

August 28, 2024



Dear CONNECT Family,

Family Spiritual Practice

Faith Talk:

With each new school year comes the excitement and anticipation of a new beginning, a new journey, a new chapter. This week I invite you to watch this video meditation that features [an empowering blessing](#), written by the Rev. Marilyn E. Thornton.



What I am reading/listening:

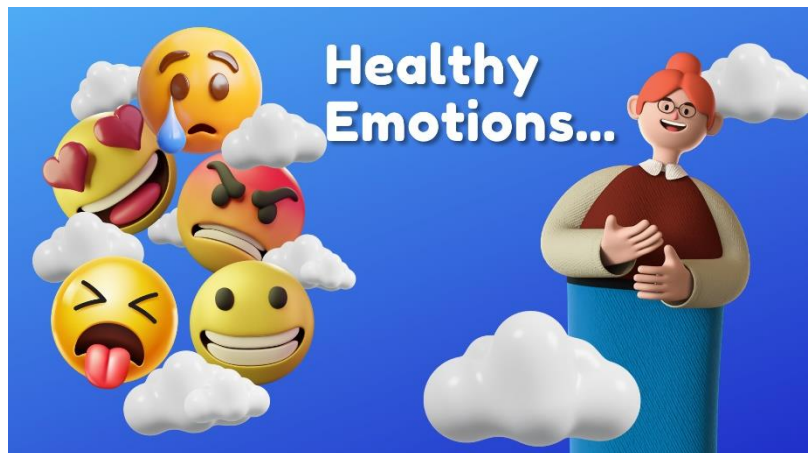
[How can we help our children regulate their emotions?](#) How we communicate can affect our relationships with family, friends, teachers and other people. As a parent, you play an important part in teaching your child to communicate in a healthy way.

If you feel inclined, this [ARTICLE](#) is a great resource to learn more about Emotional, Spiritual, and Social Health/Child Development and Health.

What I am watching:

Emotional Literacy for Kids

EMOTIONS



Quote, I've Been Thinking About

"Feelings are something you have; not something you are."
-Shannon L. Alder

WHAT WE ARE WONDERING ABOUT

This Sunday's Theme: Healthy Emotions!

Last Sunday:

Last Sunday, we wondered 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.

We celebrated with a blessing for the children and adults that are starting a new school year and a picnic and fun that followed .





This Sunday:

This Sunday we will wonder together about Healthy Emotions! All our emotions are a gift from God, and Jesus shows us how to be emotionally healthy people. All emotions are good gifts from God. They are all there for a good reason.

It is Communion Sunday - all are welcome!

Coming Up

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

As we prepare for the new program year, we kindly ask that you complete the registration process if you haven't done so already. Your prompt attention to this matter will help us ensure we have all the updated information needed. Thank you.

Available [HERE](#)

MESSY CHURCH



Next Messy Church Session: September 8th - 4-6PM



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=LCZkbD4n5AM>

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.