

Distant Dads

We don't see many news stories that deal with absent or detached fathers, or do we? As the late Paul Harvey used to say, "And now, the rest of the story." Why is it that the news is filled with stories of suicide, violent crimes, unemployment, addiction, justice system issues, and prison over-crowding.

Statistics reveal that the fatherless are:

- 5 times more likely to commit suicide.
- 32 times more likely to run away.
- 20 times more likely to have behavioral disorders.
- 14 times more likely to commit rape.
- 9 times more likely to drop out of high school.
- 20 times more likely to end up in prison.

This problem isn't only relevant to families where there is no father in the home; the statistics are almost as bad for children from homes where father was present but really wasn't. Especially in today's stressful economic situations, fathers frequently work long hours or are frequently away from home on business. Often when fathers do come home after a long day or week, they retreat into television, on-line games or other forms of electronic media entertainment. Then too there are those hobbies and sports that "help keep us fit and sane."

There is already entirely too much pressure placed on us men to fill all of the God-given roles and responsibilities that I don't want to just add more condemnation and guilt to what many Christian men already feel. But, I do recognize a serious problem. **The answer to the problem of how to be a better Christian dad isn't to try harder!**

If you struggle to be the husband and father you know you are called to be, we want to help. The monthly Men's Ministry Newsletters have been focusing on our too busy and overstressed lives. Last month we talked about Man Caves and Escape Mechanisms and this month's feature article is about all of the "Shoulds" in our lives. If you've found these articles in the Sunday morning folders interesting and useful, check out the Men's Ministry Newsletters on Cornerstone's Website: www.cumcwat.com

If you need help dealing with the pressure of being a Christian father, Cornerstone can help. Call us. We want to help.

Men's Lunch

Monday, January 30; Fireside Room

- **Great meal for only \$3**
- **Stimulating discussion of men's issues from a biblical perspective**
- **Connect with other Christian men**

These lunches have proven to be a great opportunity for men to connect with other men in Cornerstone.

Moving On Divorce Recovery Group

Tuesday Nights, 7 PM @ Cornerstone

This Weeks Topic: Self-esteem

If you have experienced the devastation of divorce and are struggling to overcome the emotions, Cornerstone can help. Join us for our Divorce Recovery Group. This nine week program offers practical help. There is no cost to you and you can join in at any time.

Meeting Topics:

February 7	Moving Through the Loss & Grieving
February 14	Acceptance
February 21	Dealing with Fear
February 28	Dealing with Anger
March 6	Moving towards Forgiveness
March 13	Self Esteem
March 20	Depression & Confusion
March 27	Loneliness
April 3	Children and Divorce

Contact Mark at Cornerstone at 605-886-2242 (Ext. 116) or mark@cumcwat.com

***OA* Recovery Group**
Tuesday Nights, 7 PM @ Cornerstone

Help with Eating Disorders

If you are struggling with eating disorders—over-eating, anorexia, bulimia, etc., Cornerstone can help. Join us for our *OA* Recovery Group. This program offers recovery assistance through a 12-Step program model.

Contact Cornerstone at 605-886-2242 or OAcumc@yahoo.com
