

LEOMINSTER ALL NATIONS SDA CHURCH
MEN'S RETREAT
OCTOBER 18-19, 2019

READINGS

A. ADVENTIST HOME

1. Section I – The Home Beautiful -pages 15 to 30
2. Section VIII – The successful family - pages 177 to 210
3. Section IX – Father – The House-Band - pages 211 to 230
4. Section XII – Standards of Family Living – pages 305 to 347
5. Section XIII – The use of money – pages 367 to 400
6. Section XV – Graces that Brighten Family Life – pages 421 to 454
7. Section XVI – The home and its social relationships – pages 455 to 492

B. CHILD GUIDANCE

1. Section 4: Obedience, the most important lesson – pages 79 to 90
2. Section 5: Other basic lessons – pages 91 to 118
3. Section 6 – Lessons of Practical virtues – pages 119 to 138
4. Section 8 – The paramount of task – Character development – pages 161 to 192
5. Section 9 – Fundamental elements of character building – pages 193 to 222
6. Section 10 – Discipline and its administration – pages 223 to 270
7. Section 18 – Maintaining the religious experience – pages 505 to 537

C. Communication, Sex, & Money by Edwin Louis Cole .

- a. This book was distributed to all men by George Rumble at the beginning of this year.

D. Boys Adrift by Leonard Sax, MD, PhD. You can get a copy from Amazon.

- a. This book discusses why boys are not engaged and less resilient – a crisis not to ignore.
- b. Leonard Sax is the author of The Collapse of Parenting in America.

All these readings are easy to read – middle school reading material.

LEOMINSTER ALL NATIONS SDA CHURCH
WOMEN'S RETREAT
OCTOBER 25 - 27, 2019

READINGS

A. ADVENTIST HOME

1. Section I – The Home Beautiful -pages 15 to 30
2. Section VIII – The successful family - pages 177 to 210
3. Section X – Mother – Queen of the Household - pages 231 to 278
4. Section XII – Standards of Family Living – pages 305 to 347
5. Section XIII – The use of money – pages 367 to 400
6. Section XV – Graces that Brighten Family Life – pages 421 to 454
7. Section XVI – The home and its social relationships – pages 455 to 492

B. CHILD GUIDANCE

1. Section 4: Obedience, the most important lesson – pages 79 to 90
2. Section 5: Other basic lessons – pages 91 to 118
3. Section 6 – Lessons of Practical virtues – pages 119 to 138
4. Section 8 – The paramount of task – Character development – pages 161 to 192
5. Section 9 – Fundamental elements of character building – pages 193 to 222
6. Section 10 – Discipline and its administration – pages 223 to 270
7. Section 18 – Maintaining the religious experience – pages 505 to 537

C. Boys Adrift by Leonard Sax, MD, PhD. You can get a copy from Amazon.

- a. This book discusses why boys are not engaged and less resilient – a crisis not to ignore.
- b. Leonard Sax is the author of The Collapse of Parenting in America.

All these readings are easy to read – middle school reading material.

PARENTING SEMINAR

LEOMINSTER ALL NATIONS

MARCH 26, 2011

Issumael Nzamutuma

RESOURCES

- ELLEN G. WHITE WRITINGS
 - ADVENTIST HOME
 - CHILD GUIDANCE

TOPICS TO COVER

- Christian Home
 - General instructions, Speech, Work, Money,
 - Discipline.
- First School and its Teachers
- Curriculum
 - Obedience, Respect, Self-control, Self-denial
 - Habits.
 - Budgeting time
- WHAT TO DO?

CHRISTIAN HOME

- **Prepare for the Coming Conflict**
- “Satan is marshaling his hosts; and are we individually prepared for the fearful conflict that is just before us? Are we preparing our children for the great crisis? Are we preparing ourselves and our households to understand the position of our adversaries and their modes of warfare? Are our children forming habits of decision, that they may be firm and unyielding in every matter of principle and duty? I pray that we all may understand the signs of the times, and that we may so prepare ourselves and our children that in the time of conflict God may be our protection and defense.”

