



## Teen Scene Newsletter

**Faith Lutheran Church  
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### **First Edition**

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#### **Who am I?**

Since this is the first edition of our Youth Newsletter, let me introduce myself.

My name is Marcia Pridgen. I am a member here at Faith Lutheran Church and I am a life coach. I don't have a named practice, rather I choose to work with people who I meet that need help navigating through issues in their lives. I don't usually charge for my services because I am giving back to so many who entered my life and made a difference, while serving my Lord and Savior. I have worked with young people and issues that affect their lives. Some topics are very difficult and complex, but being there for each other is important. You can call or text me at [352-263-0397](tel:352-263-0397) and my email is [lifecoachbymarcia@gmail.com](mailto:lifecoachbymarcia@gmail.com).

#### ***So why a youth newsletter?***

I remember running into some complicated situations in my middle school and high school years and finding no one who truly seemed to care or who wanted to "get involved". It was also hard to determine who could be trusted with my thoughts and the problems I encountered. And, no, I don't expect this newsletter to be the solution to all difficulties in life, or even answers to all your questions. But rather a place you can raise questions, issues, and challenges. A place to share ideas and thoughts with your peers, and when necessary to seek counsel or advice.

This is for you. ***It is about you.*** How life is for you, how it can be, how challenges are presented to you and how you can deal with them. So text me with issues you want to discuss (352) 263-0397.

Also, I would love it if you would like to contribute your input in future newsletters, or perhaps even



become a contributor. It's all about you!

## THE BIBLE

Many view the Bible with skepticism and doubt. Many feel it is just for "back then". Let's explore this together as we face today's challenges. I have found that those old people faced very similar challenges. The Bible is full of real people with real family and cultural dynamics. There is intrigue throughout the Bible that can challenge today's movies. And guess what...they dealt with bullying, jealousy, hate, power struggles, abuse of all types, sexuality and more.

## BULLYING

A big issue especially with the internet. Cyber bullying is something your parents didn't have to deal with, but I can assure you, they, or someone they know, has been bullied. But you face a new platform in this age old dilemma. I'd love to hear your thoughts on this. Cyber bullying differs in that what is posted is permanently there. It hurts people, destroys reputations, and can lead to very serious consequences for both the victim and the perpetrator. This being said, any type of bullying can be harmful. Before one makes fun of another I wonder, have they even taken into consideration what life experiences that person has faced or is facing? Have they considered why they are motivated to be a bully? Have they taken a good look at their own lives? Do they live with abuse? Why the need to humiliate and or harm another person?



Bullying is a complex issue. Here are some things I want you to think about.

Bullying is NOT unintentional, it is not merely being rude or mean. It is intentionally aggressive behavior that needs to be addressed. Behavior is intentional, but not necessarily intentional to wound.

Reasons for bullying vary from person to person and also by a person's age. Bullying often stems from a sense of who a person is (the bully) or lack thereof. A person may not see their own purpose, or perhaps, they themselves are victims of abuse and don't know how to handle it.

There are many types of bullying. It can be physical, verbal, or even cyber. It can victimize people in different ways, such as physically, mentally, and destroy reputations. It can cause the victim anxiety and even depression. It can be in the form of sexual harassment, attack on another's appearance, intelligence, race/ethnicity, social acceptance, and sexuality. If you are bullied, you can just walk away, thereby denying the bully the opportunity to see your pain. Be careful of internet and social media advice. Some may be good, but some can be very dangerous. Go to someone you trust and tell them what happened. There is no shame in this and this person can help you deal with your situation. There are safe places for interventions for bullies.

If you see someone being bullied talk to an adult who can help, like a teacher, parent, counselor, or pastor. Let the victim know you care and are there for them. Invite them to hang out with you in a safe place. Comfort them and reinforce that they didn't deserve to be bullied. If safe, tell the bully to back off. Be an example to others by turning and walking away from behaviors you don't approve of. When possible, help the kid who is the bully...a safe way of helping is to talk to an adult about it so they can intervene.

So **WHAT DOES THE BIBLE TELL US** about this issue? Although the Bible does not use the word bullying, it does address topics regarding those who treat us badly and offers advice for those who experience harassment. It tells us to love those who hurt us, not take revenge. It tells us to pray for those who persecute us. It encourages us to move forward in our lives by loving and caring. (Note, this does not mean to avoid seeking help). Here are some Bible verses that address those who hurt us while caring about those who are hurt. Both need caring help and prayer.

Leviticus 19:18, Deuteronomy 31:6, Psalms 138:7, Proverbs 17:9, Proverbs 22:10 Proverbs 24:16, Isaiah 41: 11-13, Matthew 5: 11, Matthew 5: 44-45, Matthew 34: 12-18, Luke 6: 27-28, Romans 2:1, Romans 12:18-21, Ephesians 4: 29, Ephesians 6:12, 2 Timothy 1:7, 1 John2:9, and 1 John 3:15.

## **ALL ABOUT YOU!**

In this section I would like to know more about each of you. What your interests are. What you participate in, such as music, art, sports, etc. That way we can focus on issues that concern you.

Please let me know what schools you attend and if you can, get me a schedule of events and sports dates so we can list them!

## **THIS MONTH AT FAITH LUTHERAN**

Reformation Celebrated the last Sunday in October.

October is Church Workers Appreciation Month

## **Confirmation Classes**

If you are interested, please contact Pastor Larry Griffin through the Church office. 352-527-3325 or email [cfaithlutheran@gmail.com](mailto:cfaithlutheran@gmail.com).

- **The Reformation** was, first and foremost, all about the Gospel of Jesus Christ. It was then, and it still is now. The task of reformation never ends — for every person, in every generation, needs to hear the good news of their Savior from sin and eternal death. (lcms.org/reformation)