



# The Messenger

First United Methodist Church Newsletter  
446 Camden Avenue, Moorestown, NJ 08057  
856-235-0450

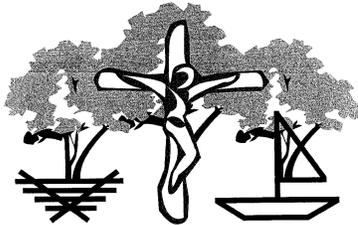
Rev. Richard Nichols, Pastor  
Glenn Rodgers, Director of Music  
Kathy Clawges, Director of Youth  
Devika Gill, Director of First Light Learning Center

Rev. HeyYoung Horton, Associate Pastor  
Karen Murray, Director of Christian Education  
Doug Hamilton, Maintenance Coordinator

Join us for Worship - Saturday 5:30 pm, Sunday 8:30 am, 9:30 am, 11:00 am  
Visit us on the Web at: [www.meetwithGod.com](http://www.meetwithGod.com) -or- Email us at: [church@meetwithGod.com](mailto:church@meetwithGod.com)

MAY 2016

## The Tale of the Three Trees



Music by Allen Pote  
Lyrics & Narration by Tom S. Long

This year for the special Mother's Day presentation, our children's choirs will perform an inspirational musical and drama composed by Allen Pote, who gave us "Oh Jonah" and "The Technicolor Promise" as well as many other lively numbers. "The Tale of the Three Trees" is a deeply moving story based on an American folk tale, and is about life-long dreams, destiny and serving Jesus Christ. The musical will be performed at the 9:30 and 11:00 worship services on Sunday, May 8th.

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### GROUNDS FOR GOOD Friday, May 13th

Join us on Friday, May 13 in Fellowship Hall for another lively evening with Grounds for Good Coffee House. The evening will feature music by contemporary Christian performer Matt Wheeler, an art exhibit, free coffee and tea and delicious homemade goodies for sale. Admission is always free, but donations and proceeds will benefit the Children's Home of Burlington County. Doors will open at 7:30, with music kicking off at 8. Hope to see you there!

### KEEP THE GENERAL CONFERENCE IN YOUR PRAYERS

The General Conference of the United Methodist Church will be meeting in Portland, Oregon from May 10-20. The General Conference is the legislative body of the denomination that meets every four years. The delegates will be discussing and voting on a number of important issues related to human sexuality, budget requests, the nature of ministry and other matters pertaining to the policies and practices of the United Methodist Church. Please keep this conference in your prayers that those who make decisions will be able to wisely discern the leading of God's Spirit.

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### CALENDAR OF EVENTS

- May 1st CROP Walk - 1:00pm, St. Matthew's
- May 2nd Chick-fil-A fundraiser - 5:00 - 8:30pm
- May 3rd Sing-Along at Mt. Laurel Ctr - 10:30am
- May 7th Youth Car Wash - 9:00am - 2:00pm
- May 8th Children's Musical - 9:30 & 11:00am
- May 10th The Serving Plate - 5:00pm
- May 13th My Abba's Hands - 7:00 - 9:00pm
- May 13th Grounds for Good - 8:00 - 11:00pm
- May 14th My Abba's Hands - 9:00am - 3:00pm
- May 14th Miriam Circle - 10:00am
- May 14th Confirmation rehearsal - 3:30pm
- May 14th Adult Fellowship at Theater - 7:00pm
- May 15th Men's Breakfast - 7:45am
- May 15th Confirmation - during 11:00am service
- May 15th Light Harbor - 2:30pm
- May 15th Multi-Media Organ Concert - 7:00pm
- May 18th Internat'l Women's Friendship Grp-10am
- May 21st Eyes of Our Hearts breakfast - 7:00am
- May 21st Kate's Place concert - 7:00pm
- May 22-24 Annual Conference, Wildwood Conv. Ctr.
- May 30th Memorial Day - church office closed
- May 31st Crafts for Good - 7:00pm



**FROM  
PASTOR RICHARD**

As followers of Jesus Christ we are called to be “in the world, but not of the world.” (John 17:14-16) With all the voices and messages we hear around us, sometimes it is hard to distinguish the difference. It is easy to be pulled in by the culture that places an emphasis on getting ahead and being successful no matter what it takes. Our search for meaning and happiness often leads us down the road of shaping our values by the world around us. Yet Christ calls us to a different way of living. Our seeking to follow the ways of the Lord is a call to draw upon the resources of our faith and give diligence to living lives of caring witness and service in this world.

