



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

*Sundays HS & Middle School 9:00 a.m. Room 216

Head to the sanctuary when you arrive. You'll be dismissed from there.

*First Saturday of the Month - M.S. and H.S. 6:00 - 8:00 pm #216

*Confirmation - Begins January 2025

Volunteer Opportunities: (details and links in newsletter below)

October TBA Judson Collins Cemetery Clean Up

October 6: Crop Walk

October 13: Midwest Mission: Rice and Soy Blessing Bags

November 17: Assemble Christmas Gift Bags for Delivery.

November 23: Big House Team: Food Rescue UM Football Games

Events:

September 18: Jim Abbott CHS

College Scholarship Link

Please help me and more importantly, our office manager Liza, by completing a **registration**

form. Click on the link below.
Thank you so much!

Safe Sanctuary Forms:

[Registration Form](#)

[Event Permission Form](#)



September's focus is Prayer

Prayer remains both a central spiritual practice for followers of Jesus, and, for many, one of the most difficult to grasp.

Week Two - Pray Persistently and Humbly Luke 18:1-14

- Imagining the Parables

Select one character in each parable and imagine yourself as that character. Think about what that character might pray for.

- * If I were the widow in this story, I would pray for justice for...
- * If I were the judge in this story, I would seek justice for the widow by...
- * If I were the tax collector in this story, I would confess...
- * If I were the scribe in this story, I would brag about my...

- Finding the Practice Then and Now

Mother Teresa of Calcutta - <https://www.youtube.com/watch?v=mEZGjL1akt0>

What actions shown in Mother Teresa's life demonstrate persistence and humility?

- Practicing the Practice

* A quotation found on the wall of Mother Teresa's home for homeless children in Calcutta mimics Kent M. Keith's poem, "The Paradoxical Commandments".

<https://www.paradoxicalcommandments.com>

Which lines do you find most powerful?

What does it mean to do something *anyway*?

*Breath Prayer

Breathe in through your nose and out through your mouth as you repeat and reflect on the short phrases you select.

Examples -

Holy God (inhale), Have mercy (exhale)

Through You (inhale) I'm able (exhale)

I am (inhale) Your child (exhale)

Lord Jesus (inhale) Be my guide (Exhale)

*Listen and Create a playlist

What are the songs that inspire you to pray?





SCHOLARSHIPS



The general application for all GBHEM scholarships is Dec. 15 – March 13.

<https://www.gbhem.org/scholarships/apply-for-scholarships/>



WALK. GIVE. CHANGE THE WORLD.

Chelsea/Dexter Area
CROP HUNGER WALK

OCTOBER 06, 2024

CHELSEA, MICHIGAN

<https://events.crophungerwalk.org/cropwalks/event/chelseami>

Under 'Join A Team or Find An Existing Team', type in Chelsea 1st UMC

Where: St. Paul's UCC 14600 E Old US Hwy 12 Chelsea

When : Begins at 1:00 pm

See you there!



Midwest Mission Distributions - Rice and Soy Blessing Bags

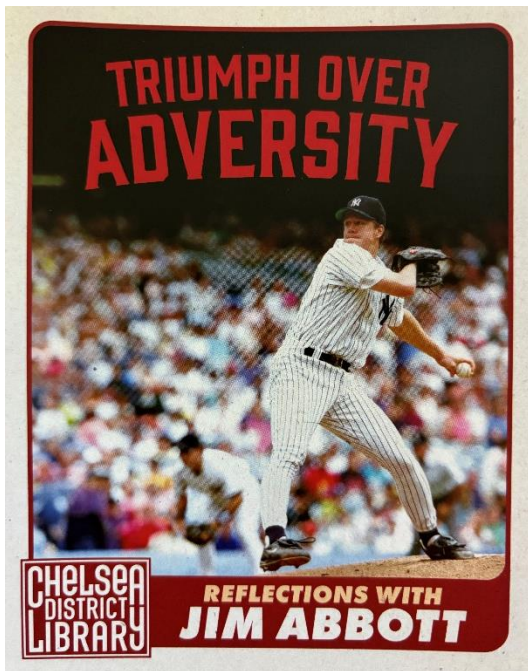
Following the 9 am service on Sunday October 13, we'll be packing over 600 lbs of rice, soy, dehydrated vegetables, and vitamins into 'blessing bags' in the social hall of Chelsea First.

We'll have three lines of 10 people each (this is where you come in!) and this project should take ~ 1 hour.

See the link for details and your chance to sign up.

<https://www.signupgenius.com/go/30E0848ADAF23ABF58-51108735-filling>

Thank you!



**MARTIN BANDYKE'S MUSIC & MOVIES:
SET APART: THE JIM ABBOTT STORY**

Wednesday, Sep. 11 | 5:30-7:30pm

Chelsea First United Methodist Church
128 Park St. | All Ages | Drop-in

Watch *Set Apart: The Jim Abbott Story* followed by a Martin Bandyke interview with the documentary's director, Mike Ramsdell.



**TRIUMPH OVER ADVERSITY:
REFLECTIONS WITH JIM ABBOTT**

Wednesday, Sep. 18 | 7-9pm

Chelsea High School Auditorium
740 N. Freer Rd | All Ages | Drop-in

Hear firsthand how Abbott's firm belief in perseverance and adaptability propelled him into the Major Leagues. Ramsdell and Abbott will talk about Abbott's life beyond the dugout, followed by a Q&A with the audience.