Evil Influences Almost Overpowering

- “The evil influence around our children is almost overpowering; it is corrupting their minds and leading them down to perdition. The minds of youth are naturally given to folly; and at an early age, before their characters are formed and their judgment matured, they frequently manifest a preference for associates who will have an injurious influence over them.”
- “Could my voice reach the parents all through the land, I would warn them not to yield to the desires of their children in choosing their companions or associates.

Christ's Presence Makes a Home Christian

- “From their infancy the youth need to have a firm barrier built up between them and the world, that its corrupting influence may not affect them.”
- “The first work to be done in a Christian home is to see that the Spirit of Christ abides there, that every member of the household may be able to take his cross and follow where Jesus leads the way.”

Many Parents Are Lamentably Ignorant.

- “Those who have charge of God's property in the souls and bodies of the children formed in His image should erect barriers against the sensual indulgence of this age which is ruining the physical and moral health of thousands. If the many crimes of this time were traced to their true cause, it would be seen that they are chargeable to the ignorance of fathers and mothers who are indifferent on this subject. Health and life itself is being sacrificed to this lamentable ignorance.

- Parents, if you fail to give your children the education that God makes it your duty to give them, both by precept and example, you must answer to your God the results. These results will not be confined merely to your children. They will reach through generations. Just as the one thistle permitted to grow in the field produces a harvest of its kind, the sins resulting from your neglect will work to ruin all who come within the sphere of their influence.”

Sanctity of the Family Circle.

- “There is a sacred circle around every family which should be preserved. No other one has any right in that sacred circle. The husband and wife should be all to each other. The wife should have no secrets to keep from her husband and let others know, and the husband should have no secrets to keep from his wife to relate to others. The heart of his wife should be the grave for the faults of the husband, and the heart of the husband the grave for his wife's faults. Never should either party indulge in a joke at the expense of the other's feelings. Never should either the husband or wife in sport or in any other manner complain of each other to others, for frequently indulging in this foolish and what may seem perfectly harmless joking will end in trial.

Unity, Love, and Peace

- “Let the husband and wife remember that they have burdens enough to carry without making their lives wretched by allowing differences to come in. Those who give place to little differences invite Satan into their home. The children catch the spirit of contention over mere trifles. Evil agencies do their part to make parents and children disloyal to God.”

Unity Between Parents Is Necessary

- Each is to help the other to bring into the home a pleasant, wholesome atmosphere. They should not differ in the presence of their children. Christian dignity is ever to be preserved.”

The Secret of Family Unity.

- “The cause of division and discord in families and in the church is separation from Christ. To come near to Christ is to come near to one another. The secret of true unity in the church and in the family is not diplomacy, not management, not a superhuman effort to overcome difficulties--though there will be much of this to do--but union with Christ.”
- “Picture a large circle, from the edge of which are many lines all running to the center. The nearer these lines approach the center, the nearer they are to one another.”

The Family Circle a School

- “In His wisdom the Lord has decreed that the family shall be the greatest of all educational agencies. It is in the home that the education of the child is to begin. Here is his first school. Here, with his parents as instructors, he is to learn the lessons that are to guide him throughout life--lessons of respect, obedience, reverence, self-control. The educational influences of the home are a decided power for good or for evil. They are in many respects silent and gradual, but if exerted on the right side, they become a far-reaching power for truth and righteousness. If the child is not instructed aright here, Satan will educate him through agencies of his choosing. How important, then, is the school in the home!”

Read to Your Children

- “Fathers and mothers, obtain all the help you can from the study of our books and publications. Take time to read to your children. . . . Form a home reading circle, in which every member of the family shall lay aside the busy cares of the day, and unite in study. Especially will the youth who have been accustomed to reading novels and cheap storybooks receive benefit from joining in the evening family study.”

Parental Responsibilities Which No One Else Can Bear

- “How sad it is that many parents have cast off their God-given responsibility to their children, and are willing that strangers should bear it for them! They are willing that others should labor for their children and relieve them of all burden in the matter.”

Parents to Be Child's Confidants

- “Kindly instruct them and bind them to your hearts. It is a critical time for children. Influences will be thrown around them to wean them from you which you must counteract. Teach them to make you their confidant. Let them whisper in your ear their trials and joys.”

"No Time."

