

January 1, 2025

Dear CONNECT Family,



HAPPY NEW YEAR!!!!

Family Spiritual Practice

Faith Talk:

This January, start the year with an empty jar.

Every week you add a note with a good thing that happened.

On New Year's Eve, empty the jar and read about the amazing year you had.

@miletheworld

What I am reading/listening:

What Children Want As Parents' New Year's Resolutions

**In case you needed
to hear this today...**

1. You are the right parent for your child.
2. You don't have to be perfect to be loved.
3. You are not too much, you never have been.
4. Your wants and needs matter.
5. You are more than your latest behavior.
6. Your kids are lucky to have you.
7. You are seen, valued, and appreciated.
8. You are enough.
9. You are the sturdy leader of your family.
10. Even when you struggle on the outside,
you are good inside.

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What I am watching:

Let There Be Peace - One Voice Children's Choir Cover

Quote, I've Been Thinking About...

***"No amount of regret changes the past.
No amount of anxiety changes the future.
Any amount of gratitude changes the present."
- Ann Voskamp***

WHAT WE ARE WONDERING ABOUT

January Practice Theme: MAKE DISCIPLES

Making disciples is both an inward and outward process. We show that we are following Jesus by the way we live our lives. This draws others to want to follow Jesus, as well.

Last Sunday:

Last Sunday, we worshipped together and focused on Joy! "Don't Forget to Laugh" - a reminder that laughter and joy are gifts from God.

Christmas Eve - Intergenerational Service:





This Sunday:

This Sunday, we will worship together. It is Communion Sunday!

All are welcome.

Coming Up

- January 05 - NO CONNECT - 9 AM**
All Worship Together - Communion Sunday
- January 12 - CONNECT - 9 AM**
Live as a Disciple - Mark 1:16-20; 9:33-37
- January 19 - CONNECT - 9 AM**
Go - Acts 16:1-15
- January 26 - CONNECT - 9 AM**
Be a Witness - John 4:5-30
- February 02 - NO CONNECT - 9 AM**
All Worship Together - Communion Sunday

MARK YOUR CALENDAR

MESSY CHURCH



Our January Session will be on January 12, 2025 - 4 to 6 PM



PARENTS GROUP OPPORTUNITY

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!

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

Wonderful online classes

Michigan State University Extension Child and Family Development Offerings

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

1/07/2025: RELAX: Alternatives to Anger for Parents and Caregivers

1/14/2025: How soon is too soon? When to teach your children money habits for life!

1/21/2025: Positive Discipline

1/28/2025: Potty Training Pointers

Class Times: 8:00PM to 9:30PM

Registration: https://msu.zoom.us/webinar/register/WN_tsaVF3uvTp2wINV5dIR2vw

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules, and relationships, and being a calm, assertive parent. Certificates of attendance are available. **This class is eligible for MIRegistry Credit!**

- **Class Dates:** Thursdays, January 16, 23, 30, February 6, 13

- **Class Times:** 7:30pm-9:00pm ET

[Registration](#)

For more information, contact Courtney Aldrich, aldric82@msu.edu

WATCH:

Online CONNECT Services:

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

<https://www.youtube.com/channel/UC-oDHg9zaImC42npYW0EvTA>

Follow us on Instagram

- **Instagram** - follow us on Instagram <http://instagram.com/chelseafumc.children>

Love and Peace,
Susan



Ordinary people learning to love like Jesus.



