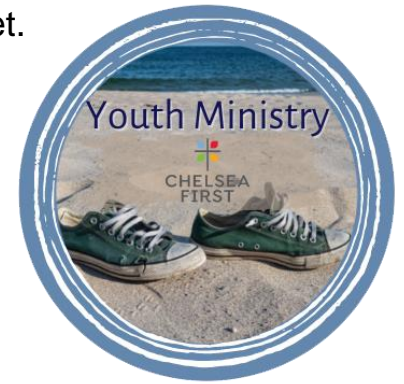


*Smarter Start Toolkit - a guide to establishing healthy digital habits with your new device

Wednesday Outlet 3:30-5:30 No School? No Outlet.

Sundays Middle School 9:00 a.m. Room 216

Head to the sanctuary when you arrive. You'll be dismissed from there.



- February 10 College Care Packages
- February 11 The Bible in Real Time
- February 14 Ash Wednesday
- March 3 Confirmation
- March 8-9 30 Hr. Famine (to be renamed)
- March 10 Messy Church
- March 10 The Bible in Real Time
- March 13 Advocacy Day
- March 17 Confirmation
- March 23-31 Spring Break
- May 19 Confirmation Sunday

College Tips - from the incredible humans that were once in your high school senior shoes



To learn more and register, see link below.

<https://michiganumc.org/register-now-for-advocacy-day-2024/>



Confirmation -
 The book of Job doesn't unlock the puzzle of why bad things happen to good people. It invites us to trust God's wisdom when we encounter suffering rather than trying to figure out the reasons for it. When we search for reasons, we tend to

either simplify God like Job's friends; or like Job, accuse God based on limited evidence. The book is inviting us to honestly bring our pain and our grief to God... to trust that God actually cares and that he knows what he's doing.



Also in Confirmation, the book of Esther
 The book of Esther invites us to see that God can and does work in the real mess and moral ambiguity of human history. God uses the faithfulness of moral compromised people to accomplish his purposes. The book of Esther asks us to be willing to trust God's providence even when we can't see it working... to hope that no matter how bad things get, God is committed to redeeming the world.

ON TO THE NEW TESTAMENT!



The Bible in Real Time
Sunday #216 5-6:30 pm

For Ron Mourad's summary of our discussion on Ecclesiastes 3:1-13 and the 'busyness' of our lives, click on the pic. (song not included)

The Ask Lisa podcast (link below) suggests that instead of focusing on stress, we focus on restoration. Why? Because the inevitable stress of daily life can actually help us grow if we get serious about how we recover.

<https://podcasts.apple.com/us/podcast/ask-lisa-the-psychology-of-parenting/id1525689066?i=1000640293929>

This year, both Valentine's Day and Ash Wednesday fall on February 14.
This Sunday, Mark 12:28-34

For the record, the professor recently expressed something I've known for quite a while now. Your children are pretty incredible.



College Tips for the Road Ahead

"As a senior in high school, I wish I would have known just how many resources are available to tackle difficult classes your first semester in college. I know when I was a senior I was pretty concerned with the increase in the level of difficulty for each of my classes, but there are so many ways to do well.

Learning centers and office hours are absolutely essential as most of the people that work at the learning center just took the class and know the trick to tackling it. Also, office hours are a way to directly talk to your professors and they are so helpful in explaining topics in a way that is more suited to you.

One of the big concerns about college is finding a new crew and I think my biggest recommendation for meeting new people is through your orientation group, hallway, and clubs especially. You will likely have an orientation group filled with people that will likely be in most of your classes over the years so participating in the cheesy icebreakers is actually really nice for getting connected right off the bat. Your hall is also a really good way to meet a bunch of people as your RA will go on some fun outings and stuff.

Clubs and organizations are also really good for meeting new people as well and I would personally recommend trying as many clubs as possible. You don't have to stick with it but just trying it out is a great way to get involved and interact with others.

But my biggest tip for meeting new people is actually talk to people. Everyone there is new to college and everyone is a stranger to everyone. Just introduce yourself and talk about your major and boom. Nobody cares if

you're awkward because EVERYBODY is new. And even if you end up being awkward, colleges are so big it doesn't matter if you goof up with a few people. Just send it and be social.

Just to sum up the things I found most helpful going into college:

Talk to your professors, join as many clubs as you can and just talk to people. Everyone is new and just as nervous about meeting new people as you.

Even if you schedule an appointment for office hours with your professor and don't actually need help, a lot of times you can chat with them and really get to know them and this is great if you want to get into research or get more connections and reference for whatever you do after college. They are human for the most part and love chatting about their research or class.

Don't worry about messing up talking to people, there are so many people and friend groups shift a lot. Just get out there, be yourself, and have fun because unironically it does go by really really fast.

ALSO Sleep is way more important than cramming. Shoot for 8 hrs., 6 is a necessity. Never go into an exam without good sleep.

Google calendar is a gift from God. Use that thing for everything. It has reminders and invites and it's great all around.

Finally, just go into everything with an open mind. Don't be too cool for school because you are an adult now. All that like high school drama social ladder stuff really disappears in college. TRY NEW STUFF. Just do it. I literally joined a pirate choir club for a semester. Just try new things and have fun with it.

Hold yourself accountable, and it's okay to fail an exam. For whatever reason, college classes like to have their exams have a really low average but come in clutch later with curves and extra credit. So don't fret getting stomped by an exam. It's not over til it's over.

Have fun, talk, join clubs, open mind, sleep. Good luck!"

~Nicholas Michigan Tech



Life is big, screens are small...
and you deserve to live your fullest life.

<https://screensanity.org/tool/smarterstart/>