- "No time," says the father; "I have no time to give to the training of my children, no time for social and domestic enjoyments." Then you should not have taken upon yourself the responsibility of a family. By withholding from them the time which is justly theirs, you rob them of the education which they should have at your hands. If you have children, you have a work to do, in union with the mother, in the formation of their characters."

Counsel to Reserved, Dictatorial Parents

- “There is danger of both parents and teachers commanding and dictating too much, while they fail to come sufficiently into social relation with their children or scholars. They often hold themselves too much reserved and exercise their authority in a cold, unsympathizing manner which cannot win the hearts of their children and pupils. If they would gather the children close to them and show that they love them, and would manifest an interest in all their efforts and even in their sports, sometimes even being a child among children, they would make the children very happy and would gain their love and win their confidence. And the children would sooner respect and love the authority of their parents and teachers.”

A Companion With His Children

- If he (the father) is engaged in business which almost wholly closes the door of usefulness to his family, he should seek other employment which will not prevent him from devoting some time to his children. If he neglects them, he is unfaithful to the trust committed to him of God.”

No Work Is Greater or Holier

- The training of children constitutes an important part of God's plan for demonstrating the power of Christianity.

Responsibilities in Government to Be Shared

- “Parents are to work together as a unit.
There must be no division. But many parents work at cross-purposes, and thus the children are spoiled by mismanagement. . . . It sometimes happens that, of the mother and father, one is too indulgent and the other too severe.
- Not one seed of doubt should the mother plant in her children's minds in regard to the wisdom of the father's management. She should not, by her course of action, counteract the work of the father.”

Children Are Confused by Parents at Variance

- “The family firm must be well organized. Together the father and mother must consider their responsibilities, and with a clear comprehension undertake their task. There is to be no variance. The father and mother should never in the presence of their children criticize each other's plans and judgment”.

Family Religion Defined

- “Religious instruction means much more than ordinary instruction. **It means that you are to pray with your children, teaching them how to approach Jesus and tell Him all their wants.** It means that you are to show in your life that Jesus is everything to you, and that His love makes you patient, kind, forbearing, and yet firm in commanding your children after you, as did Abraham.”

Children Look to Parents for Consistent Life

- Children must see in the lives of their parents that consistency which is in accordance with their faith. By leading a consistent life and exercising self-control, parents may mold the characters of their children.”

MONEY

Balancing the Budget

- “Many, very many, have not so educated themselves that they can keep their expenditures within the limit of their income. They do not learn to adapt themselves to circumstances, and they borrow and borrow again and again and become overwhelmed in debt, and consequently they become discouraged and disheartened.”

How to Teach the Right Use of Money

- “Let every youth and every child be taught, not merely to solve imaginary problems, but to keep an accurate account of his own income and outgoes. Let him learn the right use of money by using it. Whether supplied by their parents or by their own earnings, let boys and girls learn to select and purchase their own clothing, their books, and other necessities; and by keeping an account of their expenses, they will learn, as they could learn in no other way, the value and the use of money.”

The Value of Keeping Accounts

- “ Let children be taught to keep an account. This will enable them to be accurate. The spendthrift boy will be the spendthrift man. The vain, selfish, self-caring girl will be the same kind of woman.

SPEECH

Every Word Has an Influence

- “Every word spoken by fathers and mothers has its influence over the children, for good or for evil. If the parents speak passionately, if they show the spirit shown by the children of this world, God counts them as the children of this world, not as His sons and daughters.”

Let There Be No Jarring Note

- “Allow nothing like strife or dissension to come into the home. Speak gently. Never raise your voice to harshness. Keep yourselves calm. Put away faultfinding and all untruthfulness. Tell the children that you want to help them to prepare for a holy heaven, where all is peace, where not one jarring note is heard. Be patient with them in their trials, which may look small to you but which are large to them.”
- “There will be no loud, angry talking in the home. The words will be of a character to soothe and bless the hearer. . . . Take all the ugly features out of the voice.”

Table Conversation

- “In the home the spirit of criticism and faultfinding should have no place. The peace of the home is too sacred to be marred by this spirit. But how often, when seated at the meal table, the members of the family pass round a dish of criticism, faultfinding, and scandal. Were Christ to come today, would He not find many of the families who profess to be Christians cherishing the spirit of criticism and unkindness? The members of such families are unready to unite with the family above.”

