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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

**Volunteer Opportunities:** (details and links in newsletter below)

Nov./Jan Book Discussion

November 10 Messy Church

November 17: Assemble Christmas Gift Bags for Delivery.

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

**Events:**

Post Script:

Midwest Mission

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](#)



This Month's focus: Do Not Fear

This Past Sunday - Trust God's Promises

**Getting Started** Maze

How did you know what route to take?

In what ways might this maze resemble your faith journey?

Today, we take a look at people who faced difficulties in their faith journeys and made

choices about which route to take.

**Introducing the Practice** Mystery Poetry - Using the first letters of the words, Mystery or Promise, write a poem about God. Here are a few.

<b>M</b> ay	<b>P</b> laces	<b>M</b> y heart is healing
<b>Y</b> ou realize you	<b>R</b> eally	<b>Y</b> our support sustains
<b>S</b> till have	<b>O</b> ppress	<b>S</b> ince I am flawed
<b>T</b> ime left.	<b>M</b> inorities	<b>T</b> here is hope
<b>E</b> very day	<b>I</b> n	<b>E</b> ternal hope.
<b>R</b> eflects	<b>S</b> elf	<b>R</b> ealizing
<b>Y</b> our strength.	<b>E</b> steem	<b>Y</b> our love remains.
(A)	(F)	(Mr. T)

What lines point to the mystery of God?

What lines point to the promise of God?

**Finding the Practice in the Bible** Read Matthew 1:18-25

The **best** time of the entire morning watching them use their universal signature strength.

#### **DEBATE**

The honorable judge Tom Lewis presided as both sides argued the case as to why Joseph should leave or stay.

Why did Joseph ultimately choose to stay with Mary?

What promises of God do you think about when you make difficult decisions?

Read Isaiah 43:1-3a, 4a

Do not fear tomorrow. God is already there.

#### **Finding the Practice Then and Now**

How is Indiana Jones' leap of faith like our practice of trusting God's promises?

[bit.ly/FMLEapOfFaith](http://bit.ly/FMLEapOfFaith)

**This Sunday November 3 - We Worship Together**

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# SCHOLARSHIPS



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

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



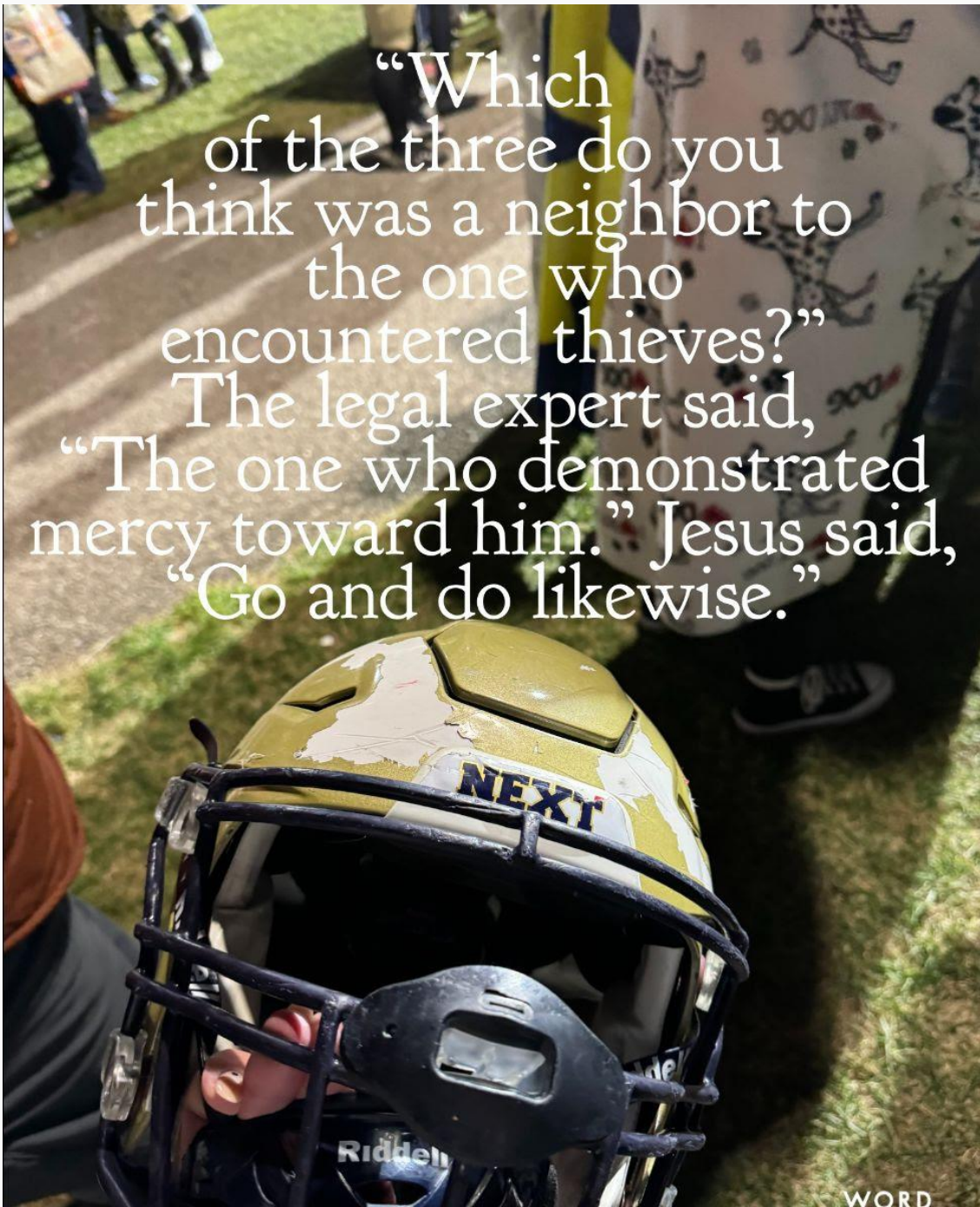
On Sunday, October 13 the leadership team of Cathy and Rick Fitzgerald, Hayley and Heather Hopkins, Brent and Marlene McCumons worked with 36 volunteers ranging from 11- 86 years for a Rice Meal Packing event in the social hall of Chelsea First. Together, they filled 600 meal packs (each pack feeds 6 people) in less than an hour. Once Midwest Mission sends the remaining flood buckets to areas most affected by Helene and Milton, the boxes we returned to Midwest Mission will find their intended destination.

Thank you to each and every one of you who dared to make a difference in the world

in the name of Love.

Enjoy a few photos of our morning together.

[https://drive.google.com/drive/folders/1US\\_QBX3wM7kMLBMCCiY1lqug-YBVGe4n?usp=drive\\_link](https://drive.google.com/drive/folders/1US_QBX3wM7kMLBMCCiY1lqug-YBVGe4n?usp=drive_link)



“Which of the three do you think was a neighbor to the one who encountered thieves?”  
The legal expert said, “The one who demonstrated mercy toward him.” Jesus said, “Go and do likewise.”

#### This Week's Verse

In her sermon this past Sunday, Joy shared that Jesus shows us what a life full of God looks like.

He unequivocally rejected the social norms of exclusion.  
*Go and do likewise.*

 **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/>