Perhaps our day is not much different from the day of the early Christians who were empowered by the Holy Spirit at Pentecost to live in obedience to Christ in the midst of a non-Christian culture. The faith of the Pentecost believers compelled them to bring a powerful and loving witness to those around them and to take that message wherever they traveled. We too are challenged to seek the guidance and empowerment of the Holy Spirit so that our lives will testify of God's good news to the world. We cannot isolate ourselves from the needs around us, nor can we allow ourselves to succumb to its subtle pull leading us away from faith. We are in the world, but not of the world. May God lead us to be faithful witnesses inspired and led by the same Holy Spirit that stirred the early church.

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**A MESSAGE FROM  
YOUR BOARD OF TRUSTEES**

As a reminder, our Facility Use Request Policy requires a 45-day lead-time for the request before the event. Nearly all requests received are in fact received with at least 45 days lead time to allow the Board of Trustees time to discuss and prayerfully consider the request for approval. However, in the past few months, requests have been received with very little lead time (days), leaving little time for the Board to adequately discuss the potential approval. We understand that there are some emergency or last minute situations, but we request that facility use requests adhere to the policy so that our Board can take the time needed to prayerfully discuss the request.

**REMEMBERING  
OUR  
MOTHERS**



With Mother's Day approaching, we might want to think of a way to honor our own mother and all mothers. One way would be to donate to the Friendship Fund. This fund enables residents already residing in the United Methodist Homes to remain there should their personal funds run out. It is considered another Mission Field of our church. We have two of our church members currently living in Collingswood Manor. Let's support this mission. Information and donation envelopes can be found in the lobby.

Joan Van Alstyne  
Ambassador to UMHs

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*COMING SOON -  
Options for Electronic Giving!*

*Watch for more information in  
upcoming emails  
and Sunday bulletins.*

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**ANNUAL CONFERENCE 2016**

The Greater NJ Annual Conference will be held at the Wildwood Convention Center, Sunday, May 22nd through Tuesday, May 24th. Registration is at noon on Sunday, May 22nd, and the official closing is Tuesday 1pm. Check the Conference website for information: [www.gnjumc.org](http://www.gnjumc.org). The theme this year is “Imagine - have enough light to see the hope of God's call (Ephesians 1:18). Hope to see you there!

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**OUR MISSION STATEMENT**

*First United Methodist Church is a community of faith committed to sharing the love of Jesus Christ with a hurting world through words and actions.*



## FROM THE DIRECTOR OF CHRISTIAN EDUCATION

*But Gideon said to them, "I will not rule over you, nor shall my son rule over you; the Lord shall rule over you." Judges 8:23*

This verse comes just after Gideon won several battles and returned to Israel. Since he saved the people from the "hand of Midian" they wanted him to be their ruler but he was not interested. They then asked for his son to be the ruler. Again he said no. According to Matthew Henry's Commentary on this verse, this was a foreshadowing of the coming Savior. Claiming that there would be no earthy ruler just one heavenly ruler, the Lord.

*"They thought it very reasonable that he who had gone through the toils and perils of their deliverance should enjoy the honour and power of commanding them ever afterwards, and very desirable that he who in this great and critical juncture had had such manifest tokens of God's presence with him should ever afterwards preside in their affairs. Let us apply it to the Lord Jesus: he hath delivered us out of the hands of our enemies, our spiritual enemies, the worst and most dangerous, and therefore it is fit he should rule over us; for how can we be better ruled than by one that appears to have so great an interest in heaven and so great a kindness for this earth? We are delivered that we may serve him without fear, Luke 1:74, 75."*  
*Matthew Henry's Commentary*

Having just celebrated Easter a few weeks ago and now preparing to celebrate Pentecost with the Confirmation Class on May 15<sup>th</sup>, I can not help but think about who truly rules my life. When we have yearly celebrations like Easter where we claim Christ as our Risen Savior, it is easy to bask in the beauty of the day and perhaps even the following week. Then just 50 days later we again celebrate the power of the Holy Spirit and welcome the Risen Savior again to be our 'ruler' but what about the days in between these celebrations? My true desire is to live a life daily ruled by the Holy Spirit knowing that Christ is with me and God is directing each step. In order to do that I must remain connected to God, the Father, Jesus, the Son and the Holy Spirit. I must read my Bible, share in Christian Community and pray. The Lord wants to be our Ruler everyday so consider claiming His presence in every moment and let Him be the one who directs your steps.

