

August 21, 2024



Dear CONNECT Family,

Family Spiritual Practice

Faith Talk:

Bodies... we only get one! And yet, we can be so hard on it for all of our perceived imperfections. A healthy body image means accepting our body the way it is *right now*. This self-acceptance allows us to feel more present, and even joyful.

This week, try a twist on a classic [body scan meditation](#): As you go from head to toe, don't just bring awareness to your body parts... go ahead and *thank* them for serving you well — flaws and all.

- Headspace



What I am reading/listening:

This article: [Bringing up a baby can be a tough and lonely job. Here's a solution: alloparents](#)

[Snuggles, pep talks and love notes: 10 ways to calm your kid's back-to-school jitters](#)

What I am watching:

[Kid President's Pep Talk to Teachers and Students](#)

Quote, I've Been Thinking About

"If you believe in a God who controls the big things, you have to believe in a God who controls the little things. It is we, of course, to whom things look 'little' or 'big'." —[Elisabeth Elliot](#)

WHAT WE ARE WONDERING ABOUT

August Faith Series: Living Faith!

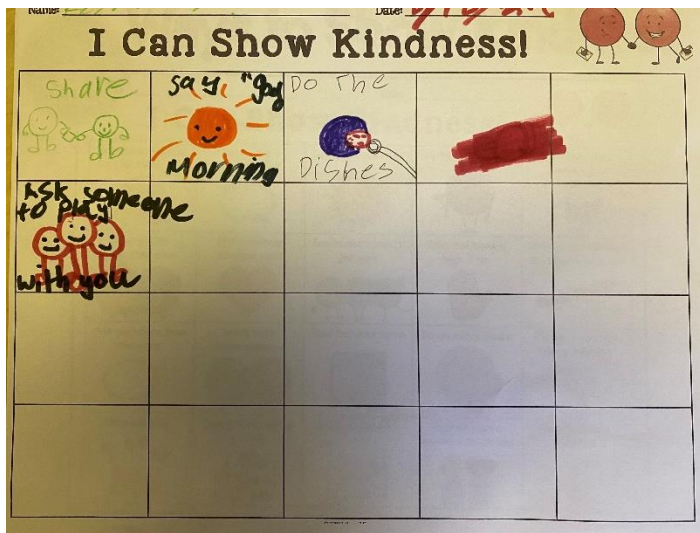


John Wesley, the founder of the Methodist movement, insisted that Christian faith was more than just a set of beliefs or a feeling. Faith changes our lives and results in faithful action in the world. The New Testament letter of James gives the same message. This series will look at John Wesley's General 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 3:13-18,(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. We focus on what does Do Good mean and what are the little steps we can take to do good. We wonder together how we can fill others buckets and in reciprocity fill our own.





This Sunday:

This Sunday we will wonder together about the Scripture passage of James 5:13-20. Being in love with God isn't about getting what we want; it's all about relationship. Staying in love with God, or keeping the ordinances of God, is not something we do with the goal of getting what we want, but rather grounds us in a faith relationship with God that can help us endure whatever life brings. James passage suggests that no matter what our circumstances, we can bring them to God in both worship and prayer. The church does not exist only for our own personal/individual religion but as a place to care for one another with the love of God and accompany one another in Christian faith. This is a key aspect of Wesleyan faith.



Coming Up

August 25th - NO CONNECT - 10 AM
 All Worship Together in Sanctuary -
 it is Back to School Blessing Sunday!
 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



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.

Also available [HERE](#)

MESSY CHURCH



Next Messy 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!



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
- Attached is a flyer and graphics for social media
- For more information contact Courtney Aldrich at 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-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.