

**Nov
2025**



PARENT NEWSLETTER

WHAT'S HAPPENING THIS SEMESTER

November 7th-9th - High School Fall Retreat
November 23rd - Oakwood Hoodie Chili Night @5pm
November 26th - No OSM (Thanksgiving)
December 15th - Christmas Comedy Show @6pm
December 17th - OSM Christmas Party
December 24th & 31st - No OSM (Christmas Break)
January 23rd - 24th - Burly Men's Conference



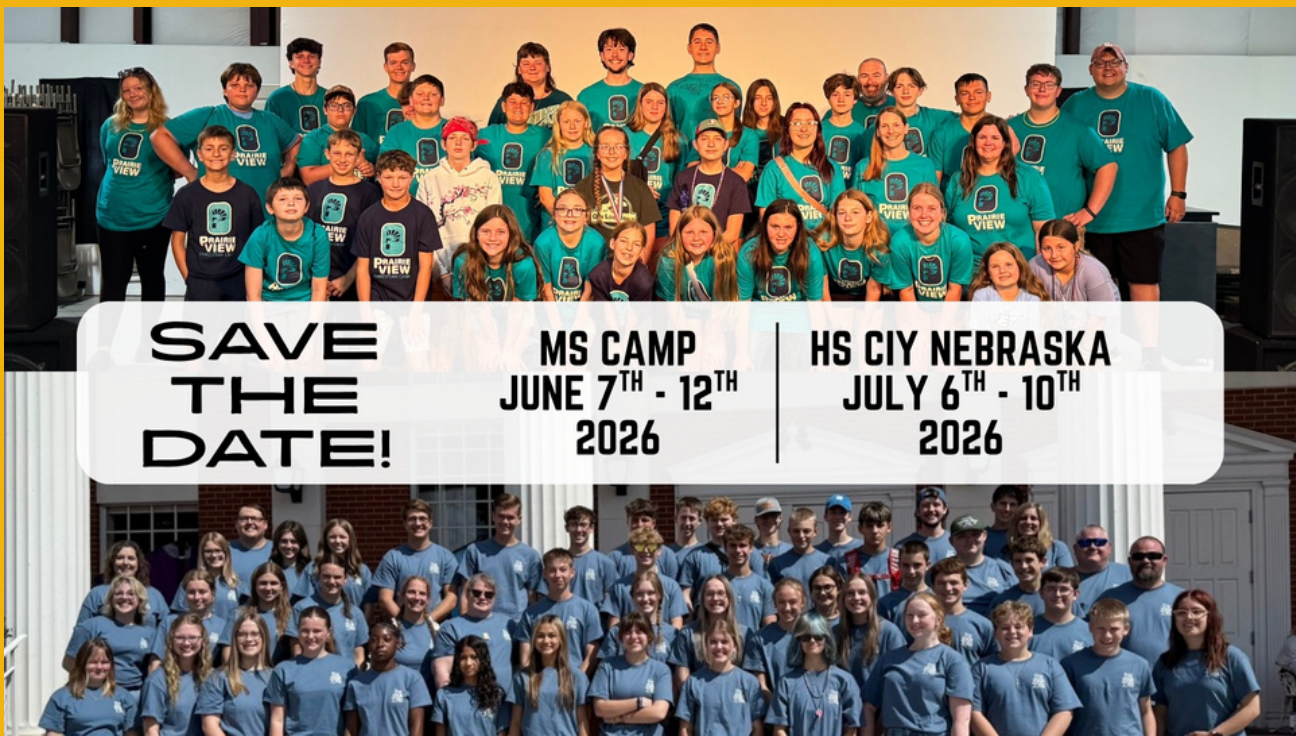
WEDNESDAY NIGHT SERIES'

On Wednesday nights we teach on relevant topics from a biblical perspective so students can learn to navigate life as a Christian. We're now finishing up a series called "Tough Talks," where we looked at topics that aren't easy to talk about with others. We covered politics, Christianity vs. other religions, and greed. In our next series called "Attitude of Gratitude" we will talk about what it means to be grateful and to live with a grateful heart in a world that teaches us to complain until we get what we want.