If you are able to make it to this Wednesday night's viewing at CHS, you won't regret it... not for a single second.



“So you actually *enjoy* coming to the games?” It’s a question that I thought had long been laid to rest.

1. I’m just short of clothing myself fully in purple. 2. My days are numbered and what matters most, matters most.

God’s dwelling place is among the beloved, whether they’re in helmets and pads, or a wool uniform. I would imagine that God delights in powder packets that rise with the wind and settle on all beneath the Friday night lights in Chelsea, Michigan.

Friday night with 1:54 on the clock to be exact.

Pinckney’s QB had completed a stealthy series of passes, at one point, threading the needle for a substantial gain. They were dangerously close to their end zone and I wondered if anyone else had to remind themselves to breathe.

Seated in the tension, it felt reminiscent of the current political climate, an emotional teeter totter with the continuous threat of cherry bumps. The invitation to believe the worst, palpable.

4th down Pinckney. Time out.

Chelsea’s defensive line circled the coach while ‘we’ shifted nervously in our seats.

As they huddled, I noticed Chelsea’s QB wave the offensive line to join him in a huddle on the track just in front of the stands. His, the expectation that they would take the field once more.

The student section had emptied and now lined the turf at the other end of the field... hundreds of them, covered in powder that rendered them virtually indistinguishable from one another. They waited... expectantly, to own the field alongside their classmates. Beyond the tension, beyond the possibility that existed for Pinckney in those last 10-15 yards. They stood fast in hope. They stood together as one and held fast the vision.

Members of the band lined the south end of the track as Chelsea’s defensive line halted Pinckney’s final drive.

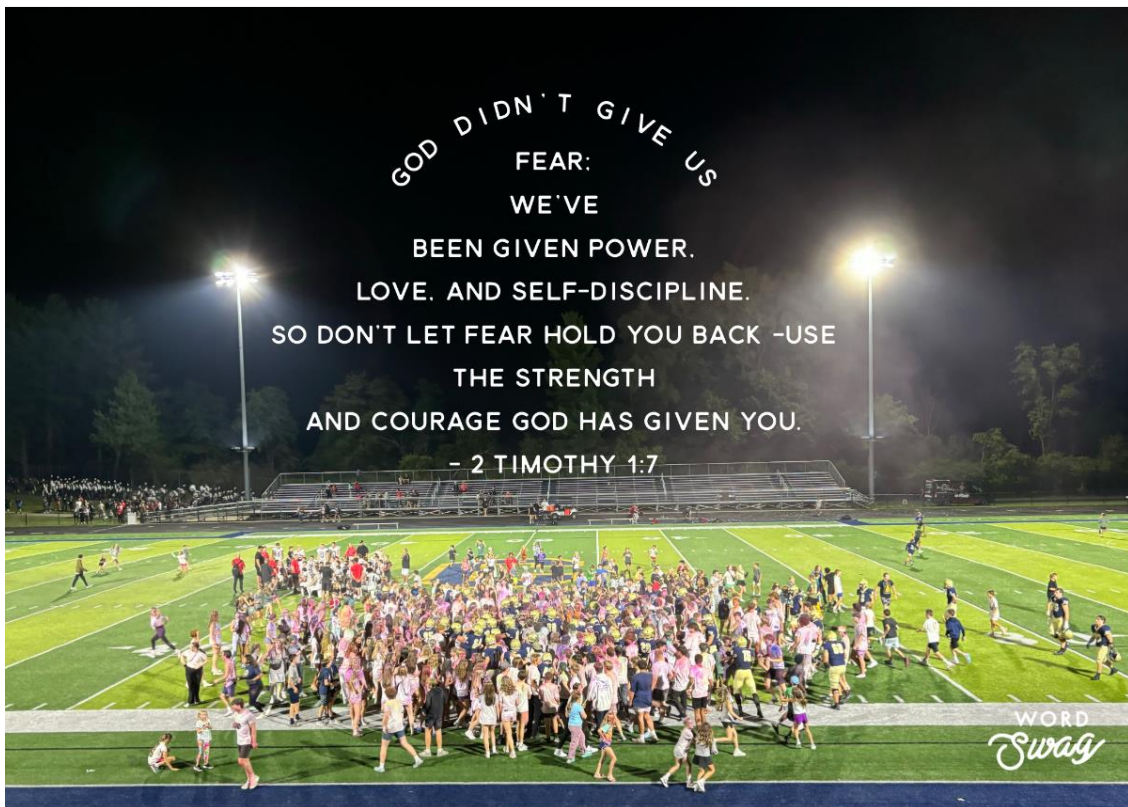
With a little over a minute in the game, a group of young men clad in blue and gold claimed victory.

I read recently that paying attention opens the door to wonder. For me, your teenagers are that unmistakable door to wonder, to lives that dare speak of expectation beyond what is, of hope even when. I see it on the tennis court and on the volleyball court. I see

it on the field where both field hockey and football come to life. That same wonder runs on trails and courses beyond our line of sight.

In spite of what lies before me in a world anxious, angry and divisive; they teach me to live 'as if'. Line the field 'as if'. Huddle up 'as if'. Live in hope always and especially when.

Sometimes the time clock runs so agonizingly slow, but the trajectory is unmistakable. Yes, Love *will* own the victory.





"They who want to enter the holiness of the day must first lay down the profanity of clattering commerce, of being yoked to toil."

~ Rabbi Abraham Joshua Heschel

#sabbath

 **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.



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

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