



*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)

October TBA Judson Collins Cemetery Clean Up

October 13: Midwest Mission: Rice and Soy Blessing Bags

October 13 Messy Church

Nov./Jan Book Discussion

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

The Anxious Generation Book Discussion

(see article below for more information)

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](#)



October's focus: Do Not Fear

While it's been said that the phrase 'do not fear' appears in the Bible 365 times with a leap year day to go 'full on fear', the truth is more like 70.

The scriptural command to 'fear not' is tricky because simply telling someone not to be afraid rarely works. Allow me to testify. What usually works is to sit with someone in their fear, to let them know that though their fear feels real, they are not alone.

Perhaps in the end, that's what the biblical command to be unafraid is really about, not to either expunge the feeling from our emotional menu or be frozen by it. We'll spend the next four weeks using a four step plan not to eradicate fear, but to move faithfully through it.

October 13 - Tune In To God's Presence 2 Kings 6:8-17, Luke 1:26-38



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#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Dear Friends,

Join us for a parents' and caregivers' reading group on *The Anxious Generation* by Jonathan Haidt. This important book addresses the challenges our children and families face in this era of technology and how the great rewiring of Childhood is causing an Epidemic of Mental Illness.

Together, we'll explore the traps we've fallen into and discover the escape routes that can lead to healthier, happier lives for our families.

When: Either Mondays - 6:30-7:30 or Fridays 6:30-7:30 PM (we take a break in December)

Where: Chelsea First United Methodist Church

Child Care/Food: Available upon request -please let us know so it can be provided

Let's come together to share insights and strategies for navigating these challenges. Please RSVP and let us know if you need child care. We look forward to starting.

Days: On **Mondays:** 10/28, 11/04, 11/11, 11/18 and 01/6, 01/13, 01/20, 01/27/2025 **OR**
Fridays: 11/01, 11/08, 11/15, 11/22 and 01/10, 01/17, 01/24, 01/31/2025

<https://doodle.com/meeting/participate/id/e534p88b>

Harlan Cohen / College Tip 1257
"I hated my freshman year"

<https://www.instagram.com/harlancohen/reel/DAwfChZPUXK/>

<https://www.tiktok.com/@helpmeharlan/video/7422408637236219178>

Thanks for the introduction, Kelly Stoker!



SCHOLARSHIPS



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

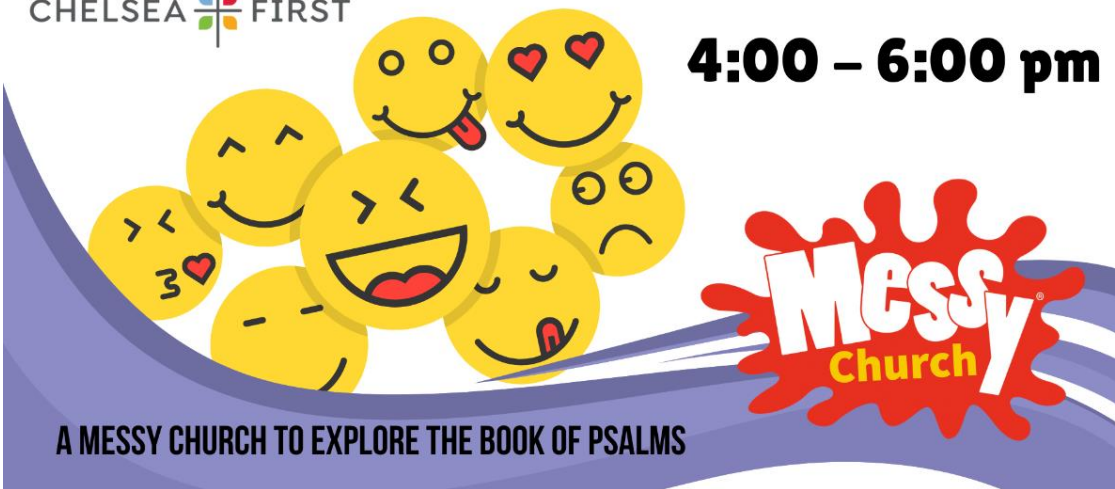
<https://www.gbhem.org/scholarships/apply-for-scholarships/>

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!



This Week's Verse











Imago Dei, the image bearers, the beloved of God.
You are the Doorways to Wonder.
#Homecoming

Everything exposed to light itself becomes light. ~ Ephesians 5:13





Inhale
I've given enough.

Exhale
I can rest without apology.

Black Liturgies
#sabbath



Dr. Laurie Santos 



The Science of Well-Being for Teens

The most popular class in Yale University's history. Now free for teens.

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.



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.

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/>