



*Smarter Start Toolkit - a guide to establishing healthy digital habits with your new device

Sundays HS & Middle School 10:00 a.m. Room 216
Head to the sanctuary when you arrive. You'll be dismissed from there.

August 25 Back to School Blessing
Ministry Fair, and East Lawn Food/Fun
September 8 Messy Church

Please help me and more importantly, our office manager Liza, by completing a **registration form** prior to September. Click on the link below.
Thank you so much!

Safe Sanctuary Forms:

[Registration Form](#)

[Event Permission Form](#)



Methodist Moment -

This Sunday, we focus on the third of Wesley's 3 Simple Rules: Stay in Love with God. **Oh, and stay in the sanctuary as we prepare for the new school year together!**

Together, we'll share a Back to School Blessing. We'll share your responses to the Excitement, Worry, and Hope for the school year ahead.

There's also time to spend in the social hall before proceeding to the east lawn for some games, food, and laughter.

"An ounce of love is worth a pound of knowledge." ~ John Wesley

*Colaborate John Wesley @2016 Sparkhouse



Dr. Laurie Santos 



The Science of Well-Being for Teens

The most popular class in Yale
University's history.
Now free for teens.

Teens are experiencing a mental health crisis

A recent survey found that 37% of teens say they have poor mental health. Explore what the field of psychology teaches us about how to be happier, how to feel less stressed, and how to thrive in high school and beyond.

Thrive in high school and beyond.

In this 6-week course, Dr. Laurie Santos brings together the best insights from her popular Yale course Psychology and the Good Life - now re-designed specifically for teenagers.

This course will share evidence-based strategies for feeling happier in high school and beyond. Learn about common **misconceptions** about happiness; **biases** that get in the way of happiness; **behaviors, thoughts, and feelings** that lead to happiness; and how we can achieve our happiness **goals**. By the end, you will learn a set of tools for feeling better and building healthier habits.



Feel better. Build healthier habits.

Misconceptions

Discover what it means to be happy. Examine misconceptions about money, grades, and social media that hold us back.

Biases

Learn how biases affect our happiness. Explore strategies for healthier comparisons and dealing with our limited attention.

Strategies

Uncover how we can harness our behaviors, thought patterns, and emotions to boost our happiness and experience better moods.

Feel Better. Build healthier habits.

<https://www.drlauriesantos.com/science-well-being-teens>

Yes, I enrolled. No, I did not agree to be a part of the research study.

Yes. I can't recommend this highly enough. Yes.

If you're looking for the teachings of Jesus and meta analytics, this is your one stop shop.

You'll find the link to enroll in the link above.



BLESSING FOR THE START OF A NEW SCHOOL YEAR

The year is tilting toward the start of school again,
but truth be told, we're not ready.

We're still hanging on to summer, to the promise it held
for long-awaited connections and celebrations,
for refreshment for our bodies and souls
in water and sky and color and sunlight,
and all those little moments given to us
where we could linger just a little longer.

Now that it's almost over, we don't want to let it go.
The beauty. The freedom. All that was life-giving.

God, could you help us stretch it, extend it,
and maybe even blend it
into this coming school year?

Parents, students, teachers, all,
May your newly-structured days breathe with creativity,
your new duties be infused with delight.

As you write on those fresh new calendars
May you trust that your plans are a lot like magic ink.
Much may seem to disappear into obscurity,
but whatever is done in love will remain.

@KATECBOWLER

A blessing to tide you over until Sunday.

