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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:**

Your Christmas Bazaar Sign Ups Are Here!

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 - Take One Step At A Time      Luke 2:8-20      Judges 6-7

Scripture is full of people making their way forward, perhaps struggling with fear but with just enough faith for the next step. We'll use footsteps, a scavenger hunt, a Christmas quiz, and listen to The Next Right Thing as we talk about moving faithfully through fear.



# 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**

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

**2024 Special Needs Sign Up**

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It has almost 2K views on X Chelsea Athletics and 20K views on X Chelsea HS Football. If you haven't seen the video, see the link below.

<https://x.com/chelseabulldogs/status/1843796553024319699?s=51&t=uUm8-s38Uk41HA3G2SH4Pw>

On an extra point attempt by placekicker Matheus Adam Rita, the snap went wide left as the holder extended his hand to no avail. I'm no football aficionado, (cue googling the positions for correct terminology) but it would seem to me that a seasoned football player would quit at that point. There is a method to the madness, rules to follow, and in that the ball wasn't caught by the holder, placed properly on the ground and held in place; all is presumed lost, right?

Matheus held a different mindset. In that he's a soccer player, you trap the ball and aim for the goal. In other words, he didn't know that he couldn't. He didn't know that there were limitations based on the rules of the game. So when the ball sailed toward him, he dropped it to the ground with his thigh and kicked it through the uprights. He owned possibility because he didn't know he couldn't.

"Roger Bannister had done pretty well at the 1952 Olympics, but he set his sights on something that scientists thought was impossible. He wanted to run a mile in under four minutes. Now at the time, people just didn't think that the human body could actually do this. They thought there were physical limitations about people's running

style based on your legs and your muscles. And everyone told him it was impossible, but he's like, I'm going to go for it, I'm going to train. In 1954, he had a race in England and he ran it as quickly as he could. It seemed like he ran it really fast, and then the announcer shared that he ran it in 3.5. What's interesting is if it was really impossible for a body to run a four minute mile, that record would stand for a really long time, right? Turns out Roger Bannister's record stood for only a couple of months. As soon as people started to believe it was possible, all of a sudden it was possible." ~Laurie R. Santos Yale professor

The Chelsea field hockey team headed into the state finals having been defeated by Dexter not once, not twice; but three times this season. A fixed mindset would have them believe that nothing would change in yet one more face off. Our mindsets, what we believe, really affects how we react to things. And this is particularly true when it comes to beliefs about whether or not things can change. Oh, did I mention that Dexter also defeated Chelsea in the 2023 state championship game?

I'm curious to know the pregame speech of the coaches. I want so badly to ask the players how they talked to themselves and to each other prior to that game because, you see, somewhere along the way, they had to decide that they hadn't defeated Dexter YET... claim a growth mindset that claimed possibility even when. They refused to believe they couldn't.

On a bright sunny October Saturday afternoon in East Grand Rapids, the Chelsea field hockey team claimed the D2 State Championship through the effort of an entire team who believed beyond previous defeats. The challenge may have appeared insurmountable, statistics may deemed it impossible, the world invited limitation. Walking onto that field, they claimed their truth. We haven't claimed the victory, yet. And together they did, one step at a time, even when.

*"Don't let the way the world thinks or acts control you. Instead, let God change the way you think so you can understand what God wants for your life. When you do this, you'll know what's truly best for you - what will bring you the most success, both on and off the field."* ~ Romans 12:2

You are my favorite doorways to wonder.





**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.