**Re-entry**
The kids come bounding in the front door from a weekend away and almost immediately land themselves in trouble of some sort or, depending on your child, could just need downtime (away from us). Expectations are shattered, and feelings are hurt! Why does re-entry have to be so hard? Just ask retired NASA astronaut Ron Garan what he thinks about re-entry into Earth's atmosphere. As he puts it, it "is like going over Niagara Falls in a barrel, on fire, then crashing hard." He says it's the most violent thing he has ever experienced, and, as an F-16 fighter pilot, he has had to eject from his aircraft more than once.

The Apollo astronauts had very little to no control during re-entry. They had to be aimed just right, and then the trajectory was set. Loss of communication with mission control happens during blackout for about 4 minutes, and they became a fireball! Afterward, parachutes came out, and a rescue and recovery team met them upon landing.

Is the "fireball' what we see bolting through the front door heading straight for trouble? Like Mission Control, we hold our breath and hope that they re-enter safely, then we snap on our "Rescue & Recovery Team" vest to troubleshoot the situation:

* **Access the situation.** Rescue and Recovery didn't know what they would find, and we don't always either. Will they need rest, are they hungry, did something upset them, or are they sad that the weekend is over? The one thing they need at this moment is felt safety. Kids are not good at articulating their feelings in words, so take your cues and expect them to need something, whether spiritually, emotionally, or physically.
* **Recalibration** (reacclimate to gravity or change in environment) is when the kids need to reacclimate to the house rules and family dynamics. Like most astronauts, they could be sad the mission is over BUT relieved to be back on planet Earth (or home base). Lots of emotions are unfolding in a multitude of different ways. Toss the expectations out when they first arrive home and give them their space to get re-adjusted.
* **Debriefing**is what happens after the fireball re-entry, blackout, rescue, and recovery. It's was not done immediately but soon enough that everything is still fresh on their minds. Expect to lead out in this. The kids will want to know what happened while they were gone. Maybe nothing happened...tell them, "You didn't miss much..." but let them know some things that you did while they were gone and how much they were missed.

Pack a bundle of scriptures that they can pull out of their duffle bag when they need them. Memorizing Proverbs 3:5 and Isaiah 41:10 are great starting points for all of us. And grab a copy of The Power of a Praying Parent by Stormie O'Martian for yourself to pray over them during their mission!  Will you get it right every time? No! But we are to persevere so that one day you can hear, "Mission Accomplished!".

If we haven't met, I want you to know that I walked into this church alone with a five-year-old daughter and a two-month-old son. This church embraced me but bigger than that, the gospel and what God did in my life changed this ordinary girl forever! And I know He will do the same for you! He will! Enjoy church, the SPF ministry, and this SPF newsletter. **Allow yourself to get excited about what God has in store for you and your children.**

**Holly Crain**
**Single Parent Family Ministry Associate**
Single Parent Family Ministry
Houston's First Baptist Church — The Loop
Holly.Crain@HoustonsFirst.org
O: 713.957.7674
C: 832-247-4787
[HoustonsFirst.org](http://houstonsfirst.org/) ​