



*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 14 Temple Beth Emeth

February 21 Autism Awareness Night at CHS - Article Below

February 23 Confirmation

March 2 Confirmation

March 9 Messy Church 2 Corinthians 9:8-11

College Scholarship Link

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

Thank you so much!

Safe Sanctuary Forms:

[Registration Form](#)



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. Fellowship with God occurs when people actively care for those who are hungry, lack decent housing, or are oppressed.

Jesus acts on faith and does the hard work of justice building.

The prophet of Isaiah 58 condemns a community who display their holiness and righteousness in personal practices of fasting and prayer yet do not assist those in need.

Isaiah calls people to notice and speak out against injustice as requirements for creating a world aligned with God's vision for all of God's children. Faith is both an inward commitment and outward work on behalf of all God's children.

It is my prayer that the stories below fill you, nourish you, and fuel your hope.
Love dwells within and among us, always.

They didn't seek revenge. They didn't retaliate.
They want a better world for those who come after them, so they choose to do their part, to work to create a world aligned with God's vision for all of God's children.

"God's kingdom is made up of people like these." Mt. 19:14

Autism Awareness Night February 21, 2025
Game Time 5:30 Girls Varsity 7:30 Boys Varsity



CHELSEA, Mich.

Announced today, SRSly Chelsea has formed a partnership with Chelsea Athletics designed to improve autism awareness, while creating a culture where athletes and students of all abilities are supported and accepted.

“By partnering with SRSly Chelsea to promote autism awareness, we can create a

more compassionate world where everyone is valued and supported.” said Andrea Cabana, Chelsea Varsity Boys Basketball Coach.

“We’re so grateful that Chelsea School District is a place where these partnerships are prioritized, where students are given platforms to advocate for each other.” said Kate Yocum, SRSly Chelsea Director.

Autism Awareness Night will be held during the Chelsea vs. Dexter varsity girls and boys basketball games on Friday, Feb. 21 at 5:30 p.m. All community members, parents and families are invited.

“I really hope people show up to watch the boys and girls hoopers ball out in a crosstown rivalry game, and that they get to learn a little more about the community around them, to not judge people for their differences or the way they function, but to embrace them instead,” said Indy Hurst, a senior and varsity football player at Chelsea High School.

The event will double as a scholarship fundraiser and include pre-game announcements, a resource table with giveaways, free shirts for students, as well as parent and family shirts available for a suggested donation of \$5.

The scholarship was created to acknowledge the support gap that exists for families of students with autism during the college application process and minimize barriers to obtaining scholarships.

The project was first brainstormed by a group of Chelsea High School students who saw a need for an event that brings awareness and support to families who have a child with autism.

“These students pioneered this project from the start, and I’m so thrilled SRSly and Chelsea Athletics are able to support this effort and their vision for making Chelsea somewhere that every child knows they belong,” said Yocum.

“I don’t think it’s fair for kids to go through what my brother Indy has, having autism. The cruelty he’s experienced out in the world affected him to the point where he wanted to quit, and I don’t think people should go through that,” said Palmer Hurst, a Chelsea High School sophomore and varsity football player.

“I hope this event creates awareness about the importance of how we treat people, that it matters, and that our words and actions impact others deeply. That your cruelty or kindness can be the difference between someone wanting to give up or not.”

“These students want to make it better for future generations of Chelsea athletes, to improve support and acceptance in all arenas, on and off the field,” said Yocum. “And beyond athletics, as students and human beings, whether they choose sports as their passion or not.”

If you can't make it to this event but would still like to offer your support, please visit <https://giving.stjoeshealth.org/srsly> or scan the below QR code to donate to the scholarship fund. All online donations made between now and Feb. 21 will be allocated to this fund.



To learn more about the work SRSly is doing for mental health and substance abuse prevention, visit srsly.org or find us on Facebook @srslychelsea or Instagram @srslychelsea_community.





After a recent cheer competition, I asked her why they lined up to cheer for the next competitor.

"Well, to support. Being an athlete competing against other people doesn't mean I can't support. As an athlete, love and support come before competition. We're all just people doing what we love so it's best to support everyone."
Chelsea High School Competitive Cheer

"God's kingdom is made up of people like these." Mt. 19:14



As he sat beside me after his matches were over, I shared that I had seen him walk over and talk to the opponent he had just pinned.

"Yeah, I always talk to the people I wrestle. I talked to the guy I beat and I also talked to the guy who beat me and told him, "Man, you got me good."

Wrestler - Beach Middle School (image is not the subject of the story)

"God's kingdom is made up of people like these." Mt 19:14



Every day, a nurse accompanies a student in a wheelchair to a room during the lunch period.

Two to three days a week, he heads upstairs with his lunch to sit with her.

Why?

"So she doesn't have to eat alone."

"God's kingdom is made up of people like these." Mt 19:14

HOPE

IS NOT BLIND OPTIMISM.

IT'S NOT IGNORING THE ENORMITY OF THE TASKS AHEAD OR THE ROADBLOCKS THAT STAND IN OUR PATH. IT'S NOT SITTING ON THE SIDELINES OR SHIRKING FROM A FIGHT. HOPE IS THAT THING INSIDE US THAT INSISTS, DESPITE ALL THE EVIDENCE TO THE CONTRARY, THAT SOMETHING BETTER AWAITS US IF WE HAVE THE COURAGE TO REACH FOR IT AND TO WORK FOR IT AND TO FIGHT FOR IT.

BARACK OBAMA





SCHOLARSHIPS



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

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



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.

 **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/>