

January 8, 2025

Dear CONNECT Family,

God of Wonder,

*You scatter beauty across the earth—
In the rising sun, the bare trees, the joyful dog
running free.*

*You meet us in ordinary moments
And fill them with extraordinary grace.*

*Help us to slow down,
To notice the gifts You've placed in front of us.
Open our eyes to wonder,
Soften our hearts with gratitude,
And remind us that You are present in it all.*

*May awe awaken us to the sacredness of life,
And may we live each day with reverence and joy.*

Amen.

Family Spiritual Practice

Faith Talk:

This week, I invite you to set an intention to pause and notice the beauty around you.

Begin by stepping outside or looking out a window. Breathe deeply and let your senses guide you. What do you see? The shape of a tree, the color of the sky, the flight of a bird? What do you hear? The wind, a song, or the quiet?

Let yourself linger in that moment. Offer a silent prayer of gratitude for the beauty and wonder that surrounds you.

Then, throughout the week, try to catch more of these moments—a smile, a shared laugh, a meal with loved ones, or the softness of morning light. Keep a small journal to record these glimpses of awe, letting them remind you that the sacred is always near, waiting to be seen.

-Rev. Cameron Trimble

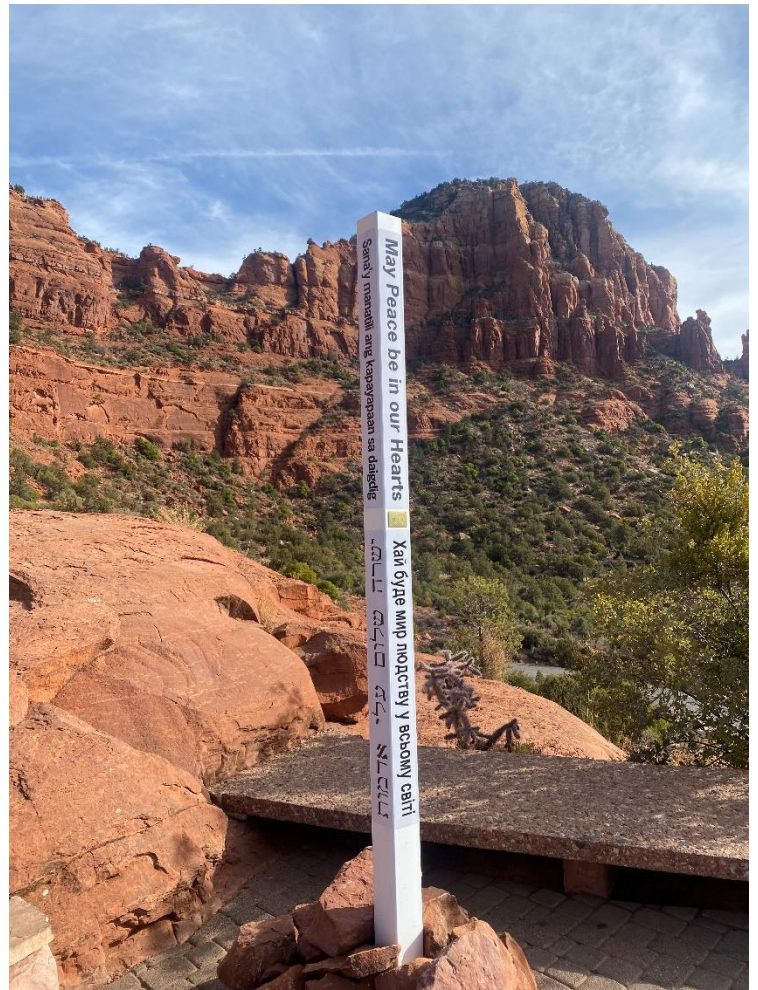
What I am reading/listening:

[We Need Everyone](#) by Michael Redhead Champagne, illustrated by Tiff Bartel.

[Thank You, God](#) by Bradley Wigger, illustrated by Jago

What I am watching:

[Arthur Brooks on Building a happier life in 2025](#)



Quote, I've Been Thinking About...

"You belong. Everywhere. Yes, you—with all your history, anxiety, pain. Yes, everywhere—in every culture, community, circumstance. You belong in this body. You belong in this very moment. You belong in this breath...and this one. You have always belonged."

-Sebene Selassie

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. It was Communion Sunday!

This Sunday:

This Sunday, we will wonder together about the Scripture Reading of Mark 1:16-20 where Jesus calls his first disciples to follow him. We will explore the question "What is a disciple?", by first understanding what it means to be a follower of Jesus as it is found in the Bible and then begin to see how we can see ourselves as disciples today. Jesus provides an example of what it means to be a disciple: not being the best or the greatest, but being one who serves others, who welcomes the ones who are overlooked.



Coming Up

- 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**

MARK YOUR CALENDAR

MESSY CHURCH



This Sunday - 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

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=xZbDkNzEfqk>

<https://www.youtube.com/channel/UC-oDHg9zalmC42npYW0EvTA>

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.

