

January 31, 2024

Dear **CONNECT** Family,



"In all that is difficult, in all that is chaotic, may you be met with breath, with hope, and with the love that encompasses us in everything, without end."

-Jan Richardson

Family Spiritual Practice

Faith Talk:

This week as we are going to talk about Communion on Sunday, I invite you to plan a meal for someone in need, such as someone who is sick, grieving, or just could use a little joy - ask your children who they believe could use a little joy. If you can't think of anyone, make a meal and keep it in your freezer for the next time you can share.



What I am reading:

Instead of what I am reading this week, I like to share what I am listening to, [THIS](#) episode from the Child Psych Podcast.

In this incredible podcast, Eli talks about all things parenting. She shares strategies on how to nurture connection with your children, how to “discipline” when children face road bumps, how to help your children when they experience feelings of shame, and how to foster resiliency. This podcast is jam-packed with concrete strategies and tools that will help your parenting journey.

We will be talking about HOLY COMMUNION this Sunday.

You can download this booklet about [What Is Communion?](#) by the United Methodist Church for free. It is a cool booklet filled with activities for little ones as well as for adults.

What I am watching

One of my favorite story illustrations is this one about [MAKING A DIFFERENCE.](#)

God's Kindom comes into being with tiny and almost invisible things. A small gesture can have an enormous effect.

Quote, I've Been Thinking About:

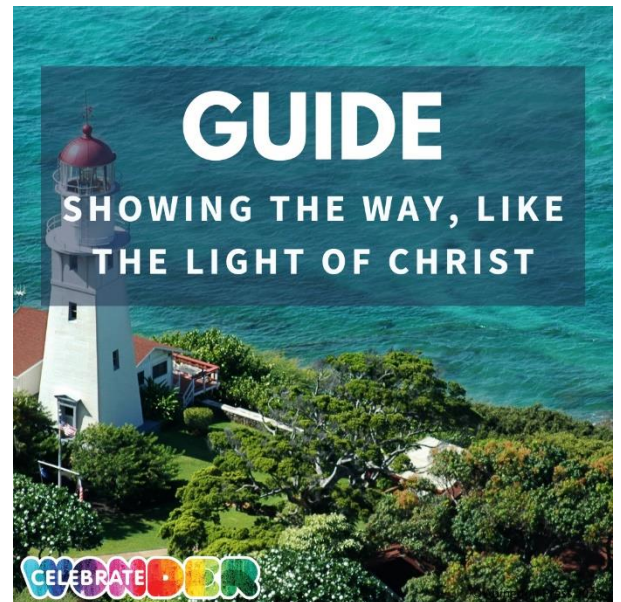
"When we help our kids cultivate the skill of noticing others, their needs, and their struggles, we can raise a generation of compassionate adults who are in tune with the big world that exists outside of themselves."

-Leah Jennings



WHAT WE ARE WONDERING ABOUT

February Faith Word: Guide - Showing the Way, like the Light of Christ!



Last Sunday:

Last Sunday, we WONDERED together about a parable told by Jesus on how God's kingdom grows. Jesus told many stories when he was teaching his disciples. Many times the stories were parables, simple stories told to teach a lesson. Sometimes we imagine the kingdom of God as being a place and time in the future. Jesus said God's kingdom was here on earth, right now. Jesus encouraged his friends then and us now to make sure that we are working to bring about God's kingdom today. God's kingdom comes into being with tiny and almost invisible things—a small quantity of tiny seeds, a measure of yeast, can turn out to have an enormous effect.





This Sunday:

This Sunday, we will worship together in the Sanctuary! It is Communion Sunday and all are welcome.

Worship boxes will be ready and filled with fun activities for the children. And our "Prayground" or "Grace Space" will be set up in the front - near the chancel, and ready to welcome our precious little humans so they can have the best Worship experience possible.

[HERE](#) is a little reminder of our welcome to worship!



Coming Up

February 04 - **NO CONNECT**

Worship together - Communion Sunday - **9 AM**

February 11 - **CONNECT - 9 AM**

The Lord's Prayer - Matthew 6:5-15

February 18 - **CONNECT - 9 AM**

Jesus Calms the Storm - Mark 4:35-41

February 25 - **CONNECT - 9 AM**

Mary and Martha - Luke 10:38-42

MARK YOUR CALENDAR

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



COMING SOON

A way of being church for all-ages to join in
experiencing fun and faith formative activities.

March 10
4:00 pm

Based on the values of all-ages together,
celebration, creativity, hospitality, and
centering ourselves in Christ.

TALK TO SUSAN ADAM-RITA FOR
MORE INFORMATION

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:

- 1/30/2024: RELAX: Alternative to Anger for Parents and Caregivers
- 2/06/2024: Birds and the Bees: Talking with kids about sex
- 2/13/2024: Purpose of Play
- 2/20/2024: Setting the Stage: Promoting social-emotional health in young children
- 2/27/2024: Together We Can: Co-parenting
- **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=a5mmX-sncng>

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.