He has already won the battle!

Grace & Peace,  
Karen Murray, DCE

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### Special Dates to Remember

(Volunteers are needed for each of these events. If you are interested please call 856-222-1120.

*~Thank you in advance, Karen)*

#### June 12th - Celebration Sunday

**9:30** - Children 4yrs.-6<sup>th</sup> grade will meet in Fellowship Hall for a morning filled with games, fun & laughter. Children ages 2-3 will meet in their regular rooms for special activities. (No Jr. or Sr. High Sunday School)

July 10<sup>th</sup> - Summer Sunday School begins. (Look for more information next month.)

August 15<sup>th</sup> - 19<sup>th</sup> - Vacation Bible School - Theme: *"Faith, Fun & Festivals"*. The program will be from 9:00-12:00noon. "Family Appreciation Night" will be on Thursday, August 14<sup>th</sup> at 7:00pm in the Sanctuary, followed by the PEACH FESTIVAL on the 15<sup>th</sup> beginning at 4pm



**FROM THE  
MISSIONS COMMISSION**



*The following is a letter received by the Missions Commission from Bill Antinore, Executive Director of Seeds of Hope Ministries, thanking us for our help during the Missions Weekend work day on Saturday, April 9th.*

Re: Missions Weekend 2016

Dear Congregation,

Brenda and I would like to thank you for the awesome job that the volunteers/servants did this past Saturday here at Seeds of Hope. It was unbelievable. Despite the snow and rain in early April, a large team of people showed up here and did an outstanding job cleaning, mowing and trimming two large lots - one of which is adjacent to our office and the other just down the street. Those two lots never looked better!

At the same time another group began cleaning the first floors of two of our transitional houses for Christian ex-offenders down the street. Those two homes never looked and smelled so good. As you might expect, when you have a bunch of men living under the same roof dirt "begins" to accumulate... Not in every situation, but in most. The men absolutely loved it!!!

And after the lot cleaning crew finished, they headed down the block to begin cleaning the interiors of our ministry van and ministry bus. Again, the insides of those vehicles have never been better. They get a lot of use each week transporting people to the breakfasts, to church, to job interviews, to bible studies & many other places and really needed interior cleanings.

And while that team was down here in Camden, another team was busy sorting clothes at Hope Thrift in Brooklawn. Serving in that capacity is as vital as serving in any other. Our thrift stores provide financial support so that the Lord's work can be done here in Camden. It is the Lord's way of protecting the ministry and enabling us to proclaim the gospel and Jesus Christ wherever we go and whenever we want. It doesn't get any better than that.

Thank you again for your work and support this weekend, your support throughout the year and your prayers. We could never do what the Lord has called us to do here in Camden without you.

In God sustaining grace,  
Bill Antinore  
Executive Director

**ABBA'S ANIMALS UPDATE:  
HOW TO HELP WITH KITTEN SEASON**

Although cats can have kittens any time of year, there is a spike in the spring time when the weather warms up, especially among outside cats. People who discover a kitten or litter of kittens outside often don't know the best way to help them. Sometimes taking the kittens into your home is the best way to help, and sometimes it's best to let them be. If the mother is taking care of the kittens, the best option is to let them stay with her since she instinctively knows how to care for them and help them grow up to be healthy.

Neonatal kittens, those who are four weeks old or younger, are quite helpless. They are 100% dependent on their mother, requiring around the clock attention. Kittens five to eight weeks old can begin to eat wet cat food, but are still being weaned. You can check the growth chart posted above the shelter donations box in the Education Building lobby (near the elevator) to help determine the age of the kittens.

If you know that the mother is present, it is best to leave the kittens with her. If you are unsure, you should observe them for two to four hours to see if the mother returns. She may be out looking for food. If the mother doesn't return the kittens are best taken in and fostered.

