



*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:

December 15 Due to the gift of members received and baptisms this Sunday, head to #216 afterward

December 16 Congregational Care Team Deliveries

December 20 Congregational Care Deliveries

(head to church after school, pizza, Glazier and Towsley, back to church for 5:30pm pickup)

December 22 Christmas Shenanigans in 216 9:15 am

January's Study - Do Justice

January 18 SAVE THE DATE - Rev. Dr. Martin Luther King Jr. Celebration

Events:

December 11 Chelsea High School Band and Orchestra Concert 7
pm CHS

December 18 Beach Middle School Band Concert Grades 6,7,8 7 pm CHS

"Everything is a rhythm. God is a rhythm. Breathing is a rhythm. Circulation is a rhythm. Heartbeat is a rhythm. Pulse is a rhythm. Everything that is alive is a rhythm." ~Bishop T.D. Jakes

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](#)



Advent: WORDS For the Beginning

December 15 - Do The Good That's Yours To Do
Scripture Luke 3:7-16 Isaiah 58:9b-12

"I'm just one person. What can I do?" Yet as followers of Christ, we're invited to consider a different question, one rooted in hope and action: "What is *mine* to do?"

Do the good that's *yours* to do.



Harvest - written by Rev. Sarah Speed
Read by Kate Krugh
Click on the watermelon seed.



We Can't Go Alone

Earlier in the year, one of our high schoolers shared a personal story of isolation due to continuous bullying.

It causes you to shrink into yourself, and it snowballs into feelings of inadequacy, insecurity, and insignificance. After months, he finally shared the struggle with someone he could trust, and then told his parents.

In retrospect, he shared that he would have handled it differently; and encouraged those in the room to talk with a friend or their parents when they're struggling rather than try and carry the weight alone.

In our Ecclesiastes demonstration, one piece of yarn snapped quickly under the strain

of attempting to lift the weight alone. Three strands of the same yarn braided were able to handle the weight.

You can't go it alone, nor were you meant to. We're stronger together.

"One can be overpowered, but two together can put up resistance. A three ply cord doesn't easily snap."

~ Ecclesiastes 4:12

Chelsea District Library & CHS Interact Club Teen Supply Drive



To Benefit Ozone House
Dec. 1-20



Chelsea High School Interact Club and Chelsea Library: Teen Supply Drive to Benefit Ozone House

December 1-20

"The Ozone House teen supply drive is important to me because it is a real opportunity to help others around my age. It's an opportunity to learn about the struggles others are facing and then do something about it too." ~ Hayley Hopkins

Items Needed:

- \$25 Target or Wal Mart Gift Cards
- Baby Wipes
- Full size Cantu Hair Products
- Toilet Paper, Paper Towels, Cleaning Supplies
- Cell Phone Chargers, Cables, and Headphones

To learn more about Ozone House, click the link below

<https://ozonehouse.org/>

Donation boxes - Entrances near the office at each school and Chelsea District Library

Photo - Members of Interact and CFUMC: doing the good that is theirs to do.



HOLIDAY GIFT CARD DRIVE

**DROP OFF BY DECEMBER 18 AT 2:30PM
CHELSEA HIGH SCHOOL MAIN OFFICE**

Gift cards will be provided to Chelsea students
in need during the holiday break.

Visa | Meijer | Polly's | Speedway | McDonald's | Culver's | Wendy's

Gift cards of any amount are appreciated.

*srsly

Chelsea High School staff do an incredible job of providing our students with free food and snack options throughout the school day, but during the upcoming holiday break, these resources are not available to students who need them. Please thoughtfully consider a contribution to this drive, we are grateful for gifts of any amount!

Kate Yokum, Director of SRSLY and an absolute gift to this community, requested that I share the 'ask' with the community that is Chelsea First UMC, adding

"I know CFUMC demonstrates an incredible dedication to responding to the needs of our community as they emerge."

Doing the good that is ours to do.
With God's help, may our acts of love and works of justice lead to the flourishing of all people.

We also have CFUMC youth involved in leadership roles with SRSLY. Thanks, Lyla!
<https://www.srsly.org/>



As part of our storyteller series to college students and families, I share the first of five stories.

Last Christmas, our six-year-old grandson stayed overnight. He brought along his Toniebox, a music listening device for kids. They put a plastic action figure on top of a cube-shaped speaker and it plays songs related to that figure. Elsa from Frozen. Peso from Octonauts. Some Tonies let you download custom content into a generic figure – monster, superhero, fairy, or pirate.

After Emmett had gone home, we found a Tonie tangled in the sheets. This is how I told him that his lost Tonie had been found.

May you find your place at the creche this Christmas. Everyone is welcome.

--Sondra, 69, Writer, Pastor

[Down by the Riverside \(blog\)](#)

For the full story, I invite you to visit Sondra's blog.



SCHOLARSHIPS



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

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



FIRST BOOK DISCUSSION



SUSAN ADAM-RITA FACILITATOR



THE ANXIOUS GENERATION
How the Great Bleeding of Childhood is Creating an Epidemic of Mental Illness
Jonathan Haidt

PARENT & CAREGIVERS GROUP
January 2025

Connect with other parents and caregivers, share experiences and discuss a wide range of topics related to raising children.

More information... www.chelseaumc.org/events




 **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/>