Mother, This Is Your Sacred Work

- Cultivate a watchful observance of every word and action. Guard most diligently your words. Overcome all hastiness of temper; for impatience, if manifested, will help the adversary to make the home life disagreeable and unpleasant for your children.”

OBEDIENCE

Begin the Teaching Early

- “Obedience to parental authority should be inculcated in babyhood and cultivated in youth.” “From their earliest life children should be taught to obey their parents, to respect their word, and to reverence their authority.”

Influence of One Disobedient Child

- “One disobedient child will do great harm to those with whom he associates, for he will fashion other children after his own pattern.”

Respect for Weary Feet Nearing Their Rest

- “And God has especially enjoined tender respect toward the aged. He says, "The hoary head is a crown of glory, if it be found in the way of righteousness." Proverbs 16:31. It tells of battles fought and victories gained, of burdens borne and temptations resisted. It tells of weary feet nearing their rest, of places soon to be vacant. Help the children to think of this, and they will smooth the path of the aged by their courtesy and respect, and will bring grace and beauty into their young lives as they heed the command to "rise up before the hoary head, and honor the face of the old man." Leviticus 19:32.

HABITS

The Power of Habit

Small Actions Are Important

- “Every course of action has a twofold character and importance. It is virtuous or vicious, right or wrong, according to the motive which prompts it. A wrong action, by frequent repetition, leaves a permanent impression upon the mind of the actor, and also on the minds of those who are connected with him in any relation, either spiritual or temporal. The parents or teachers who give no attention to the small actions that are not right establish those habits in the youth.

Bad Habits Are More Easily Formed Than Good

- “All the learning they may acquire will never undo the evil resulting from lax discipline in childhood. One neglect, often repeated, forms habit. One wrong act prepares the way for another. Bad habits are more easily formed than good ones and are given up with more difficulty.”

Habit of Obedience Established by Repetition

- “Lessons on obedience, on respect for authority, need to be often repeated.
- This kind of work which the Lord requires cannot be done without much serious contemplation on their part, and much study of the Word of God, in order that they may instruct according to His directions.”

The Greatest Evidence of Christianity

- “If Christian mothers will present to society children with integrity of character, with firm principles and sound morals, they will have performed the most important of all missionary labors. Their children, thoroughly educated to take their places in society, are the greatest evidence of Christianity that can be given to the world.”

A Divine Commission to Parents

- “Here is your work, parents, to develop the characters of your children in harmony with the precepts of the Word of God. This work should come first, for eternal interests are here involved. The character building of your children is of more importance than the cultivation of your farms, more essential than the building of houses to live in, or of prosecuting any manner of business or trade.”

Parents, Do Not Blunder Here

- “Deal honestly and faithfully with your children. Work bravely and patiently. Fear no crosses, spare no time or labor, burden or suffering. The future of your children will testify the character of your work. Fidelity to Christ on your part can be better expressed in the symmetrical character of your children than in any other way. They are Christ's property, bought with His own blood. If their influence is wholly on the side of Christ, they are his co laborers, helping others to find the path of life. If you neglect your God-given work, your unwise course of discipline places them among the class who scatters from Christ and strengthen the kingdom of darkness.”

God's Part and Yours

- “When parents shall manifest such an interest for their children as God would have them, He will hear their prayers and work with their efforts; but God does not propose to do the work which He has left for parents to do.”

SELF-CONTROL

An Example of Parental Self-control Is Vital

- “Some parents have no control over themselves. They do not control their own morbid appetites or their passionate temper; therefore they cannot educate their children in regard to the denial of their appetite, and teach them self-control.”
- If parents desire to teach their children self-control, they must first form the habit themselves. The scolding and faultfinding of parents encourages a hasty, passionate temper in their children.”

WORK - INDUSTRIOUS

Teach the Children to Be Helpful

- “In the home school the children should be taught how to perform the practical duties of everyday life. While they are still young, the mother should give them some simple task to do each day. It will take longer for her to teach them how than it would to do it herself, but let her remember that she is to lay for their character building the foundation of helpfulness.

