

January 03, 2024

Dear CONNECT Family,



God is by all means Creator, calling the world into existence in every moment. But God creates with the world, not independently of the world. The world enters into something like a creative dance with God, emerging anew in every moment as it takes its past and God's future into its becoming self.

— Marjorie Suchocki



Family Spiritual Practice

Faith Talk:

This week, I invite you to wonder and take some time to think about what being included in a faith community means to you.

When have you experienced God's love for you? Do you yearn to know more of God's love?

What I am reading:

This week, I share one of my favorite Podcasts - Kelly Corrigan Wonders. And this week's [conversation](#) with the doctor, professor, Dr. Aliza Pressman author of The Five Principles of Parenting. Here are the episode's main points:

1. It's a good sign when ancient wisdom and decades of science point us in the very same direction.
2. For children, one great relationship with a caring adult downgrades toxic stress to tolerable stress.
3. When building a family, let it be known early and often: all feelings are welcome here.
4. It's a powerful and unforgettable moment every time a kid understands that their parent is an actual person.
5. May we all model that even the deepest ruptures are repairable.
6. The **only game we're playing is to love and be loved.**

What I am watching

This 17:21-minute video [AM I WORTHY?](#)

Our worth isn't defined by whether or not someone else loves, values, or appreciates us - it's inherent. We are worthy because we are alive. We are worthy because within our heart lies an infinite capacity for compassion, kindness, and connection. We are worthy because in our vulnerability, we find our strength, and through our imperfections, we discover our humanity.

Quote, I've Been Thinking About:

"One way to open your eyes is to ask yourself, "What if I had never seen this before? What if I knew I would never see it again?"

WHAT WE ARE WONDERING ABOUT

January Faith Word: Include - To Welcome all of God's Children in God's Love



Last Sunday:

Last Sunday, we worshiped together as the year 2023 ended. The Focus Scripture was on the Gospel of Luke 2:21-38. We heard about how rituals mark sacred turning points in our lives.

I wonder, have you ever experienced a ritual from a different culture or faith community? What was uncomfortable, surprising, or meaningful about that experience?

This Sunday:

This Sunday is Communion Sunday and we will be Worshiping together in the Sanctuary. Worship Toolboxes will be ready with activities and tools for children to be engaged.

The focus this Sunday is on the Gospel of Luke 3:21-22. As a weary world seeks ways to rejoice, one way could be in receiving the declaration of love affirmed by God in our baptism as it was declared in Jesus' baptism.



Coming Up

January 7 - Worship Together in Sanctuary - 9 AM
No CONNECT
Communion Sunday

January 14 - CONNECT - 9 AM
Calling the Disciples - Matthew 4:18-22

January 21 - CONNECT - 9 AM
Showing Love - Matthew 5:43-48

January 28 - CONNECT - 9 AM
God's Kin-dom - Luke 13:18-21

MARK YOUR CALENDAR

We will not want to miss this!!!



Wonderful online classes

Michigan State University Extension Child and Family Development Offerings

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

Class dates:

- 1/09/2024: Positive Discipline
- 1/16/2024: What Children Need to Know to Start School
- 1/23/2024: How soon is too soon? When to teach your children money habits for life!
- 1/30/2024: RELAX: Alternative to Anger for Parents and Caregivers
- **Class Times:** 8:00PM to 9:30PM
- **Class Times:** 8:00PM to 9:30PM
- **Registration:** https://msu.zoom.us/webinar/register/WN_viGxTEIqSdKY2cEX2EhVbQ#/registration
- Attached are flyers for these workshops and graphics for social media
- For more information contact Courtney Aldrich at aldric82@msu.edu

The Parent Talk System

Do you feel like your children aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- **Class dates:** January 22, 29, February 5, 12, 19, 26
- **Class times:** 7:30pm-9:00pm ET
- **Registration:** https://msu.co1.qualtrics.com/jfe/form/SV_bj8nWuROCeXu6vY
- For more information, contact Courtney Aldrich, aldric82@msu.edu

Check out more classes [HERE](#) and [HERE](#)

WATCH:

Online CONNECT Services:

<https://www.youtube.com/watch?v=kxIw0Ubh3yY>

You can find all our videos on the 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



Ordinary people learning to love like Jesus.