It is especially important to let neonatal kittens stay with their mother. Fostering a neonatal kitten is a big commitment. They must be fed every two hours around the clock and must be kept warm, since they can't yet control their body temperature. If you are sure neonatal kittens have been abandoned, you could call no-kill shelters, rescue agencies and veterinarians to see if they have a nursing mother cat who may be willing to "adopt" the kittens. This greatly increases their chance of survival. If you don't find a surrogate mother, you can find tips for fostering neonatal kittens on Alley Cat Allies website. ([alleycat.org](http://alleycat.org))

Kittens five to eight weeks old are still learning essential cat behaviors from their mothers. Kittens that stay longer than that with their feral mothers usually learn from them to fear people. Feral kittens eight weeks or older should be taken in to be fostered and socialized. If you can't do it yourself, contact a no-kill adoption or rescue agency so they can be socialized and made ready for adoption into a loving home.

Questions: contact Margie Morgan at [margmorgan75@gmail.com](mailto:margmorgan75@gmail.com) or 856-764-1247.

**SOUTHWEST JERSEY CHAPTER, AMERICAN GUILD OF ORGANISTS,  
PRESENTS**



The history of the organ in America,  
brought to life by concert organist

**JEANNINE JORDAN** and media artist **DAVID JORDAN**

You'll hear the thrilling sounds of glorious organ music of early American composers. You'll hear the incredible, funny, and amazing anecdotes of the organists and composers of America. You'll see the places where organs became the premier concert instrument of the USA. You'll experience what it is to play the organ through real-time projection of Dr. Jordan's playing.

**SUNDAY, MAY 15 AT 7 PM**

**FIRST UNITED METHODIST CHURCH,  
MOORESTOWN**

*Freewill Offering --- Reception Following*

DIS-APPOINTED

I recently took advantage of the warm(ish) weather to go on a hike. It's an activity I dearly love and missed because of the progression of the arthritis in my knee. Now with a knee replacement, I told my family that I was itching to get back out on the local trails. My first venue? Sourland Mountain Preserve in Hillsborough Twp., NJ. It's a spot I used to hike with my children fairly often. Of course, I haven't been back there in maybe 15 years!

The hike was a.maz.ing! A little different than I remember and a little tougher but what a day! Couldn't help but take a few pictures along the way and share them with my family as I came across a photo opp. It brought back memories for the kids, as well, which was very sweet.

There was a tree at the apex of the trail that stopped me in my tracks. If you know anything about Sourland, you know that the area was a deposit of boulders pushed down by glaciers. Well, one of these boulders had a tree growing through it. That's right. Through it! Wow! And yes. I took a picture.

Let's talk about dis-appointment. We are all God's precious children appointed by Him but we live in a fallen world. We face trials and at times become dis-appointed. Things don't always work out the way we planned. We get side tracked or sometimes sidelined. Think about that tree. Now, I'm not talking about a tree that is growing straight up the middle of the boulder. No! This tree has roots on one side and grows horizontally about four feet before coming out the other side and reaching for the heavens! That was certainly NOT the way a tree was supposed to grow. Huh! Don't we sometimes have that attitude? "Why didn't I get that job?" "What do you mean the store is closing? What happens to all of us?" "I don't know how I will be able to pay bills this month." "Cancer?" And the list goes on. But we forget that we have a God who loves us and hears our prayers. We can allow Satan to mess with our minds guiding us down a trail of misery or we can move, like that tree, through the darkness and constant pressure and come out on the other side reaching for the heavens and praising the God who never leaves our side.

My Abba's Hands participants work together for the glory of God to bring a hurting world comfort through

the gift of a quilt that is prayed over by the congregation. Each project that we take on is carefully planned for the recipient and prepared with love. We all face trials. Don't go it alone. If you or a loved one is in need of a prayer quilt, please contact the church office or a My Abba's Hands participant. There is a mailbox in the church office as well. God's blessings!

Rae Caputo  
My Abba's Hands

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**MIRIAM CIRCLE**  
**Saturday, May 14**  
**10:00 A.M.**  
**in the Church Parlor**

All ladies are welcome to join us for our Planning Meeting for the coming year. Please bring your ideas for how we can make the Miriam Circle meaningful for all the ladies in our church.

Bring a sandwich of your choice and fruit, dessert and beverages will be provided by Sue Mitchell and May Van Fossen. Esther Wesley will lead us in our devotions.

This will be our last meeting for this year, so we will look forward to seeing everyone.

