

May 1, 2024

Dear CONNECT Family,



Family Spiritual Practice

Faith Talk:

Jesus showed us how we can serve God while taking care of ourselves. Throughout the New Testament, we see examples of Jesus taking time to get away from the crowds, to either rest, or to spend time with God. This week, I invite you to "take some time off" and take care of yourself.

[HERE](#) is a 4-minute Self-Love Meditation for children suitable to us all.

What I am reading:

[100 Words of Encouragement for Any Situation](#) - sometimes, the right words can be hard to find. A few words of encouragement can often go a long way toward cheering someone on—in good times and bad.



This [Podcast Episode](#) from Kelly Corrigan

Wonders. Doctors [Julie Schwartz Gottman and John Gottman](#) are probably the world's reigning experts on relationships. They are well into their 5th decade of research that reveals why we treat each other as we do and how a few small but essential adjustments to our everyday patterns could change our relationships for the better. Everything we talked about is applicable across the board - from couples to parents and children and all the people we work with.

What I am watching

This episode of [BLUEY](#).

Bluey and Bingo want a lick of each other's ice cream. But they are so focused on making sure each lick is fair, that they don't notice their ice creams are melting.

I wonder what you have focused on lately.

What does it mean to have Courage to be First?

Quote, I've Been Thinking About:

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."

-Barack Obama

WHAT WE ARE WONDERING ABOUT

May Faith Word: LOVE



Last Sunday:

Last Sunday, during CONNECT, our story focused on the book of Acts 4:32-37. It highlighted the way the early Christians worked together for the good of everyone in their community. They shared and looked out for one another. Sharing was a way of showing love and friendship.

We made friendship bracelets to gift others and remind them of the importance of sharing love.





This Sunday:

This Sunday, we will worship together in the Sanctuary. It is Communion Sunday. The message will be based on the Scripture of Philippians 3:10-16. Worship boxes will be ready for busy hands to enjoy.

Coming Up

- May 05 - NO CONNECT - ALL WORSHIP TOGETHER - 9 AM**
Communion Sunday

- May 12 - CONNECT - 9 AM**
The Church Grows - Acts 9:26-31

- May 19 - CONNECT - 9 AM**
Pentecost! - Acts 2:1-12

- May 26 - CONNECT - 10 AM - One Service**
Love in Action - Romans 12:9-18

MARK YOUR CALENDAR

END-OF-YEAR-PICNIC

Hard to believe but the school year is coming to an end soon. We want to celebrate our children and families with a picnic with pizza, playing in the park, and walking over to Twisters for delicious ice cream. Please RSVP so we can plan accordingly for food.

MAY 24 - 4:30 TO 6:30PM

Please sign up [HERE](#)

MESSY CHURCH



Messy Church experience.
Check it out [HERE](#)

Join us for our next session on **May 12th!**



SUMMER CONNECT VOLUNTEERS

As we prepare for an exciting summer in the Children's Ministry Program, we're reaching out to invite you to join our volunteer team!

Why volunteer?

So you can make a positive difference in the lives of young people and have some fun along the way. Please consider. Sign up [HERE](#)

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.

Class dates:

The Parent Talk System

Do you feel like the children in your care aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6-week series is for parents and caregivers 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:** April 5, 12, 19, 26, May 3, May 10
- **Class times:** 11:30am-1:00pm ET
- **Registration:** https://msu.co1.qualtrics.com/jfe/form/SV_bj8nWuROCeXu6vY
- Attached is a flyer and graphics for social media
- For more information, contact Courtney Aldrich, aldric82@msu.e

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

Kinship Caregiver workshops

Are a free online series of workshops that provide guidance for caregivers of children as they navigate the joys, challenges, and concerns of raising children.

Participants may register for as few or as many workshops as they wish. The workshops are once monthly on Wednesday evenings from 7:00 to 8:30 PM EST as follows:

April-June Class dates:

- 5/8/2024: Introduction to Adverse and Positive Childhood Experiences
- 6/12/2024: Mindfulness for Children

Class Times: 2nd Wednesday of the month, 7:00PM to 8:30PM

Registration: https://msu.zoom.us/webinar/register/WN_msxyZuH0QeS9MsKaD_y7Tg

WATCH:

Online CONNECT Services:

<https://www.youtube.com/watch?v=HrDKHr1cw2E>

You can find all our videos on the CFUMC YouTube channel

<https://www.youtube.com/channel/UC-oDHg9zaImC42npYW0EvTA>

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.