

August 14, 2024



Dear CONNECT Family,

### ***Family Spiritual Practice***

#### ***Faith Talk:***

This week, I offer you this spiritual practice from Kate Bowler's book *Good Enough*.

Sometimes, when I am frustrated and don't know what to do to make myself feel better... be kinder... have more patience... or handle the colleague who continues to complain about her very small problem, I center myself by practicing breath prayer. These are tiny prayers that remind



us that God is as near as our breath, and sometimes the act of breathing in and of itself can be prayer. Try it.

1. On a long inhale, hold these words in your mind: ***Giver of all life.***
2. Then, on a long exhale, hold these words: ***Give me patience to face today.***
3. Repeat for three long, deep breaths.

#### ***What I am reading/listening:***

[\*\*Foster Empathy in Kids with These Simple But Powerful Acts of Kindness\*\*](#)

[\*\*How to Successfully Ease Out of Summer and Back to School\*\*](#)

#### ***What I am watching:***

9 MINUTES - **THESE** are the most important nine minutes in a child's day.

**Just Do Right** - words by THE Dr. Maya Angelou

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

**Always remember that you are absolutely unique. Just like everybody else.**

— Margaret Mead in [\*How We Behave at the Feast\*](#) by Dwight Currie

### **WHAT WE ARE WONDERING ABOUT**

**August Faith Series: Living Faith!**



*John Wesley, the founder of the Methodist movement, insisted that Christian faith was more than just a set of beliefs or a feeling. Faith changes our lives and results in faithful action in the world. The New Testament letter of James gives the same message. This series will look at John Wesley's General Rules in connection with readings from James to show how our faith can come to life in all that we say and do.*

### **Last Sunday:**

Last Sunday, we wondered together about the Scripture passage of James 3:1-12. Do No Harm.

Imagine you have a tiny spark, like a little match, and you use it to light a big fire. That small spark can make a huge fire! Our words are a lot like that spark. Even though our words might seem small, they can have a big impact on others.

Sometimes our words can be kind and make people feel happy and loved. Other times, they can be hurtful and make people feel sad. James says that we should try to use our words in a way that makes others feel good, just like we would want them to treat us.

James also says it doesn't make sense to use our words to be nice one minute and mean the next. It's like having a fountain that should only give fresh water, but instead, it gives saltwater too. We want our words to be consistently kind and loving.

### **This Sunday:**

This Sunday we will wonder together about the Scripture passage of James 3:13-18,(4:1-3): Do Good.

John Wesley's rule "Do Good" - states that the way we approach other people is meant to be from a place of gentleness, purity, and selflessness, when so much of the world tells us to approach others with the idea of "What can they do for me?". Wesley emphasizes that "doing good" is not about receiving praise or getting ahead in the world, rather it is about faithfulness to the gospel of Jesus who gave up everything for humankind.

### **Coming Up**

**August 18th - CONNECT - 10 AM**  
Do Good - James 3:13-18

**August 25th - CONNECT - 10 AM**  
Stay in Love With God - James 5:13-20  
Back to School Blessing!

**September 01 - NO CONNECT - 10 AM**  
All Worship Together in Sanctuary  
Communion Sunday

**September 08 - CONNECT - 9 AM**  
Accept Jesus' Invitation - John 1:35-51

**September 15- CONNECT - 9 AM**  
Follow with the Community of Other Disciples -  
Deuteronomy 6:4-9; Ephesians 4:11-16

**September 2- CONNECT - 9 AM**  
Learn to See Everything through the Lens of Love -  
Luke 24:28-34

**September 29- CONNECT - 9 AM**  
Follow Jesus in the Making of Disciples

#### MARK YOUR CALENDAR

#### MINISTRY FAIR



**PARENTS...**

**BE SURE TO FILL OUT A  
REGISTRATION FORM  
FOR THE NEW PROGRAM YEAR**

\*Registration forms will be available at the Children's  
Ministry booth during the Ministry Fair.

#### MESSY CHURCH



**Next Merry Church Session: September 8th - 4-6PM**



### **Back to School Blessing! - August 25th following 10AM Worship**

You are invited to celebrate a new school year! Children are invited to bring their backpack to this event. It's a wonderful opportunity for us to come together as a community, offer our prayers, and blessing as the school year begins. Our goal is to support and encourage our students, teachers, paraprofessionals, administrators, staff, bus drivers, parents, etc, as they start a new chapter of learning and growth.

As part of the blessing, each child will receive a special **backpack tag**. This tag will serve as a reminder that our church community is praying for them throughout the school year. It's a small but meaningful token to let them know they are surrounded by support and care.

There will be games, bounce houses, hot dogs, chips, and a whole lot of fun.

#### **What to Bring:**

- Your child's backpack (or a symbolic item if they are not able to attend)
- Your family's joyful presence!



### **SUMMER CONNECT VOLUNTEERS**

As we continue to plan 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.

### Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.



### Class Dates: Thursdays, August 22, 29, September 5, 12, 19

- Class Times: 7:30pm-9:00pm ET
- Register at: [https://msu.co1.qualtrics.com/jfe/form/SV\\_0VpZf3ks77yZZGu](https://msu.co1.qualtrics.com/jfe/form/SV_0VpZf3ks77yZZGu)
- Attached is a flyer and graphics for social media
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)



### **WATCH:**

#### Online CONNECT Services:

<https://www.youtube.com/watch?v=-tWoMgJDo7o>

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.***