

September 2026

The Power of Showing Up

Dear Sterling Parents and Students,

By the time September arrives, the excitement of a new school year has often begun to settle.

The first-day feelings have faded. New schedules become familiar. The backpacks feel a little heavier, assignments begin to accumulate, and the rhythm of school becomes part of everyday life.

This is when something important begins to happen.

We discover that growth is not usually about one big moment. It is about what we choose to do consistently, especially on ordinary days.

Showing up matters.

It means coming to class even when we do not feel motivated. It means opening the book when an assignment feels difficult. It means trying again after making a mistake. It means being patient with a friend, listening carefully to a teacher, or helping someone who needs encouragement.

None of these things may seem extraordinary. Yet over time, small acts of faithfulness can make an extraordinary difference.

A tree does not become strong because of one day of sunshine. A student does not grow because of one good day at school. Strong character, meaningful relationships, and lasting knowledge are built slowly through repeated choices.

Scripture for September

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

— Galatians 6:9

Sometimes we become discouraged because we cannot immediately see the results of our efforts.

But growth often takes longer than we expect.

The work we do today may not produce visible results tomorrow. A lesson learned, a habit developed, a kind word spoken, or a difficult challenge faced may seem small in the moment. Yet these things are shaping who we are becoming.

We are reminded that we should not give up simply because the results are not yet visible.

Wisdom for Everyday Life

Small Steps Matter

You do not have to accomplish everything at once.

Break a difficult assignment into smaller steps. Practice one skill a little each day. Work on one area of your life that you want to improve.

Small steps, repeated consistently, eventually take us much farther than one giant effort followed by giving up.

Consistency Over Perfection

There will be days when things do not go well.

A student may receive a disappointing grade. A teacher may have a difficult day. A family conversation may not go as planned.

That does not mean we have failed.

We can learn, make adjustments, and begin again the next day. What matters is not perfection, but the willingness to keep moving forward.

Encourage the People Around You

We are not meant to walk through a school year alone.

Everyone has days when they need encouragement. A simple “You can do it,” a thoughtful note, sitting with someone who feels alone, or thanking a teacher or staff member can brighten someone's day.

Sometimes showing up for someone else is one of the most meaningful things we can do.

Family Practice: 3 Minutes at Dinner

“Keep Going” Conversation

Invite each family member to answer these questions:

1. What is one thing that has been harder than you expected this school year?
2. What is one small thing you can do this week to make it better?
3. Who is someone you can encourage this week?

Take a moment to encourage one another and pray for the strength to keep going when things become difficult.

Student Challenge

The Keep Showing Up Challenge

Choose one activity each day this week:

- **Finish What You Start**
Complete one task before moving on to something else.
- **Try Again**
Give a second attempt to something that did not go well the first time.
- **Encourage Someone**
Give a genuine compliment or encouraging word.
- **Be Present**
Put away distractions and give your full attention to one person or one task.
- **Help Without Being Asked**
Look for one opportunity to make someone else's day easier.
- **Practice Patience**
When something frustrates you, pause before responding.
- **Give Thanks**
Write down three things you are thankful for at the end of the day.

Remember: **You do not have to do everything today. You simply need to take the next good step.**

A Blessing for You

May the Lord give you strength for the ordinary days.

When the work feels difficult, may you have courage to keep going. When progress feels slow, may you remember that meaningful growth often happens quietly. When you make mistakes, may you have the grace to learn and begin again.

May our Sterling students continue to grow not only in knowledge, but also in wisdom, kindness, patience, courage, and compassion.

May our teachers and staff find renewed strength for each day of serving and teaching. And may our families encourage one another through both the exciting moments and the challenging ones.

Above all, may we remember that faithfulness in small things matters. The choices we make today are helping shape the people we will become tomorrow.

Keep showing up. Keep taking the next step. Keep growing.

As always, if you or your child need encouragement, support, or prayer, my door is always open.

Blessings,

Chaplain David Park

All newsletters and monthly messages are available on Sterling's Chaplain homepage.