



The PCA Post

From the Desk of
Rebeca Rosa, Preschool
Director

January 2017

IMPORTANT DATES:

PAWS Meeting is

Wednesday, 11th @
9AM

Non-VPK Day is Friday
13th.

Monday, 18th, PCA closed
in observance of MLK
Day.

Friday, 27th is Pro Dads

Breakfast @ 7:00AM.

**Re-enrollment for
2017-18 starts Monday
9th.**

Stay Connected

Log on to your
Teaching Strategy
Gold website for
recommended
activities,
communicate with
your teacher and see
what your child has
been up to.

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We welcome your
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2017: A Different Kind of New Year's Resolution

I want to wish to all of you a Blessed 2017 New Year. I hope you all had great time with your children and family celebrating Jesus' birth. I would like to share this devotional I found about new year resolution. It really challenged me and made me to reflect about my past failure and

As the calendar turns from December to January, it is natural to look back at the previous year and look forward to the new one.

It's a time when many make resolutions so we will have more satisfaction in the coming year.

Yet many New Year's resolutions set us up for failure. We focus on developing new habits to achieve a desired result that we believe will lead to more satisfaction, whether it is repairing a weakness (don't eat as much), quitting a habit (don't smoke) or avoidance (don't spend as much.) Negativity is one reason why just 8% of people achieve their New Year's resolutions. Satisfaction? Not so much. What if you assessed the past year – and invested in the coming year's changes – using a different rubric altogether?

Your natural strengths are your habitual patterns of behavior, thoughts, emotions, and communication. They are God-given. Further, your natural strengths typically remain stable over time. If you are a naturally courageous, determined problem-solver, you will likely continue to solve problems in that way throughout your life. If you face risk cautiously and conservatively, you likely won't change that approach.

Your adaptive strengths, in contrast, are the changes you make in order to be accepted and to succeed in your environment. Your environment can stretch your strengths or stress them, requiring you to use skills that are not part of your natural strengths. Adaptation can be good, for it stretches us. Yet long-term adaptation consumes energy, and can lead to stress and frustration. It is here – in understanding your environment, finding ways to use your natural strengths in that environment, and tweaking your adaptive strengths – that changes will yield the greatest satisfaction.



During your year-end self-evaluation, invest time in understanding how your environment and your strengths line up – how you adapt to make things work and what you can do differently next year to live a fuller, more satisfied life. This checklist can help.

How Did Your Natural Strengths and Adaptive Strengths Line Up This Year?

What adjustments have you made in the last year in order to adapt to your environment?

Which adaptations were easy for you?

Which adaptations allowed you to grow in positive ways?

Which adaptations have been struggles?

What impact have those adjustments had?

In what ways has your environment changed in the last year?

Is there an element of your environment you can grow to understand more in the coming year?

Is there an element of your environment you can – and should – change in the coming year?

As you understand your environment and its expectations, you can stretch your strengths rather than stress them. By using your strengths as God intended – to build the Kingdom – you will experience more satisfaction. Which is the whole point of making a New Year's resolution in the first place.

Having gifts that differ according to the grace given to us, let us use them. (Romans 12:6, RSV) From Ministry Insights

Whether you have a list or not, I pray that God will give you the strength to take one day at a time to accomplish your goals for 2016. Parkridge Church could be a great place to start your relationship with Christ if you have not yet accepted Him as your Lord and Savior. Feel welcome to inquire at the front desk about our church service hours and ministries.

We are back to school and counting backward to the end. I can't believe Monday 9th we opened re-enrollment for the next school year 2017-18. I hope all of you received information via e-mail about re-enrollment. If you don't have the re-enrollment form, please come to the office.

Rebeca Rosa