

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

new device

*Sundays HS & Middle School 9:00 a.m. Room 216
the sanctuary when you arrive. You'll be dismissed from there.

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)

TBA Judson Collins Cemetery Clean Up

6: Crop Walk

13: Midwest Mission: Rice and Soy Blessing Bags

13 Messy Church

November 17: Assemble Christmas Gift Bags for Delivery.

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



Head to
*First

October
October
October
October

Events:

Marching Band Exhibition Wednesday September 25

<https://allevents.in/chelsea/chelsea-marching-band-exhibition/200027146994240>

One of our own belongs to the Bronco Marching Band. Welcome home, Fiona!

High School Musical October 19 & 20

https://gofan.co/app/school/MI9914_1

College Scholarship Link

Please remember to complete 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 Three - Pray With And For Others James 5:13-16

There is nothing too great for God to handle or too small for God to care. How awesome that we don't need to keep our worries and our gratitude to ourselves, but can offer prayer requests to others for support.

- Finding the Practice Then and Now

-Why do you think James includes verse 16? What is 'powerful and effective' about prayer?

-Have you ever asked anyone to pray for you? What did that feel like?

-When have you prayed for others? How do you think they felt about others praying for them? What did that feel like for you?

Prayers of Rev. Dr. Martin Luther King Jr.- <https://www.youtube.com/watch?v=408XZY2Y6Y>

In what ways do you notice Martin Luther King's passion for justice and activism weaving through his prayers?

When I asked our beloved what phrases of the prayer spoke to them:

Show us the lies that are still embedded in the soul of America's consciousness.

Unmask the untruths that we have made our best friends.

Reveal the ways that lies have distorted and destroyed our relationships.

- Practicing the Practice

We tie our prayer bracelets on our partner's wrist as we pray for good things to come, for attributes we appreciate about our partner, and for celebrations and struggles our partner may have.



"I praise you because I am marvelously and miraculously made. Your works are wonderful. I know that full well." ~ Psalm 139:14



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

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

<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!

WALK. GIVE. CHANGE THE WORLD.

Chelsea/Dexter Area
CROP HUNGER WALK

OCTOBER 06, 2024

CHELSEA, MICHIGAN



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.

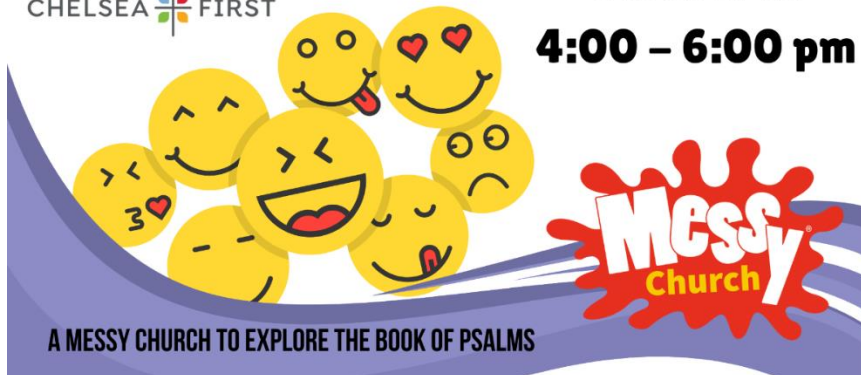
<https://www.signupgenius.com/go/30E0848ADAF23ABF58-51108735-filling>

Thank you!

All Our Feelings!

CHELSEA  FIRST

October 13
4:00 – 6:00 pm



Messy Church is for children of ALL AGES. Bring a friend, a neighbor, someone from the grocery store checkout line!



don't get tired of doing good things.
 just like in sports, if
 you keep pushing through and stay focused,
 you'll see the results when
 the time is right.
 - galatians 6:9

Week 5 - Halfway through the regular season; school, practice, homework, school, games, homework, a cold, muscles strained and bodies bruised, dance in two weeks, school, practice, shopping, time with friends, travel to another game while doing homework on the bus. Some days it must feel like a lot.

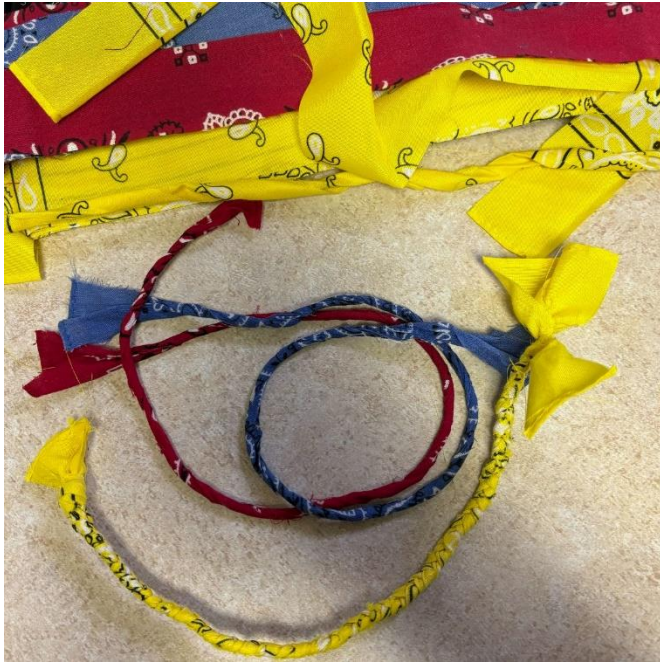


**OUR
 HEART IS
 RESTLESS
 UNTIL IT
 RESTS
 IN YOU.**

~ St. Augustine
 #sabbath

It was moving to listen as they prayed with each other this past Sunday morning. "As you tie the prayer bracelet on your partner's wrist, share what you hope for them in this coming week." I heard 'good grades' more than once. "Share the attributes that you appreciate in your partner" One shared easily what he saw in his friend who couldn't help but respond. "Awww, thank you"

Earlier in the week, as Tom and I sat in the stands to watch a sporting event; one of the players began to struggle after a few errors. That led to a few more errors and increased frustration. At one point a teammate did their best to encourage. It smoothed the rough edges for a bit, that is, until the mistakes translated from verb to noun. The anger erupted, and I felt its ripple in the stands.