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**Baptisms:**

Serafina Gray Carite  
on April 17, 2016; daughter of  
James & Jennifer Carite

**Deaths:**

Ted Bingham  
on March 19, 2016

Dorothy Rodriguez  
on April 7, 2016





## **MEET THE STAFF**

### **This month - Karen Halligan, Membership Secretary**

When someone asks me to tell them about myself, I usually start by talking about my family. Some of you may know me as John's wife, Tracy & Tricia's mom, and now Gabi's grandma! And all of these are pretty good descriptions of who I am and what I do. But over the years since John and I joined this church (34 years ago), and certainly since I became part of the staff here (14 years ago), my experiences as a child of God and member of FUMC have become much more a part of my story.

I grew up in Neptune, NJ (right next to Ocean Grove), and graduated from Bucknell University with a degree in Business Administration. That's where John & I met, and after I graduated we were married in the college Chapel and moved to Wichita, KS, where John was working for Boeing. Almost a year later, we moved here to Moorestown, and have been here ever since. Our daughters, Tracy & Tricia, grew up in this church, and we were all blessed by the many opportunities here, and by being loved and accepted by this amazing church family. Although I was raised as a Roman Catholic, FUMC is where I truly grew in my relationship with the Lord, in no small part because of the example and encouragement of the pastors and people here.

I've also been blessed to be part of the church staff, serving as Membership Secretary since August, 2001. Well, that's technically my job title, and it's an important part of my duties, but it's only part of what I do. As Membership Secretary, I'm responsible for recording all the "comings and goings" of the church membership - births and deaths, weddings and baptisms, people transferring membership to here and from here - it's my job to make sure all these things are accurately recorded, both in our computer database and in the official record book. Every time I record an important event in someone's life in our record book, I wonder if some day, someone will be researching their ancestors and find the information they've been looking for in that very book! I also record changes of address, phone numbers and email addresses, so that we can communicate with you, and so that I can make all the changes each year when I prepare the new church directory.

But membership tracking is only a small percentage of what I do in my 20-hour work week. I'm sure some of you wonder why we bother asking you to fill out the "friendship pads" or attendance cards each week at worship. Part of my job is to record all the attendance in our computer database, and that information is used for a number of things, like checking on the well-being of those who might be absent for a while, and for statistical information that's requested yearly by the Greater NJ Conference office. If you fill out a prayer request card during worship, it's my job to make sure that request gets passed along to the Pastors and the Prayer Room. It's also my responsibility to enter all of the weekly offering data - offering envelopes, checks, cash - into the computer so that everyone who generously donates to FUMC will have an accurate record of their giving for tax purposes. I'm also the one who sends you those contribution statements quarterly. And in recent years, my job has been expanded to include working with the faithful volunteers who prepare the weekly offering for deposit at the bank, and paying the bills each week.

I'm also responsible for preparing our monthly newsletter, "The Messenger" (suggestions for improving the format are always welcome!), working with our Nominations and Finance Committees, putting together the annual booklet for Church Conference, sending out Prayer Chain and Church News emails, answering the office phone and greeting visitors to the office, and other miscellaneous tasks.

If it sounds like the church office is a busy place, that's because it truly is! But it is also truly a joy for me to be able to serve the Lord, our staff and our congregation and community through my place at First United Methodist Church of Moorestown. Thank you to all of you for allowing me to do so.

Blessings,  
Karen Halligan  
Membership Secretary



THE  
**PARENT**  
UPDATE

**First United Methodist Church Youth Fellowship**

## **Welcome to May Youth News!**

*Kathy Clawges, Youth Director*

Jr. & Sr. High students meet every Sunday night from 7:00-8:30pm. Bible Study is every Wednesday 6:00-8:00pm (includes dinner).

### **UPCOMING EVENTS**

#### **Youth Car Wash**

*Saturday, May 7, 2016 at 9:00 AM to Saturday, May 7, 2016 at 2:00 PM*

Get Mom's car washed for Mother's Day! We will be pre-selling tickets in Fellowship Hall in between the 9:30 & 11am Worship Services. You may also pay at the car wash. The cost is \$5. All proceeds benefit our youth mission trips. Thanks!

*Need more info? Email me at [kclawges@gmail.com](mailto:kclawges@gmail.com) or 856-912-1148 or visit us at [www.meetwithGod.com](http://www.meetwithGod.com)*

## **Quantity Time Doesn't Help Our Kids**

*Jonathon McKee*

The more time I “hang” with my kids, the better... right?

I guess that depends. Define “hang.”

- Silently sitting and watching TV together?
- Dragging our kids on errands with us?
- Sitting at the dinner table together while Mom and Dad argue about bills?

