



*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.

Events:

January 18 Rev. Dr. Martin Luther King Jr Celebration Washington Street Education Center (WSEC)

January 26 Confirmation 6:30 - 8

February 14 Temple Beth Emeth

February 21 A basketball game that takes a stand in the name of Love. SRSLY Details soon.

College Scholarship Link

Podcasts Worth Exploring

Please remember to complete a **registration form**. Click on the link below.

Thank you so much!

Safe Sanctuary Forms:

[Registration Form](#)

[Event Permission Form](#)



January - Do Justice

- Week 1 Recognize Injustice Micah 6:8 John 7:53 - 8:11
- Week 2 Check Your Prejudice James 2: 1-7
- Week 3 Speak Up John 2:13-16
- Week 4 Do The Work Isaiah 58:1-12



Justice moves beyond words and feelings to action. Doing justice is a public testimony to our faith and commitment to God.

How old were you when you first became aware of the injustice that is racism?

What did you decide to do about it?

Why does it even matter?

Thanks to Edie and Laura for taking the time to share stories that speak to their faith and commitment to God.

Click on the images for their stories.



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Celebrate MLK Day with



Join our **HARAMBEE** with the Flint Freedom Schools

Saturday, January 18th at 2pm

WSEC Board Room

500 Washington St, Chelsea

- Participate in an exciting Harambee Welcome experience led by the Flint Freedom School Collaborative
- Learn about FFSC's ties to the original Freedom Schools of the Civil Rights Era
- Children's art project celebrating Martin Luther King, Jr
- Refreshments to follow

All are welcome - No charge - No registration required
Donations of School Supplies Appreciated

For more information on this and other local events in observance of MLK Day 2025, please scan the QR Code



You can support Flint Freedom Schools by purchasing supplies from their Amazon wish list at https://www.amazon.com/hz/wishlist/ls/25FRBMC6I2MZ5?ref_=wl_share . You have two shipping choices:

1. Once an item is added to your cart, you can ship direct to Flint by selecting "Ryan Beuthin, Flint MI, Gift Registry Address" as the shipping address.
2. You can ship to yourself (or purchase a similar item elsewhere) and place it in the designated drop box in the church lobby. The drop box will be in place until January 31.



SCHOLARSHIPS



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

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



January 7 · Episode 10 · 27 min

In Praise of Honest Doubt: Why Questions are Beautiful and Powerful

Making Sense of Faith with Adam Hamilton >

What if your doubts about faith weren't a barrier to belief, but a gateway to deeper understanding?

<https://podcasts.apple.com/us/podcast/making-sense-of-faith-with-adam-hamilton/id1777842974>



LISTENING TO GOD

Have you ever awoken in the middle of the night hearing someone calling your name?

February 9, 2025
4:00 - 6:00 pm

Samuel needed Eli to help him to take time to listen and then respond to the voice of God he heard calling.



CHELSEA FIRST

Huge thanks to Marta, Grace, Palmer and Indy for flexing your Messy Church muscles!

 **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/>