

January 10, 2024

Dear CONNECT Family,



## Family Spiritual Practice

### Faith Talk:

This week, I invite you to **Practice Self-Compassion** - Every morning say to yourself "I am God's beloved child. God loves me unconditionally." — Sounds simple, but how often do we neglect to extend love and hospitality to ourselves? Children seem to be better at this, though they too can struggle. If we are to remind them of their worth, we must see it in ourselves first.



### What I am reading:

I enjoyed reading [Atomic Habits](#) by James Clear. I find this book has spot-on advice. It focuses on habits, decision-making, and continuous improvement.

### What I am watching

This Music Video by Jordan Feliz - [BELOVED!](#) Listen to these words!

The story of [Martin Luther King Jr.](#) by Kid President.

Once upon a time, there was a man named Martin Luther King, Jr. He taught us that things won't always be awesome, but **your response can be**. Remember, things don't always have to be what they are. We can change them! Kids can change them.

Great video to watch with your little ones and start a conversation!

### Quote, I've Been Thinking About:

*"Native American cultures have a deep respect for the acceptance of our human imperfection. When weaving a rug, they will purposely include a flaw. This serves as a reminder that, while all that is humanly made is imperfect, it yet can reflect the beauty, reverence, care, and love of true creation."*

— Diane Berke in [The Gentle Smile: Practicing Oneness in Daily Life](#)

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 in the Sanctuary. It was Communion Sunday.

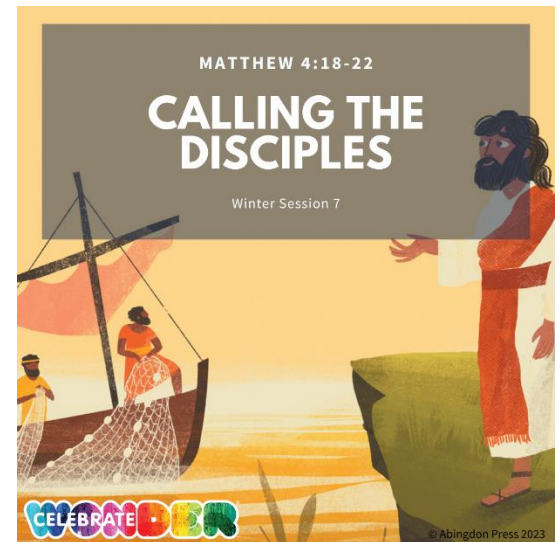
The focus was on the Gospel of Luke 3:21-22 - The Baptism of Jesus.

We are created, called, and commissioned at our baptism, which fuels our joy to be beloved children of God.

**This Sunday:**

This Sunday, during CONNECT, we will WONDER together and focus on the Gospel of Matthew 4:18-22 - Calling the Disciples.

Jesus walking along the Sea of Galilee, sees brothers Simon (Peter) and Andrew fishing and invites them to follow him. They dropped everything and followed Jesus. Further along the shore, Jesus saw two brothers, James and John, fishing with their father. He called out the same invitation, and they left their father to follow Jesus. The phrase "to fish for people" is Jesus' invitation for us to truly follow him. This is a calling for everyone. When we accept this calling, we are invited to be disciples and to share this message with the world.



**Coming Up**

**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**

You will not want to miss this!!! Coming Soon.

### **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\\_viGxTElqSdKY2cEX2EhVbQ#/registration](https://msu.zoom.us/webinar/register/WN_viGxTElqSdKY2cEX2EhVbQ#/registration)
- Attached are flyers for these workshops and graphics for social media
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto: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](https://msu.co1.qualtrics.com/jfe/form/SV_bj8nWuROCeXu6vY)
- For more information, contact Courtney Aldrich, [aldric82@msu.edu](mailto: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.**