



A service of the  
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of the  
Lutheran Church -  
Missouri Synod

# Youth Supports

A resource to encourage and empower youth leaders for the expansion of the Lord's kingdom.

February 2006 - Volume 7, Issue 2

- “Mom, Dad, How can I help?”
- E-Newsletter help
- Servant Events
- Ideas for Youth Programs

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## “Mom, Dad, How can I help?”

So the question was posed to me ... "If there is just one thing I can share with people involved in youth ministry, both professional and volunteer, what would it be?" Well, the following topic—“Parents and Youth Ministry”—isn't novel, isn't new, but it is something I find I need to keep reminding myself of, so I'll share it with you.

My high school youth group experience—especially church camp during those years—shaped and grew my faith more dramatically than anything else in my life. Why? Because of the incredible adult and young adult mentors that God provided throughout those trying teenage years. As I neared graduation, I had absolutely no higher education plans for after high school but I did know what I wanted to do. I wanted to help teenagers. I wanted to be there for teens like so many camp pastors, camp counselors, youth ministry teams and chaperons had been there for me, listening, providing support, pastoral care, advice, and the Word. They were there to ask, “How can I help?”

The Lord led me to pursue a DCE (Director of Christian Education) degree and placed me in Lutheran congregations to pursue my desire to help teens. I am certain that what is on the heart of all those who have a passion for teens is, “How can I help?” In my early years of ministry, my total focus in addressing that question was ... the teenager. I was to be an advocate for the teen. Makes sense, right? But as I matured in ministry I realized an important avenue to being an advocate for and supporting each teen was to get to know and understand his/her family—especially understanding where the parents were coming from.

I needed to realize that not only is navigating through Junior and Senior high school a challenge for the teen, it is a challenge for the parents. They need help and support, a listening ear and the Good News. I thought, “Maybe the best way I can support a teen is to support his/her parents.” Be an advocate for the teen and the parent. (Light bulb!) I need to ask mom and dad, “How can I help?”

Here are some  
of the  
questions I  
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E-Newsletter  
from Synod

Servant Event  
Possibilities

Ideas for Your  
Youth  
Program?

Here are some of the questions I try to ask myself periodically...

If I believe that a healthy, wise, Christian parent contributes to “happy survival” for the teen, then what am I doing (what is our youth ministry providing) to support and help parents be the best they can be? Is there deliberate time spent listening to parents? Am I providing opportunities and venues where parents can connect and support one another? How about Parenting Teens classes? How about parent support groups? How about Prayer Warriors for parents? Am I keeping parents informed about youth ministry activities and their purposes? Are the lines of communication active and healthy between parents and youth ministry staff? Are there simple and creative ways to give words of encouragement to parents?

Those of us who work in youth ministry can support parents in their vocation of raising young men and women of God. We can not only be an advocate for teens, not only an advocate for parents, but the catalyst between teen and parent. We can help them understand and appreciate one another, thriving together as a family.

It’s not novel, it’s not new, just a reminder to myself that I share with you ... keeping asking, “Mom, Dad, how can I help?”

—Heidi Frank, Minister of Youth and Contemporary Worship, Living Savior Lutheran Church, Tualatin, OR <[hborg@living-savior.org](mailto:hborg@living-savior.org)>

Find past issues of Youth Supports at:

[http://www.nowlcms.org/educational\\_services/YouthSupports.aspx](http://www.nowlcms.org/educational_services/YouthSupports.aspx)

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## E-Newsletter from Synod Board of Youth Ministry

The Board of Youth Ministry for the Lutheran Church—Missouri Synod has a monthly e-bulletin with youth ministry information. To subscribe to it, go to <http://www.lcms.org/enews/> and follow the directions.

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## Check Out Servant Event Possibilities

The Board of Youth ministry coordinates and helps to publicize Servant Events hosted by LC—MS congregations and groups. The new list for summer 2006 events is now available. Find out what possibilities there are for your group at <<http://www.lcms.org/ca/dcs/SERVEevents/2005ExtSS.asp>>.

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## Want Some Ideas for Your Youth Program?

The Board of Youth Ministry for the Lutheran Church—Missouri Synod with a grant from Thrivent started a new electronic youth ministry resource available for free on the internet. Check out <[www.youthesource.com/](http://www.youthesource.com/)> The web page is not just for adults, but for youth too with a number of links to other great web sites. Pass it on to your own youth!

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