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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.

**Events:**

February 2 Confirmation

February 9 Messy Church

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 On Your Drive Home - The Happiness Lab

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

When we speak up, we bring awareness to bigotry, oppression, and bullying. It is important that we raise awareness in ways that do not call out and exclude individuals or communities with harmful beliefs and actions. Rather, the aim is to call people to recognize the harm in their beliefs and actions and invite them into a life that promotes justice, fairness, and well being. Speaking up includes sharing personal narratives, advocating for others, and educating people on the impacts of their beliefs and actions and the underlying systems and structures at play. Jesus spoke of justice by drawing people close, recognizing their lived realities, and naming a vision of a more just world, which he invited people to co-create.

<https://www.youtube.com/watch?v=TNyw-lnubuM>



# SCHOLARSHIPS



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

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





How do I know what college to choose? Pray. Pray to the great big God who knows your heart's desire.

SRSLY's Kate Yokum shares her story as a senior in high school and how she chose her next step.

Click on the image above.



FULL EPISODE

# STOP STRESSING ABOUT STRESS



PUSHKIN

THE LAB  
HAPPINESS

The image is a promotional graphic for a podcast episode. It features a bright yellow-green background. At the top, the text 'FULL EPISODE' is written in a bold, black, sans-serif font. Below this, the main title 'STOP STRESSING ABOUT STRESS' is displayed in a larger, bold, black, sans-serif font. A large, semi-transparent red play button icon is centered over the text, partially obscuring a woman's face. The woman has long, dark, curly hair and is wearing a patterned top. In the bottom left corner, the name 'PUSHKIN' is written in a black, sans-serif font. In the bottom right corner, the words 'THE LAB' are stacked vertically, with 'HAPPINESS' written in a curved path below them, all in a black, sans-serif font.

Just in case you've been dealing with stress lately... This podcast contains ten action steps to deal with stress: from reframing to Hope kits. It's well worth the listen.



In Adam Hamilton's recent podcast *Why Would Anyone Believe in God Anyway?*, he shared that there is an increasing number of people who are not sure whether they believe in God. Why does it matter?

It's among the top questions that people wrestle with. Is there a God?

As a child, God was simply a word to me... a scary notion, especially with a night time prayer that had to have been written by the great great grandfather of Gary Larson. The words left me as wide eyed as a *Far Side* cartoon. "If I should die before I awake..."

While I couldn't name it as a child, I often climbed the box elder tree in the backyard just to sit. If I was angry, the fury dissolved among the branches. If I was upset, I felt comforted as I leaned into the deep furrowed ridges of the trunk. If I just wanted to get away from the world, I found peace hidden among the leaves. The tree trunk and branch notched just for me felt like home.

The same could be said about the field across the street behind a row of houses. In that it was my best friend's grandpa's farm, we could freely march through acres and acres with a bouquet of the finest weeds held high as the sun set to the west of us... illuminating the only man made lake in the village.

Star lit night skies, lightning bugs, and lying in the lush dewy green grass of the front yard... all of it spoke to the experience of God but the dots of wonder, awe, majesty and gratitude had yet to be connected.

It fascinates me that while reading the book *The Small and the Mighty*, I have now heard something for the third time. Three different accounts of children who received eye glasses and walked outside seeing clearly for the first time. Not one of them looked at the streets or details of houses or sidewalks or anything created by humans. Like my son, they cried out in awe as they looked up.

"I can see the leaves on the trees!"

Last Sunday, in Confirmation, a question was pulled from a box that read: Is science or art more essential to humanity?

I just googled an AI overview that shared the following. "While both science and art are essential to humanity, many argue that art is equally, if not more essential because it allows for emotional expression, cultural understanding, and a deeper connection to the human experience, which science alone cannot fully capture; essentially, science provides the tools to live, while art provides the meaning and richness of life."

Sorry AI, I don't entirely agree. Late one night, I sat at my desk in Akron, Ohio reading the Anatomy and Physiology assignment. As I read about the intricacies of the human kidney... an average of a million nephrons (tiny filtering units) per kidney, the delicate balance of electrolytes that maintain fluid balance, nerve and muscle function,

and blood pH... it washed over me in waves... God is real. I had been walking around in the evidence and science was responsible at last for the awakening.

Fast forward years of regrets, stumbles, and flat on my faces; fast forward a million moments of grace, thin spaces, and moments of awe later.

As I sat with God a few weeks ago and clicked away on computer keys to keep my mind still enough to hear, I shared my longing to know the humanity of Jesus, to have a greater depth of intimacy in relationship. This God of our kidneys... our frailty, our longings, our deepest desires; this God of wonder and awe and all things mystery heard my cry. I opened my first devotion entitled A True Relationship and the verse beneath it read:

The LORD says, *You will seek me and find me when you seek me with all of your heart.* Jeremiah 29:13

I'm searching for Jesus.



## 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



**Dr. Laurie Santos** 



## **The Science of Well-Being for Teens**

**The most popular class in Yale University's history. Now free for teens.**

### **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.



### **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.

### **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.drlauriasantos.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/>