

*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.

April 26 Prom - 'A time to dance prayer'
April 29 Service Opportunity 9 am-1pm
May 19 Confirmation Sunday
May 19 Sign Up Genius Confirmation Cakes/Cupcakes
May 26 Birthday Party for Mr. Tom



May is Mental Health Awareness Month

Have you added your voice to the Just Wait campaign?

Monday, April 29, 2024

9:00am to 1:00pm

CFUMC Social Hall

We will work on tie fleece blankets for "Donate for Life". Donate for Life gifts blankets to families of people who recently passed away. We are hoping to complete at least 100 blankets. The fleece is provided by Donate for Life and the work of many hands is needed by Material Girls and others in the community.

All ages are welcome to come. Bring your friends, children, grandchildren! Chelsea Schools does not have class that day. We are expecting some CHS students and Chelsea Girl Scouts (children under 7 should be accompanied by an adult one on one).



Philippians 2:5-11

Tom and I talked afterward about a morning filled with rich conversation and the real life fragrance of Jesus in the room.

We discussed courage through vulnerability (putting yourself out there at the risk of being hurt emotionally or physically) , and the ways in which Jesus lived with great vulnerability.

Jesus' vulnerability brought people around to recognizing his true power. Jesus' power is in being *for* others and *with* others.

"We need each other."

Whether physical or emotional, we all have scars.

So does our Jesus.

Scars - I Am They

<https://www.youtube.com/watch?v=OqjGT9BSyJA>



Taste
and see
that
the Lord
is good.
- Psalm
34:8

Confirmation Sunday Sign Up Genius - Link below

Confirmation Sunday May 19 9 am

Please join us in the social hall following the service to spend time together.

<https://www.signupgenius.com/go/30E0848ADAF23ABF58-49049582-confirmation>

“JUST WAIT” BY srsly

An intergenerational and interactive mental health campaign.



Has anyone ever told you, “You think it’s bad now? Just wait until it gets worse.” What if we flipped that narrative to make others feel hopeful instead?

What if we shared with others what they have to look forward to in the next season of life to get them through? What would you tell your younger self, or your kid, a student, an athlete, your friend, or even your spouse?

What is the light at the end of the tunnel to get them through right now?

Your “just wait” quote will be shared with the community for Mental Health May through multimedia, socials and news outlets.

How to participate:

1. scan the QR code
2. add your “just wait”
3. make the world a better place
4. watch for your quote in our May campaign launch!

For questions or resources, visit srsly.org

*Scan the QR code
to add yours now!*





April 16 · S12 E13 · 48 min left

Pamela Morris-Perez: Suicide Prevention and Hope

Everything Happens with Kate Bowler >

In this conversation, Kate and Pamela discuss:

Poignant reflections on being a suicide loss survivor from a parent who is grieving the loss of her child—a topic so rarely discussed

Why we say “died by suicide”

How we can prevent teen suicide—including what signs to look for, what to ask, and next steps to take when you’re concerned

In a very important way, this episode won’t create nearly as much anxiety as you think. Talking about suicide is one of the most important ways of making it less likely. So let’s find better language together, shall we?

If you need to talk to someone, call or text 988. If you are worried about someone, you too can call or text 988 to get resources. Remember: you matter. Please listen with care.

<https://podcasts.apple.com/us/podcast/everything-happens-with-kate-bowler/id1341076079?i=1000652586754>

Everyone should look out not only for his own interests, but also for the interests of others. – Philippians 2:4

Wanted: Wood Workers

Creative, messy, chiseled, jigsaw owners, scroll saw savvy, lose yourself in the magic kind of wood workers wanted. If interested, email me. youth@chelseaumc.org



The Bible in Real Time - with Ron Mourad
Come, peel away the layers with us and find yourself in the story.



Head to the social hall on May 26 from 2-4 pm to celebrate the man who has sprinkled love and laughter and real time chocolate cakes covered in sprinkles for 20 years at Outlet.

Mr. Tom is turning 90 and word on the street says that he appreciates cards with a whole lot of funny in them. Let's get busy!



A Time For Everything

There is a time for everything, and a season for everything under the heavens:

... a time to dance

CHS Prom April 26, 2024

Gracious and Most Merciful God,

May the outfits fit just right

May the high tops and heels own the dance floor while stars dance breathless through the night

May memories captured leave them needing more space in the cloud

May their decisions be made from a space of Your love and dare to be spoken aloud.

Guide their cars and their hearts and their feet to a home warm and waiting.

May all be blessed.

Including those who decided not to go.
You are loved.
You are all loved.
Amen.



College Tips for the Road Ahead

<https://www.lovewhatmatters.com/dear-newfound-college-parents-do-not-rescue-your-children-parenting-back-to-school-letting-go-growth-happiness-advice/>



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

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