



*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)

November 17: Assemble Christmas Gift Bags for Delivery.

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

December 7 Youth Shopping Buddy - Material Girls Christmas Bazaar

Events:

Your Christmas Bazaar Sign Ups Are Here!

January Discussion Group for Caregivers and Moms

Finals Week Prayers

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 Sunday - Perseverance Part 1

We're going to head to the social hall at 9:30 am to fill ~ 50 bags for the Congregation Care Team. These bags will then be delivered to members of the church who live at CRC, Glazier Commons, Towsley, and in the community of Chelsea. Your help is greatly appreciated!

Novelist and YouTuber John Green talks about rooming with a Kuwaiti man named Hassan during the first Gulf War. They were watching CNN one night when the camera panned to a scene of devastation, including a bombed out wall tagged with graffiti in Arabic. The reporter made some banal statement about the anger and despair of the people there, and Hassan burst out laughing. John asked him what it said, "Happy Birthday, despite the circumstances."

Green has used this story as an example of how we make assumptions about people we don't understand, and that the world is much more complex than we realize.

Lately, he's been using it as an example of determination and fierce joy amidst everything.

This is the kind of Perseverance to which we are called as people of faith, steadfastness despite: despite war and division, despite a planet on fire, despite the continued scourge of racism and white supremacy.

John Green's Commencement Speech Butler University 2013

<https://www.youtube.com/watch?v=BLQ4Tswr1Ss>

The Greek word for Perseverance is Patience, so we'll start the morning with a few Now and Laters to drive the point home.

Next - We take a look at Matthew 2:1-12 and discuss a modern day scenario, a CFUMC version of 'what would you do?'. Cameras not included.

Finals Week Prayers

God is not a gumball machine; but I wholeheartedly believe that when we do our part, God affords us peace, clarity, the opportunity to release expectation, and trust our ability to finish the work we started with excellence.

Here's to finals week. You've got this!

Monday

<https://www.tiktok.com/@ntombikayise7/video/7240886361878760709>

Tuesday

Gracious and Merciful God,

Help me to practice self care: a good night's sleep, plenty of water, foods that nourish my body, and a walk outside to remind me of your presence.

You know the pressure I feel to be good enough. Help me to remember that I am so

much more than a test score.

Psalm 34:4-8 says

*God met me more than halfway,
he freed me from my anxious fears.*

⁵ *Look at him; give him your warmest smile.
Never hide your feelings from him.*

⁶ *When I was desperate, I called out,
and God got me out of a tight spot.*

⁷ *God's angel sets up a circle
of protection around us while we pray.*

⁸ *Open your mouth and taste, open your eyes and see—
how good God is.*

Blessed are you who run to him.

May I dare to believe it.

I ask all of this in the name of the One whose love for me knows no limit, and it never
ever will.

Amen

Wednesday

Loving God
be with me now,
as I prepare for my exams.

Thank you for the many talents and gifts you have,
given me and for the opportunity of education.

Calm my nerves and anxiety, help me
to remember all that I have studied,
to express it clearly and to answer the questions
the very best I can.

Holy Spirit, sit with me in my exam
- and always.

Amen

Thursday

Lord, I know you are with me and love me.
Give me peace of mind as I prepare for this time of study.

Help me to focus on my books and notes,
keep me from all distractions so that I will make the best use
of this time that is available to me.

Give me insight that I might understand what I am studying,
and help me to remember it when the time comes.

Above all, I thank you for the ability to be able to study
and for the many gifts and talents you have given me.

Help me always to use them in such a way
that they honor you and do justice to myself.

Amen

Friday

Lord God,

Thank you for this opportunity to learn new skills and stretch my understanding.

Thank you for guiding me through this time of study into the final exams.

I lay before you all the hopes and fears I have about the outcome.

May you place a peace within me now as I rest and await the results.

Thank you that I am safely held in your love.

Thank you that whatever happens in the future I will live in your goodness and walk with
you always.

Amen

And Amen.



SCHOLARSHIPS



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

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



<https://www.signupgenius.com/go/20F0A44AEAA229-53040355-2024#/>

Sign Up for 2024 Youth Buddy Volunteers



<https://www.signupgenius.com/go/20F0A44AEAA229-52652172-2024#/>

2024 Children's Sign Up



<https://www.signupgenius.com/go/20F0A44AEAA229-53038966-2024#/>

2024 Special Needs Sign Up

New Caregivers/Parents Group – Starting January 2025!

We are excited to announce the launch of a new **Caregivers/Parents Group** starting in **January 13th 2025!** This group will meet every **Monday from 6:30 to 7:30 PM**, both in-

person and **online** to accommodate everyone. Dates: 01/13, 01/20, 01/27, 02/03, 02/10, 02/17, 02/24, 03/03.

This is a wonderful opportunity to connect with other parents and caregivers, share experiences, and discuss a wide range of topics related to raising children. We'll kick off the group by reading and discussing the book *The Anxious Generation* by Jonathan Haidt, which explores the challenges faced by today's youth and how we can best support them.

Whether you're looking for advice, support, or just a space to share your thoughts, we invite you to join us for this meaningful and enriching time together.

We look forward to seeing you there!

Questions? Contact Susan Adam Rita @ sadamrita@chelseaumc.org



One of our college students is currently in the mountains of Thailand for his study abroad. He affords the privilege of living vicariously through his adventure and I delight as he shares bits and pieces of a story that speaks of transformation through the love of a people generous and kind. I texted last week to ask where he has experienced God. His response, "Definitely the children. Childhood really is the same everywhere and I think there's magic in that."

Brandon Wrencher, an African American preacher, asked this question: "Have you ever experienced God in ways you weren't supposed to?"

He referenced the restrictions of his ancestors, the limitations to their worship that brought neither joy or real life. Rather than accept it, they would 'Steal Away' in order to reclaim their lives.

Brandon also talked about the ways in which he also experienced God in places he wasn't supposed to, among them, sports teams.

Cue the fall sports season in Chelsea, Michigan. From my vantage point, it ended far too soon; and I would imagine that's much easier to say as a spectator. Yours were the countless hours of practice after school, competition, practice, homework before sleep only to do it all over the next day and the next.

"My command is this: Love each other as I have loved you." Jesus

You wrapped your arms around your teammates to encourage and build each other up before the starter's pistol fired.

You spoke the words that helped your teammate regroup after a mistake.

You worked together as one body to achieve the goal.

When your partner became consumed by a series of mistakes, you remained steadfast, stepped up your game to remind them that you would overcome and you would overcome together.

When you experienced cruelty beyond imagination, you afforded others the witness of your truest identity beyond the pain.

You afforded forgiveness.

You ran your own race.

You stood or sat on sidelines, eyes on the field and court, and supported your team... always.

You gave your best every single time, not as an individual seeking recognition, but as a contribution to the whole and you played wholeheartedly because your contribution mattered.

You endured adversity, injuries, surgeries and not only persevered, you excelled.

The name of the opponent didn't matter nearly as much as the heart of the team to which you belonged.

You built each other up in adversity, celebrated with the utmost joy and humility, and held each other closely when the sadness felt heavier than you could bear alone. You are a sermon, a story line, a witness to a life lived with a needle that points true north.

You are my experience of a most liberating God who speaks to the depths of our humanity and the goodness and Love that weave through it all.

We don't get to say where God is and where God isn't.

And it feels like there's a whole lot of magic in that.

"Have you ever experienced God in ways you weren't supposed to?"

 **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.