A Safeguard for the Young

- “One of the surest safeguards of the young is useful occupation. Children who are trained to industrious habits, so that all their hours are usefully and pleasantly employed, have no inclination to repine at their lot and no time for idle daydreaming. They are in little danger of forming vicious habits or associations.”
- “There is untold value in industry. Let the children be taught to do something useful.

The Fruitage of Idleness

- “Parents cannot commit a greater sin than to neglect their God-given responsibilities in leaving their children with nothing to do; for these children will soon learn to love idleness and grow up to be shiftless, useless men and women. When they become old enough to earn their living and are taken into employment, they will work in a lazy, droning way and will think they will be paid just the same if they idle away their time, as if they did faithful work.”

- “If children have proper home training, they will not be found upon the streets, receiving the haphazard education that so many receive. Parents who love their children in a sensible way will not permit them to grow up with lazy habits and ignorant of how to do home duties. Ignorance is not acceptable to God and is unfavorable for the doing of His work.”
- (Dish washer, lawn mower, etc)

The Wise Use of Time

- “Where there is an abundance of idleness, Satan works with his temptations to spoil life and character. If youth are not trained to useful labor, whether they be rich or poor, they are in peril; for Satan will find employment for them after his own order. The youth who are not barricaded with principle do not regard time as a precious treasure, a trust from God, for which every human being must give an account.”

Helping mothers

- . Instead of your mother getting up and getting breakfast in the morning while you lie in bed, you should be the one to say, 'Mother, don't you get up in the morning. We will take hold of these burdens and perform these duties.' You should let those whose hairs are growing gray take their rest in the morning."

Helping Parents

- “Why is this not so? Where is the trouble? It is with the parents who let their children come up without bearing any burdens in the family. When these children go out to school, they say, “Ma says she doesn't want me to work.” Such mothers are foolish. They spoil their children and then send them to the school to spoil it. . . . Work is the very best discipline they can have. It is no harder for them than for their mothers. Blend the physical labor with the mental, and the powers of the mind will develop far better.”

Devise Ways

- “Parents should devise ways and means for keeping their children usefully busy. Let the children be given little pieces of land to cultivate, that they may have something to give as a freewill offering.”
- “Allow them to help you in every way they can, and show them that you appreciate their help. Let them feel that they are a part of the family firm. Teach them to use their minds as much as possible, so to plan their work that they may do it quickly and thoroughly. Teach them to be prompt and energetic in their work, to economize time so that no minutes may be lost in their allotted hours of work.”

SELF-DENIAL

Self-denial, Unselfishness, and Thoughtfulness

- “In every home there should be taught lessons of self-denial. Fathers and mothers, teach your children to economize. Encourage them to save their pennies for missionary work. Christ is our example. For our sakes He became poor, that we through His poverty might be made rich. He taught that all should come together in love and unity, to work as He worked, to sacrifice as He sacrificed, to love as the children of God.”

- “Learn the lesson of self-denial, and teach it to your children. All that can be saved by self-denial is needed now in the work to be done. The suffering must be relieved, the naked clothed, the hungry fed; the truth for this time must be told to those who know it not.”

A Self-denial Box

- “Children are to be educated to deny themselves. At one time, when I was speaking in Nashville, the Lord gave me light on this matter. It flashed upon me with great force that in every home there should be a self-denial box, and that into this box the children should be taught to put their pennies they would otherwise spend for candy and other unnecessary things. . . .

Children Should Not Be the Center of Attraction

- “Children of two to four years of age should not be encouraged to think that they must have everything that they ask for. Parents should teach them lessons of self-denial and never treat them in such a way as to make them think they are the center, and that everything revolves about them.”

DISCIPLINE

Parents Must Choose the Child's Associates

- Many parents allow children to go and do as they please, amusing themselves and choosing evil associates. In the judgment such parents will learn that their children have lost heaven because they have not been kept under home restraint.”

Weeds Predominate in an Uncultivated Field

- Leave a field uncultivated, and it will grow up to thorns and briars. You will never see a lovely flower or a choice shrub peering above the unsightly, poisonous weeds. The worthless bramble will grow luxuriantly without thought or care, while plants that are valued for use or beauty require thorough culture. Thus it is with our youth. If right habits are formed and right principles established, there is earnest work to be done.

