

January 29, 2025

Dear CONNECT Family,

Family Spiritual Practice

Faith Talk:

This week, I invite you to reflect on this word
- ***Sawubona!***

Sawubona is a Zulu greeting used in South Africa, and while the word itself is beautiful, it's the deeper meaning that truly resonates.

Literally translated, Sawubona means, "I see you, and by seeing you, I bring you into being."

Imagine being greeted this way each day—it's far more profound than a simple "good morning." Sawubona validates the person, affirming that they are seen and acknowledged—not just as someone passing by, but as a unique individual.

It creates space for genuine connection, offering a moment of real presence.

Consider the moments in your own life when you can slow down, ask more thoughtful questions, and engage in active listening. By prioritizing understanding, your relationships—both personal and professional—will deepen and grow stronger in ways that go beyond surface-level interactions.

What I am reading/listening:

THIS Poem.

What Are We Going To Do? - Take a moment to read this.

What I am watching:

David Brooks - Making People Feel Seen: How to Do it Right

Quote, I've Been Thinking About...

"I remember an embarrassing incident that brought to mind that the "enemy" is my brother. I was driving home on the freeway and as I approached my exit a car dawdled in front of me. Too late to pass him; I was stuck following: as usual I was in a hurry. That driver inspired in me a whole slew of invectives. Spewing epithets I pulled up alongside at the stoplight by the exit. I looked over only to discover a dear friend. Instantly the situation changed ... It is the same with the other no matter the situation, from the person ahead of us in line, to our age-old enemy. Whoever it is, they have the same concerns, fears, gifts, and shortcomings we all do."

— **Richard W. Chilson** in [*Yeshua of Nazareth*](#)

