

September 09, 2022

Dear CONNECT Family,

### "Speak. Your servant is listening." (1 Samuel 3:10b)

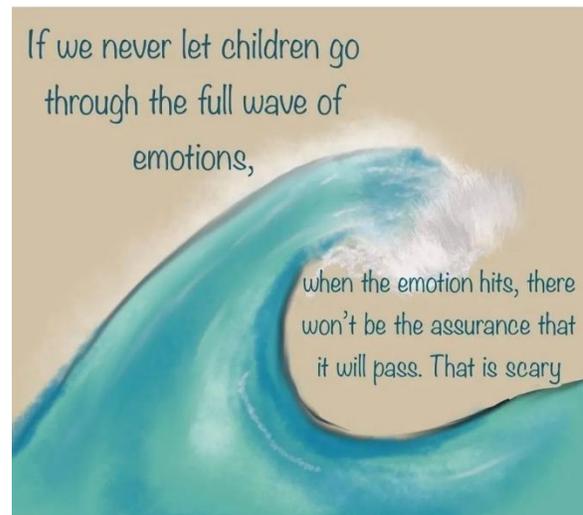
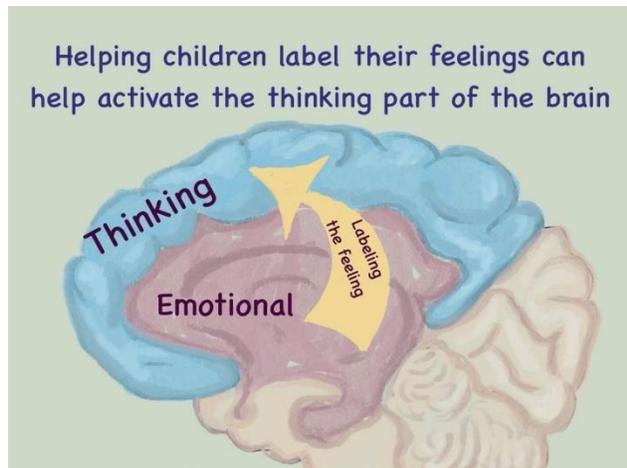
This week, as we are focusing on the story of Samuel, we want to encourage children to listen for God's voice in their lives and discover how they can live out their calling as children of God.

How does it feel when someone calls you by name?

What does God's voice sound like to you?

Do you express your feelings? Help your children express theirs? Let's WONDER...

There is scientific research that explains why labeling feelings is helpful. When we are in a highly emotional state, our limbic or emotional brain takes over. We can no longer think clearly and logically. Our brain is in survival mode and will do what it needs to, either fight, flight or freeze and no amount of someone reasoning with us will work. However, research has found that if we can label the emotion, you will start to activate the prefrontal cortex or thinking part of the brain (Lieberman, 2007). So basically, when you or your child is overwhelmed by an emotion, simply being able to say what that emotion is, will slow the emotional roller coaster and start the process to help think clearer to find a solution. Isn't that amazing?



## ***Spiritual Practice***

This coming week, before you go to bed, take time to say the Bible verse, "Speak. Your servant is listening." 1 Samuel 3:10b.

As you pray, try to listen for what God wants and needs of you this week. Consider finding one new way to serve God in your life.

## **WHAT WE ARE LEARNING**



## **September Faith Word: CALL**

This month our Faith Word is **CALL** - To know we are each chosen by God to do God's work in the world. Remind yourself how you are called by God!

### **Last Sunday:**

Last Sunday we worshiped together in the Sanctuary!

### **This Sunday:**

This Sunday, we will hear the story of when Samuel first heard God calling his name, he thought it was Eli calling him. It was Eli that finally realized the voice Samuel heard was God's. This story can be an example of God using other people in our lives to help us recognize and respond to God's calling.

God chooses people of all ages, including children, to do God's work and to make a difference in God's world.

### **1 Samuel 3:1-21**

We will meet together in the Sanctuary, then move to the Social Hall and from there to the classrooms.

We have some fun activities lined up to make it a memorable and fun Sunday.

Check the storie out [HERE](#)

## **Coming Up**

**WE WILL BE BACK TO OUR FALL SCHEDULE STARTING THIS SUNDAY**

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**CONNECT STARTS AT 9 am**

**September 11 - CONNECT - 9 am - Fall schedule starts  
God Calls Samuel - 1 Samuel 3:1-21**

**September 18 - CONNECT – 9 am  
Samuel Anoints Saul - 1 Samuel 7-8; 10:17-24**

**September 25 - CONNECT – 9 am  
Samuel Anoints David - 1 Samuel 16:1-13**

**For a list of Sunday Story Schedule September through December,  
click [HERE](#)**

## COMING UP



### **WATCH:**

Online **CONNECT** Services:

<https://www.youtube.com/watch?v=pjGEVj1lss>

You can find all our videos on CFUMC YouTube channel

<https://www.youtube.com/channel/UC-oDHg9zalmC42npYW0EvTA>

Follow us on Instagram

- **Instagram** - follow us on Instagram <http://instagram.com/chelseafumc.children>

Love and Peace,  
Susan