Accustom Child to Trust Parents' Judgment

- “Parents, guard the principles and habits of your children as the apple of the eye. Allow them to associate with no one with whose character you are not well acquainted. Permit them to form no intimacy until you are assured that it will do them no harm. Accustom your children to trust your judgment and experience. Teach them that you have clearer perception of character than they in their inexperience can have, and that your decisions must not be disregarded”.

The Restraint to Be Firm, but Kind

- “The parents should not concede to the inclinations of their children, but should follow the plain path of duty which God has marked out, restraining them in kindness, denying with firmness and determination, yet with love, their wrong desires, and with earnest, prayerful, persevering effort leading their steps away from the world upward to heaven. Children should not be left to drift into whatever way they are inclined, and to go into avenues which are open on every side, leading away from the right path. None are in so great danger as those who apprehend no danger and are impatient of caution and counsel.”

The Foundation Is Laid in the First Three Years

- “Mothers, be sure that you properly discipline your children during the first three years of their lives. Do not allow them to form their wishes and desires. The mother must be mind for her child. The first three years is the time in which to bend the tiny twig. Mothers should understand the importance attaching to this period. It is then that the foundation is laid.”

Objectives of Discipline

Self-government the Paramount

- Help him to see that all things are under law, and that disobedience leads, in the end, to disaster and suffering. When God says, "Thou shalt not," He in love warns us of the consequence of disobedience, in order to save us from harm and loss."

Disobedient Children a Sign of the Last Days

- “One of the signs of the "last days" is the disobedience of children to their parents. And do parents realize their responsibility? Many seem to lose sight of the watch care they should ever have over their children, and suffer them to indulge in evil passions and to disobey them.”

Ask the Lord to Come In and Rule

- “Exact obedience in your family; but while you do this, seek the Lord with your children, and ask Him to come in and rule. Your children may have done something that demands punishment; but if you deal with them in the spirit of Christ, their arms will be thrown about your neck; they will humble themselves before the Lord and will acknowledge their wrong. That is enough. They do not then need punishment. Let us thank the Lord that He has opened the way by which we may reach every soul.

- If your children are disobedient, they should be corrected. . . . Before correcting them, go by yourself, and ask the Lord to soften and subdue the hearts of your children and to give you wisdom in dealing with them. Never in a single instance have I known this method to fail. You cannot make a child understand spiritual things when the heart is stirred with passion.”

Instruct Children Patiently

- “Instruct them patiently. Sometimes they will have to be punished, but never do it in such a way that they will feel that they have been punished in anger.
- “Do not, I beg of you, correct your children in anger. That is the time of all times when you should act with humility and patience and prayer. Then is the time to kneel down with the children and ask the Lord for pardon. Seek to win them to Christ by the manifestation of kindness and love, and you will see that a higher power than that of earth is co-operating with your efforts.

- When you are obliged to correct a child, do not raise the voice to a high key. . . . Do not lose your self-control. The parent who, when correcting a child, gives way to anger is more at fault than the child.

BUDGET YOUR TIME
THIS IS NOT FROM E G WHITE

\$1440 INTO BANK ACCOUNT

- EVERY MORNING

Daily schedule for stay home moms

7:00 AM: Up. Change and dress Cakes. Bee dresses herself. Make breakfast for girls. Pack Bee's lunch.

7:45 AM: Get dressed. Everyone gets hair and teeth brushed.

8:15 AM: Bee to school.

8:30 AM: Eat breakfast. Write blog post for the day.

9:30 AM: Plan supper menu. Get food out of freezer to defrost, or start meal in slow cooker.

10:00 AM: Start one load of laundry.

10:15 AM: Daily cleaning chores and lunch prep.

11:30 AM: Eat. Lunch clean-up.