WHAT WE ARE WONDERING ABOUT



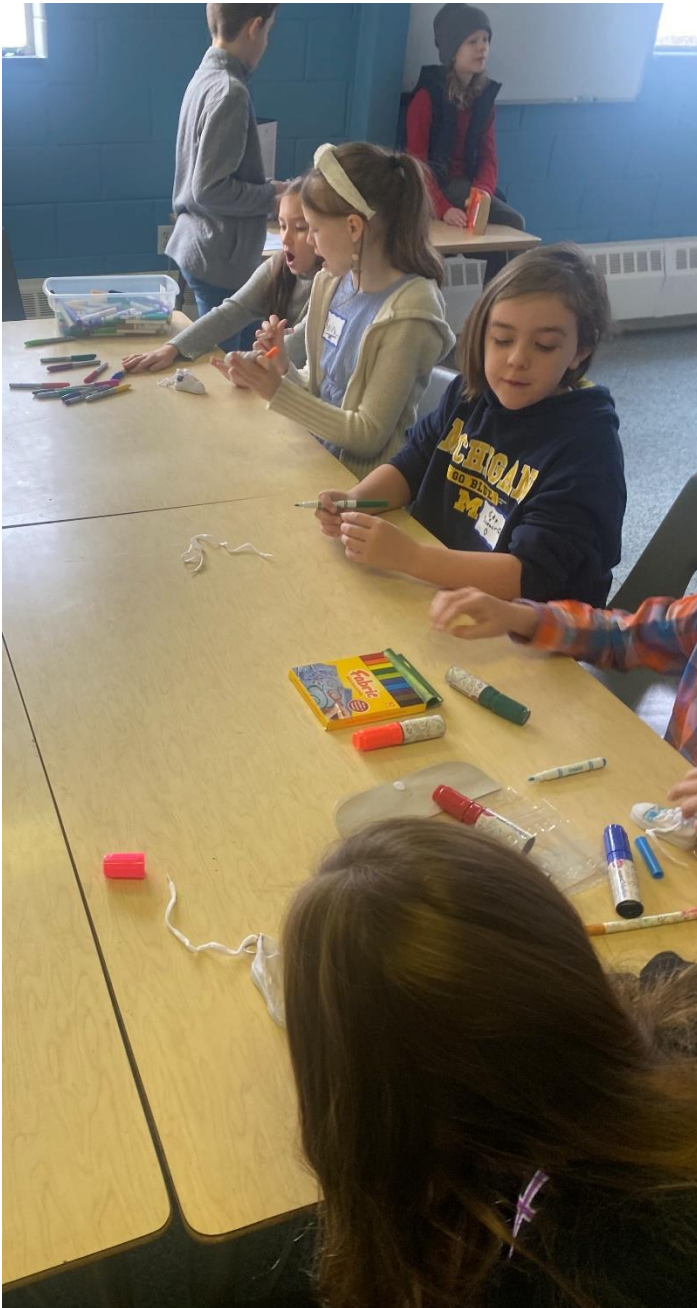
January Practice Theme: MAKE DISCIPLES

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 wonder together about the Scripture Reading of John 4:5-30. In the bible story, Jesus meets a Samaritan woman at a well. He is thirsty and seeking water; she is surprised by this encounter for several reasons. She is arguably the first witness who understands who Jesus truly is. Not only is the woman a witness; Jesus, too, is a witness to the woman's faith. **Being a disciple of Jesus is all about living a life of faith where others can recognize who you are by your witness.**

We colored little key chain sneakers as a reminder that we follow Jesus steps by walking in faith and love.



This Sunday:

This Sunday, we will worship together in the Sanctuary. It is Communion Sunday and all are welcome.

We will wonder together about Luke 19:1-9 Scripture Reading - A Rich Tax Collector.

Listening to Jesus can lead to a change of heart, and acting on that change makes a real difference. Just like Zacchaeus, we can make a choice to live in a way that reflects God's love and grace.



Coming Up

February 02 - NO CONNECT - 9 AM
All Worship Together - Communion Sunday

February 09 - CONNECT - 9 AM
Baptize - Acts 8:26-40

February 16 CONNECT - 9 AM
Teach And Learn About Jesus - Matthew 5-7 (Selected Verses)

February 23 CONNECT - 9 AM
Trust in Jesus' Presence Always - John 14:15-27

MARK YOUR CALENDAR

MESSY CHURCH



February 09, 2025 - 4 to 6 PM



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.

Messy Church

CHELSEA FIRST

PARENTS GROUP OPPORTUNITY

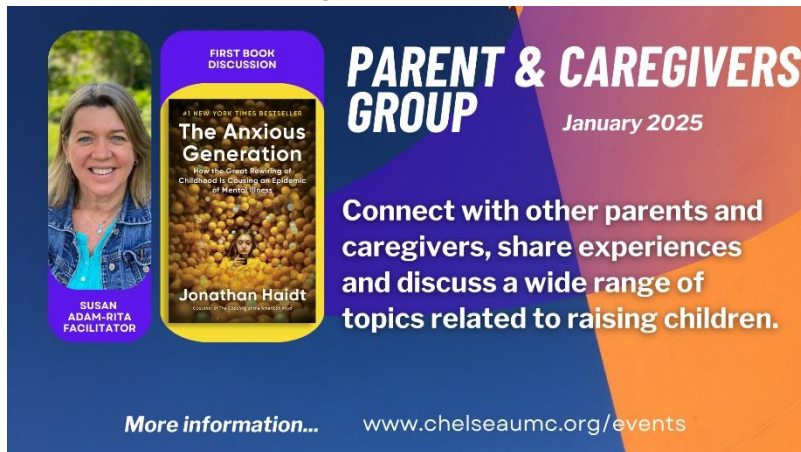
Caregivers/Parents Group – Come join us! IN PERSON or ONLINE

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.chelseauc.org/events

FIRST BOOK DISCUSSION

AT NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Repealing of Childhood is Causing an Epidemic of Mental Illness

Jonathan Haidt

SUSAN ADAM-RITA FACILITATOR

Join Zoom Meeting

<https://us02web.zoom.us/j/89969525903?pwd=DI AoBqSa0qJ2ixNuNKaihMfBo9PS45.1>

Meeting ID: 899 6952 5903

Passcode: 656972

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:

2/04/2025: What Children Need to Know to Start School

2/11/2025: Together We Can: Co-Parenting

2/18/2025: Setting the Stage: Promoting Social Emotional Health in Young Children

2/25/2025: Reducing Challenging Behaviors in Toddlers

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

Registration: https://msu.zoom.us/webinar/register/WN_tsaVF3uvTp2wINV5dLR2vw

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:** Mondays, February 17, 24, March 3, 10, 17
- **Class Times:** 7:30pm-9:00pm ET
- **Registration:** https://msu.co1.qualtrics.com/jfe/form/SV_dd7Nnn1h8Y1TcNg
- Attached is a flyer and graphics for social media

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

WATCH:

Online CONNECT Services:

<https://www.youtube.com/watch?v=jZ2BdirKGr0>

<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.