Every Sunday morning at 9am, our student ministry meets in the youth room for some in-depth Bible study. We teach through different books of the Bible or spiritual disciplines in one large group, then split up into smaller groups to discuss it and apply it to our lives. We would love to have your middle school or high school student join us!

Sunday School



PARENT RESOURCE RECOMMENDATIONS

Video: [What Social Media Steals From You](#) - This video is a sobering reminder of how time consuming social media and scrolling our phones can be. What would you do if you realized you'd spent six years of your life just scrolling? This Conversation Starter explores how social media shapes our presence, our kids, and even our faith—and what it might look like to reclaim that time.

Book: [Take Back Your Family](#) - This is a great book that's focus is all on the family being a team on a mission. The premise is that we've become too secluded and individualized as a Western culture, and we need to expand our "teams" in order to grow and thrive.

Book: [Your Story Has a Villain](#) - This book on spiritual warfare is an easy read that will help you recognize Satan's schemes and tactics in this world, and combat that with the power and truth of Scripture. The challenge to fight back and find freedom from sin and toxic thinking will be an encouragement to you.

Article: [5 Myths About Parenting](#) - This is a great article about 5 myths that I think we've all either thought, believed, or been told when it comes to parenting. It's convicting and challenging, but also a breath of fresh air that caused me to sigh in relief.

CLICK THE UNDERLINED TITLE TO OPEN THE LINK TO EACH RESOURCE

“SCARY HIGH” BY IRENE TUCKER

As weed becomes part of everyday life for many teens and young adults, doctors are seeing a painful side effect they didn't expect: Cannabinoid Hyperemesis Syndrome (CHS).

Why it's alarming: Many teens see marijuana as safe, especially with how commonplace (and in many states, legal) use of it has become. But higher-strength products and daily use are sending more young people to the ER with painful side effects that doctors are only beginning to understand. In an [article](#) by The Free Press, emergency medicine doctor Dr. Chris Colwell said, “There's no question that as higher potency products have been available, incidents of CHS in emergency departments have gone up.” But even apart from the potential side effects of CHS, what may start out as “stress relief” can quietly turn into dependence—and for Christians, that's not only a health issue, it's also a heart issue. The comfort we reach for most easily can end up taking the place of the comfort only Jesus can give.

I was eleven, a tangle-haired wild child happily claiming “tomboy” as my identity, and you could find me and my friends at the creek's edge nearly every day. One afternoon, when climbing the rocks behind our neighborhood, I stumbled upon my brother and his friends passing around a joint. I didn't entirely understand what I was seeing, but I knew it was part of what was changing my brother.

He was fourteen, just three years older, but already felt a lifetime away. Before we moved from South Africa to the United States, he was a competitive soccer player with incredible promise, confidence, and charisma. But here, his accent, along with him simply being “different,” had made him a target for bullying. Kids mocked him into isolation, and teachers labeled him lazy. The only people who didn't make him feel like an outsider were the ones already numbing their own pain. He wasn't chasing a high. He was chasing belonging.

That same ache runs deep in teen culture today. Behind the rise in anxiety, depression, and substance use is a generation desperate to feel accepted and understood. For many, drugs and alcohol aren't motivated by rebellion, but a longing for relief. These substances can offer the illusion of connection and calm, even if it's just for a moment.

But that belonging is fragile. The peace it promises fades fast. The Bible describes a different kind of belonging—one that doesn't depend on being good enough, cool enough, or never breaking down: “The Lord is close to the brokenhearted,” we are told in Psalm 34:18.

The world tells teens to find peace by escaping their pain. Jesus offers peace by entering it with them. The world offers ways to forget our pain. Jesus offers a way to live through it and promises that we do not have to do it alone.

CONNECT WITH US

Text - If you don't already get parent texts from us then subscribe to our text group by texting the word “parents” to the number 580-246-4084

Instagram - @oakwood.students

Facebook - Oakwood Student Ministry