called to be -
MAKE A DIFFERENCE
Isaiah 6:8

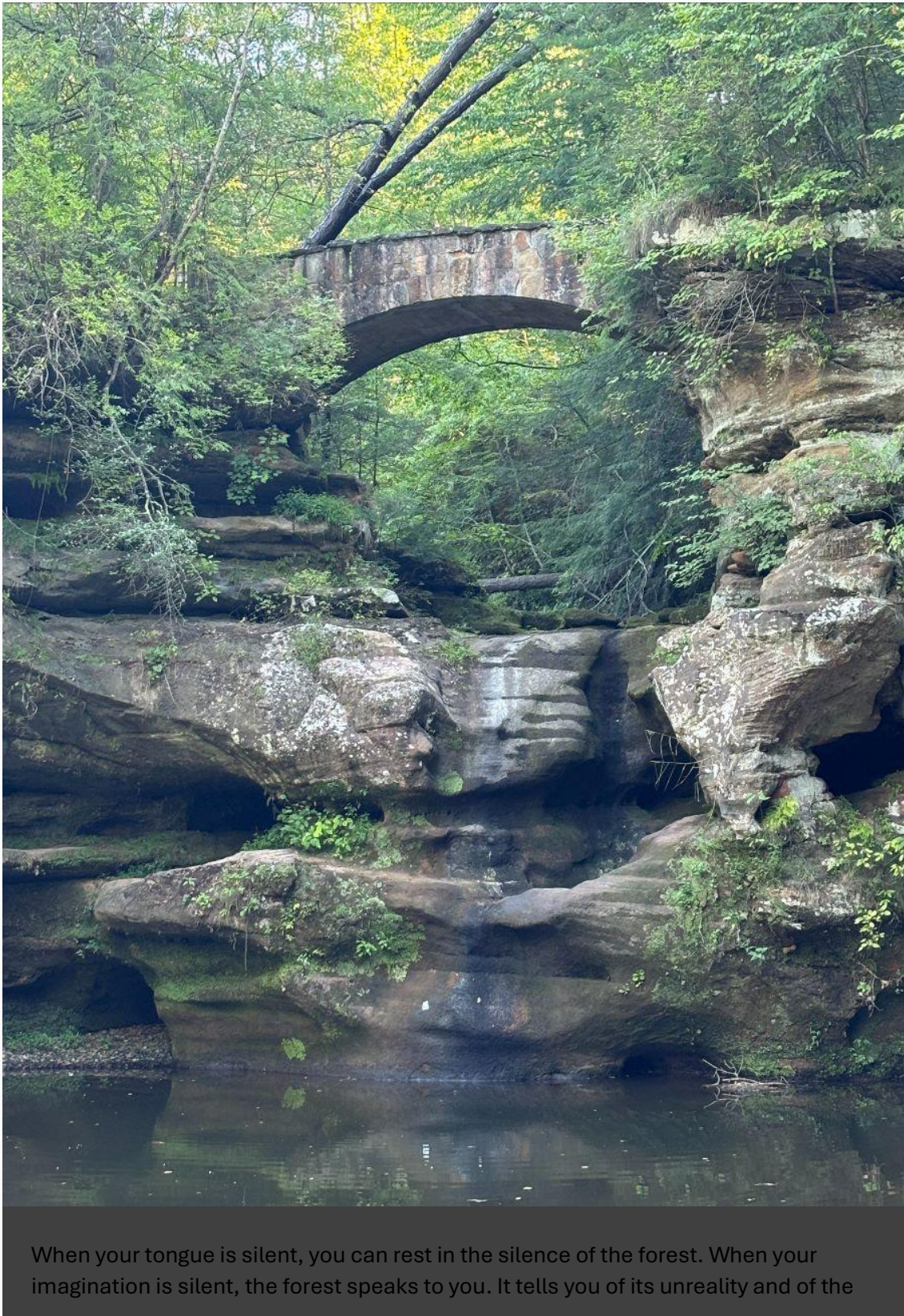


Messy Church

September 8
4:00 - 6:00 pm

CHELSEA  FIRST

Messy Church is for ALL ages... the child and the child at heart. Join us for laughter, fun, celebration, and the absolute joy of spending time with God and each other. OH! And tacos are on the menu!



When your tongue is silent, you can rest in the silence of the forest. When your imagination is silent, the forest speaks to you. It tells you of its unreality and of the

Reality of God. But when your mind is silent, then the forest suddenly becomes magnificently real and blazes transparently with the Reality of God.

—Thomas Merton

Sabbath



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

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