Daily schedule for stay home moms

12:15 PM: Cakesie-nap routine (rock, read books)
12:30 PM: Cakesie-nap. Bible study and quiet time with God.
1:00 PM: Walk on treadmill 20 minutes. 10 minutes of weights. (I'm working on this. Honest).
1:30 PM: Shower and rest.
2:00 PM: Fold and put away clean laundry. Play time with Cakesie.
3:15 PM: Pick Bee up from school.
3:30 PM: Girls-snack time. Supper prep.
4:00 PM: Girls-free play time together. Work on daily cleaning chores and finish supper prep.
5:15 PM: Eat supper (we eat early because Cakesie goes to bed by 7:30 PM)

5:45 PM: Supper clean-up.
6:15 PM: Kid baths, pajamas & teeth brushing
7:00 PM: Cakesie-bedtime routine (rock, read books, prayers). Bee-daily chores (tidy bedroom and playroom, put away any toys in living room).
7:15 PM: Cakesie in bed. Bee-free play time.
8:15 PM: Bee-bedtime routine (choose next day's clothes, read, prayers, snuggle and tuck in).
8:30 PM: Bee in bed. Straighten up.
9:00 PM: Time with my husband (snuggle on couch, watch TV or movie, talk).
10:30 PM: Bedtime routine (wash and moisturize face, brush teeth and hair, floss, change into PJs). Read.
11:00 PM: Lights out.

TOP 3 PRIORITIES FOR LINDA

- **Husband and daughter.** “Love and care for my husband. Support his career and goals. Nurture our daughter and give her the best upbringing.”
- **Family and friends.** “Provide for my aging parents. Support my entrepreneur-brother. Spend more time with dear friends.”
- **Part-time work.** “Learn and contribute in my profession as an accountant. Supplement family income.”

TIME BUDGET FOR LINDA

(MOTHER, WORKS PART TIME)

		CURRENT	
Purpose		Time (hrs)	%
HIGH ↑	Alone time with husband	5.00	3%
	Tending to & playing with daughter	8.00	5%
	Helping daughter with homework	15.00	9%
	Socializing with friends & family	2.00	1%
	Part-time work	21.00	13%
	Exercise and fitness	4.00	2%
PRIORITY ↓	Sleep	46.00	27%
	Ablutions and personal care	8.00	5%
	Travel times	3.00	2%
	Cooking, eating	13.00	8%
	Cleaning home and yard	8.00	5%
	TV & magazines	9.00	5%
	Internet & phone	6.00	4%
	Shopping	4.00	2%
	Running errands	7.00	4%
	Volunteering at daughter's school	6.00	4%
	Transition time, miscellaneous	3.00	2%
	Entire week:		168.00

TIME BUDGET FOR LINDA

(MOTHER, WORKS PART TIME)

		CURRENT		BUDGET	
Purpose		Time (hrs)	%	Time (hrs)	%
HIGH ↑	Alone time with husband	5.00	3%	10.00	6%
	Tending to & playing with daughter	8.00	5%	10.00	6%
	Helping daughter with homework	15.00	9%	15.00	9%
	Socializing with friends & family	2.00	1%	13.00	8%
	Part-time work	21.00	13%	21.00	13%
	Exercise and fitness	4.00	2%	8.00	5%
PRIORITY ↓	Sleep	46.00	27%	52.00	31%
	Ablutions and personal care	8.00	5%	8.00	5%
	Travel times	3.00	2%	3.00	2%
	Cooking, eating	13.00	8%	7.00	4%
	Cleaning home and yard	8.00	5%	4.00	2%
	TV & magazines	9.00	5%	5.00	3%
	Internet & phone	6.00	4%	3.00	2%
	Shopping	4.00	2%	4.00	2%
	Running errands	7.00	4%	2.00	1%
	Volunteering at daughter's school	6.00	4%	0.00	0%
	Transition time, miscellaneous	3.00	2%	3.00	2%
Entire week:		168.00	100%	168.00	100%

Time Budget for Linda, the Housewife

Linda prepared the following time budget to help her comply with her stated priorities in life. She eliminated or reduced activities that did not directly contribute to her priorities or were not as productive. For example, she

- found six hours by quitting from the curriculum committee at her daughter's school
- saved four hours by seeking her husband's help to clean her home and hiring a landscaping service to tend to her yard.
- reduced her time watching TV and on the internet.
- 'discovered' more time for her family and friends, exercise and well-being.

END

WHAT NEXT?

- SABBATH
- SABBATH SCHOOL
- ADVENTURERS
- SCHOOL WORK

QUESTIONS???

END