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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)

December 7 Material Girls Christmas Bazaar

December 8 Messy Church

December 15,16 Congregational Care Team Deliveries

**Events:**

December 7 Beach Middle and Chelsea High School Hometown Holiday Parade 6-7:30  
pm Main Street (M52)

December 8 CHS & CFUMC Hometown Holiday Concert 2 pm St Joe/Dexter 7  
pm CFUMC

December 10 Beach Middle School Orchestra Concert 7

pm Chelsea High School

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**

January Discussion Group for Caregivers and Moms

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](#)





December's focus: WORDS For the Beginning

December 1 - You Are A Blessing

Luke 1:26-38    Isaiah 43:1-7

Prompts for Reflection -

You are a beloved child of God.

What helps you to remember that this is true?

When do you doubt this truth?

Breath Prayer

Inhale: In you, O God,

Exhale: I find my worth.





# 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/20F0A44AEAA229-52652172-2024#/>

**2024 Children's Sign Up**



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

### 2024 Special Needs Sign Up



As I drove to the third grocery store to locate a stinkin can or two of tart cherries last night, I listened to a Hidden Brain podcast on The Power of Family Stories.

'There's a tradition around many Thanksgiving dinner tables that's as consistent as stuffing and pumpkin pie: the family stories that get told year after year. Sometimes these stories are funny; sometimes they make us roll our eyes. No matter how we feel about these tales, we rarely pause to consider how they shape who we are and how we view the world." Psychologist Robyn Fivush shares the profound impact family stories can have on our lives. Link below.

<https://podcasts.apple.com/us/podcast/hidden-brain/id1028908750?i=1000678204779>

Shapes who we are and how we view the world....

As he walked toward the back of the church where I stood this past Sunday morning, the sight of him caught me by surprise. He smiled widely and introduced me to someone new by his side who I immediately care for because it is obvious that she cares for him.

Mr. Tom entered the circle and Pastor Joy soon afterward. Nicholas said something that spoke to his sense of belonging in that moment and my heart puddled. His is a story rich with layers, texture and vibrant God colors .. a life's journey guided by a deep sense of joy, (cue the friendships, someone who plays as hard as he works, mission trips covered in 'love tattoos', life on the farm, trauma that spoke to a course correction, a deep loyalty and connection to family, and the witness of Jesus whose face was set like Flint toward Jerusalem. Beyond the temptation that exists at college, he leans into the goal that matters most, and an 80's hard rock soundtrack.

When each and every one of your faces comes to mind, a story rich with layers, textures, and vibrant God colors resurrects itself. While we don't live in between a front and back cover of a book, we are a continuation of that story on the pages in between.

At the Thanksgiving table tomorrow,

Tell the awkward stories because, well, who doesn't love a good eyeroll, a side eye or cheeks pink with embarrassment.

Tell the stories that make your stomach muscles hurt, so that laughter lingers long after the meal ends.

Tell the stories of the ancestors that they might come to life among you once more.

Tell the hard stories and how hope lived even there, in the midst of courage and perseverance.

Tell the stories that weave an indelible sense of belonging.

Shapes who we are and how we view the world....

And once we get really comfortable sharing our stories at the table, maybe we could get really comfortable sharing our stories around The Table. Not the polished to perfection social media pretense that freezes the needle on a human compass anywhere but true north; but the deep water daring, where your story meets my story and together, we own our belonging at the table of Jesus Christ in all of our perfectly imperfect and wholly loved selves.

## 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](mailto:sadamrita@chelseaumc.org)

 **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/>