As much as we'd like to believe that “quantity time” in itself will pay off, a fascinating new study out of the Journal of Marriage and Family contends mere quantity time isn't enough. In fact, the study reveals the amount of time parents spend with their kids between 3 and 11 has virtually no relationship to how children turn out. Remarkably, the study found “one key instance when parent time can be particularly harmful to children - when parents, mothers in particular, are stressed, sleep-deprived, guilty and anxious.”

Hold the phone! Does this mean we shouldn't “hang” with our kids?

Please don't stop reading at the headlines... because the report goes on to talk about teenagers.

Note the ages mentioned above: kids between 3 and 11. If we keep reading the report, the authors note one key instance in when quantity time does matter: adolescence. And I quote: The more time a teen spends engaged with their mother, the fewer instances of delinquent behavior. And the more time teens spend with both their parents together in family time, such as during meals, the less likely they are to abuse drugs and alcohol and engage in other risky or illegal behavior. They also achieve higher math scores. This new report isn't alone in these findings. Columbia University has been noting this connection between “quantity time” and raising healthy kids for years in their Family Dinners reports.

So what can we take away from this new report? After all, it seems to contradict conventional wisdom that the more time moms and dads spend with kids, the better.

I think this report brings several realities to light:

1. Proximity doesn't produce quantity time. If we bring our kids to the grocery store with us, ignoring them the entire time, talking on our phones, occasionally barking at them, “Put that down!”... we aren't clocking healthy bonding time. Bonding necessitates dialogue. So if you're going to drag your kids on errands with you, make it fun. Interact with them. Ask them their favorite meal and have them help you shop for it. Do more listening than talking. Make them feel noticed and heard.

2. Adolescents have different needs than kids. It's counterintuitive, because just when our teens - and even tweens - begin pushing us away... they need us the most. No, this doesn't mean smothering them or putting them on a leash. This simply means parents need to be proactive about looking for opportunities to bond with their kids. Healthy parenting requires healthy investments of both bonding and boundaries. Are you investing in both? Which bank is getting more deposits this month?

3. Don't use quality time as an excuse to avoid quantity time. If your kids are like mine, you'll experience one or two quality time moments for every dozen times you hang out with your kids. Quality time usually necessitates quantity time. Parents need to clock quantity hours having fun with their kids, talking, laughing... listening! You never know when quality time moments will materialize. What can you do this week to truly connect with your kid?

Jonathan McKee is the author of over a dozen books including the brand new *More Than Just the Talk*. He has over 20 years youth ministry experience and speaks to parents and leaders worldwide, all while providing free resources for youth workers and parents on his websites, [TheSource4YM.com](http://TheSource4YM.com) and [TheSource4Parents.com](http://TheSource4Parents.com).

## **Building Trust with Kids Requires Your Honesty**

*Jim Burns*

In addressing the relationship between parents and their teenagers, often the emphasis focuses on helping teens build more trust with their parents. But the truth is that many kids don't trust their parents! What is it that causes teens not to trust their parents? In my experience, most teenagers identify the source of their lack of trust in parents as the result of seeing firsthand that their parents are less than honest with them. Jesus commands His followers, "Simply let your 'yes' be 'yes,' and your 'no' be 'no'; anything beyond this comes from the evil one." (Matthew 5:37.) Let's face facts: no parent is perfect. Still, as parents we are called to live our lives with integrity. Because we serve as our children's role models for life and faith, we need to be very careful in how we live our lives before our kids. Your kids don't need your perfection, they need your honesty, and especially when you fail to follow through on something you said you would do. How can you increase your "honesty" quotient and, as a result, your trust level with your kids?

1. Think before you promise. Ask yourself, "If I make this promise, can I keep my word?"
2. If you can't keep your word, don't promise. It's much better to say, "I'm going to try my hardest to get to your game tomorrow, but I can't promise you I'll make it" and not make it, than to say, "I'll be there for sure!" and not show up.
3. Think before you act. When it occurs to you that you can't keep your word, be sure to evaluate the message it will send your son or daughter. Then, consider how you can minimize the resulting damage if you truly can't keep your verbal commitment.
4. Ask for your child's forgiveness when you fail to keep your word. Don't sweep your failures under the carpet. Face them head on. Apologize and ask for forgiveness.

Honesty and integrity are two vital parts of trust in any relationship. Keeping your word with your kids is always the best policy. When your track record as a parent is one of consistent honesty, trust between you and your teen will grow.