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\*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.

\*Confirmation - Begins January 2025

October 6 - We worship together this first Sunday.

October's Follow Me Focus - Do Not Fear

**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

October 13 Messy Church

November 17: Assemble Christmas Gift Bags for Delivery.

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

**Events:**

High School Musical October 19 & 20

[https://gofan.co/app/school/MI9914\\_1](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 Four - Pray With Your Whole Self** 1 Kings 19:3-6, 2 Samuel 6:12-15

In 1 Kings, Elijah wrestles with depressive thoughts while navigating a tough situation: Queen Jezebel has threatened his life. He prays to God and requests that God end his life.

God sends an angel who urges Elijah to care for his body. Elijah prays during one of his lowest lows; God responds with instructions for physical care.

- Finding the Practice Then and Now

Labyrinth - (image below)

<https://www.youtube.com/watch?v=o7u80ZLEh3M>

What thoughts come to mind as you use your finger to trace the path of the labyrinth?

- Practicing the Practice

Create a prayer collage using old magazines. Cut out words, pictures, colors, or messages to include in the prayer. Both the process and final product are prayers.





## **Grit: The power of passion and perseverance**

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



# 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.

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*Chelsea/Dexter Area*  
**CROP HUNGER WALK**

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OCTOBER 06, 2024

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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>

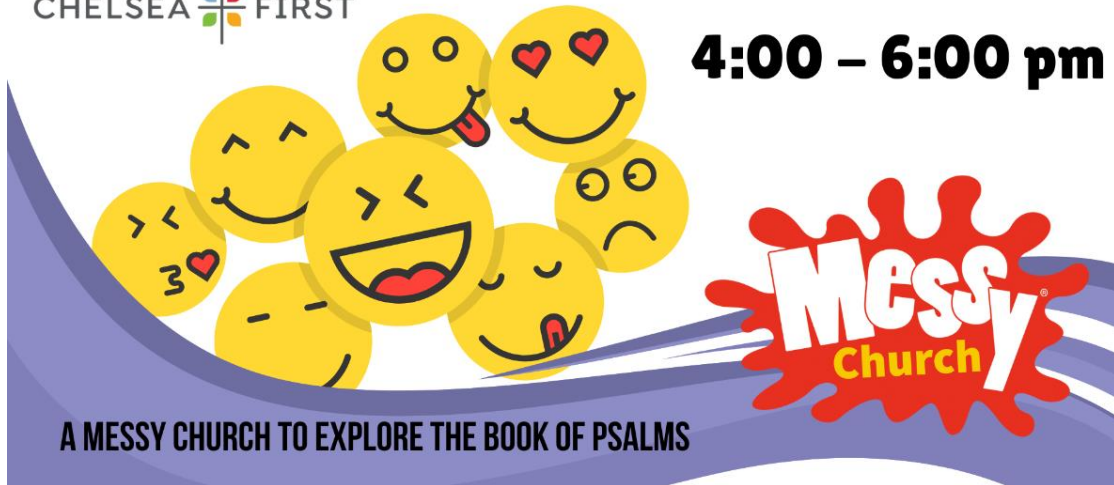
Thank you!

# 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!

In this life we have three  
great lasting qualities –  
faith, hope, and love.  
But the greatest of them is love.



This Week's Verse-

A shout out to the incredible humans known as parents.

From the stands, there is nothing worse than hearing that unmistakable compromise of a body human: the pop of the achilles, the snap of an ACL, the crack of a helmet, the moment when a ball or stick connects with tissue soft and stops only when the sound of bone renders a stadium silent.

Head wounds tend to bleed profusely and the injury a few weeks ago was no exception. It's one thing to navigate pain beneath the gaze of everyone around, but to notice what a head wound does best in real time heightens emotion exponentially. Her father appeared from the stands and bent near, walked her to the car and drove to the emergency department where healing began... physically.

I often wonder how emotional trauma is tended. Reentering a rink, a field, or a court carries with it a great deal of trepidation if not the potential to reignite fear entirely.

In a text to her father, I asked that he share a message with his child. It read "I'm sorry for what you experienced last night. It was traumatic and we hurt too; but what I'll remember most was a father who bent near and offered you presence, who walked with you, and became your strength when you were feeling weak.

And that's what I hope that you carry with you when you return to the field. Your Father's love, presence, comfort, and strength goes with you no matter the yard line. You don't step onto that field alone."

Dear Parents,

I saw you:

cheer from the stands, blanketed and rosy cheeked.

clap for the last runner to cross the finish line long after the others had gone.

carry the cooler(s) filled with food and drink enough to cover the bus ride home.

volunteer at the gate and inside the concession stand.

leave work to find that missing cleat, forgotten tie, balled up jersey.

feed an entire D line who evidently had not eaten for days prior.

plan weekends and vacations around travel leagues.

drive a car load of players for miles when no other transportation was available.

offer the extraordinary gift of presence time and time again.

I've heard your encouragement, seen the ways in which you comfort, felt your sadness, and sensed your pride.

A few days ago, a mom shared with me that her college son texted to share that he had watched some footage of a game in which he had played. He didn't text to share the score. He didn't text to recall a great play he had made. He texted to share that in every clip he watched, he could hear his mother cheering for him.

It's Love that lasts. Nothing else will make the highlight reel.

*Now these three remain: faith, hope and love. But the greatest of these is love. ~ 1 Corinthians 13:13*



“We used to sing the hymn “Take Time to Be Holy.” But perhaps we should be singing, “Take time to be human.” Or finally, “Take time.” Sabbath is taking time ... time to be holy ... time to be human.”

— Walter Brueggemann

#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/>