Opening my hands in my lap, I turned them toward them and prayed.

Did it matter? I don't know, but I would imagine that in that moment it mattered to God. I felt a greater sense of peace, but was it enough to offer thoughts and prayers?

I decided to write a letter and shared that I prayed for them in the midst of their frustration. I prayed, not because they needed 'fixed', but because God's Love is the course correction that speaks to a spirit as 'what you do, not who you are'.

While I don't know this young person personally, I do know that their existence is a wonder that rests alongside those in creation, that the power that fuels a roaring ocean is the power that rests within them and yet, that ocean surrenders itself and trusts fully in the rhythms of a universe that

belongs entirely to its Creator.

And it matters that we pray for each other, *with* each other, maybe now more than ever.

James 5:13-16

#doorwaystowonder

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.

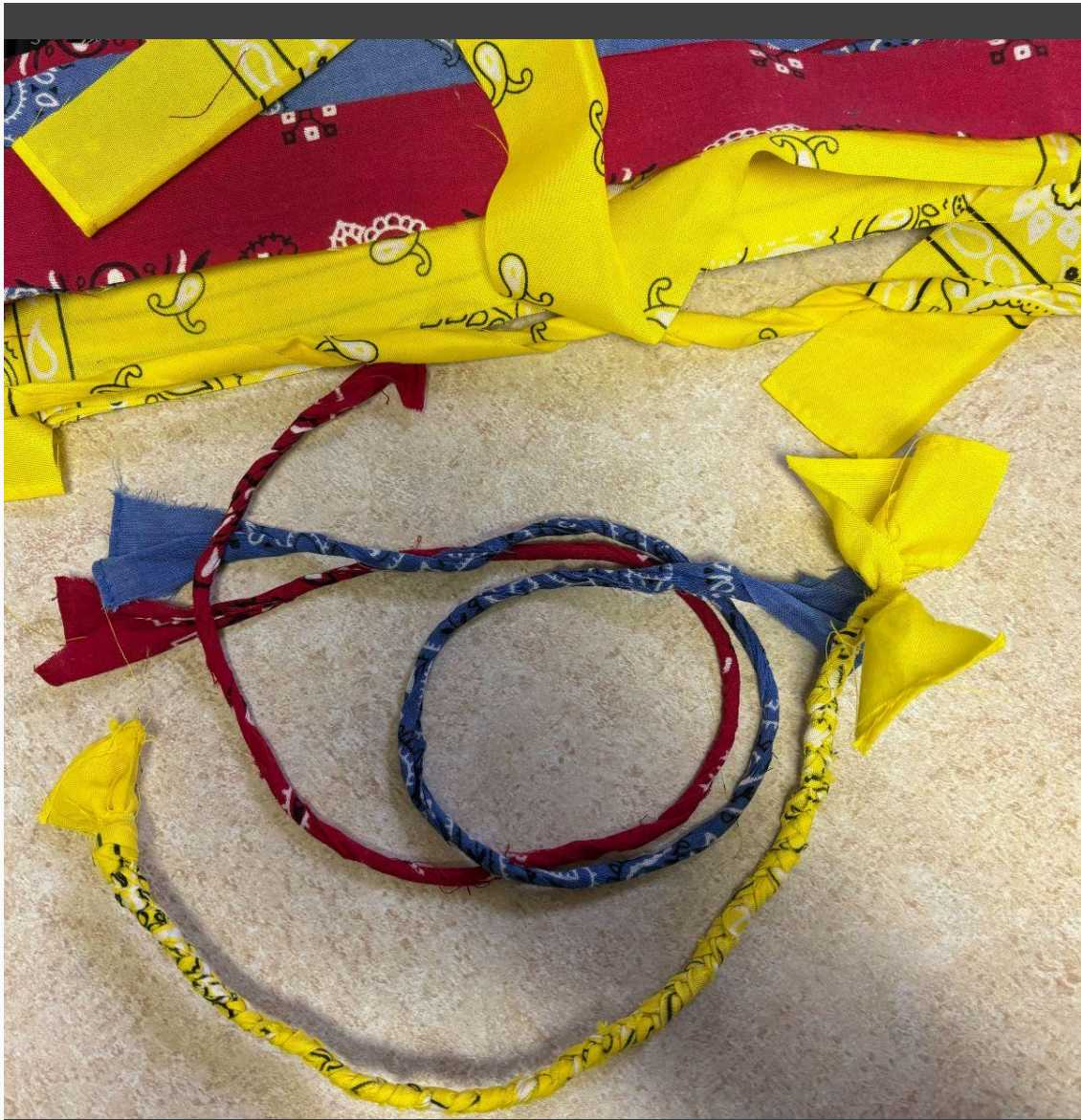
If you're looking for the teachings of Jesus and meta analytics, this is your one stop shop.

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/>



Love heals.
Love reconciles.
Love redeems.
Love transforms.

James 5:13-16
#doorwaystowonder



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