct. 24-25: Parent-Teacher Conferences
- Oct. 26: Halloween Bash (6:30-8pm)
- Nov. 2: Late Start (K-8, 9:30am start)

RLA T-Shirt & \$1 Jean Fridays

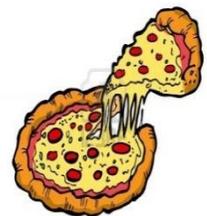


Every Friday, our students may show their School Spirit by wearing official RLA t-shirts. You may also wear jeans for \$1.00 on Fridays. Our National Junior Society chooses and organizes charity drives for the school as part of their leadership.

This month, we will be collecting for Hannah's House.

Pizza Day

We will be serving Marco's Pizza as a hot lunch option on Tuesdays. All orders must be placed the Monday before pizza day. We will be paying upon delivery so the \$3.50 MUST be your family's lunch



account to order. Family balances can be viewed on FastDirect.

Next week will be cheese and pepperoni.



Chapel

Join us on Wednesdays for about a 30 min worship at 8:30am.

Saints

Our cross country runners (Cole, Rachel, Easton, Josiah, and Eva) did a great job running a 2K race Friday Oct. 5th at Cobus Creek Park. While there was a bit of confusion at the race (which is why we don't have full results), congrats to Easton for finishing in 3rd place!!

The B-team defended well at home against St. Paul's/Grace #2 on Sept. 27th, with a 5-0 final score. A-team fought hard but couldn't score last Monday at home against Trinity Elkhart (0-3). Tuesday the B-team faced St. Paul's/Grace #1 at Grace to bring home a 6-2 victory. A-team was hosted by TMA on our home fields but narrowly lost 1-2. This week B-Team took on Christ/Trinity at home on Tuesday, winning 4-1.

Check out the full sports schedule online!