

February 19, 2025

Dear CONNECT Family,

Family Spiritual Practice

Faith Talk:

This week, I invite you to take time to reset, relax, and recharge. It isn't just self-care—it's the fuel you need to continue spreading love and positivity. Take time to focus on YOU with these simple self-kindness ideas:

- **Pause for a moment of stillness** with deep breaths or a calming activity you love.
- **Unplug** and enjoy an hour of uninterrupted time doing something you enjoy—reading, walking, or simply resting.
- **Reflect and reset** by writing down three things you're proud of or grateful for.
- **Prioritize rest** and remind yourself that it's okay to say no and just be for a moment.



When you take the time to reset and recharge, you're not just being kind to yourself—you're preparing for your next call to action, ready to spread even more love and positivity in the world.

What I am reading/listening:

[God's Perfect Peace](#)

[Seven Small Things that Mean a Lot to Kids](#)

[Unsung Heroes of Methodism: Ricahrd Allen](#)

What I am watching:

[What a Wonderful World](#)

[4 Ways to Fix the "Anxious Generation" with Jonathan Haidt](#)

Quote, I've Been Thinking About...

"There is an Indian proverb or axiom that says that everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but, unless we go into every room every day, even if only to keep it aired, we are not a complete person."

— Rumer Godden in *A House with Four Rooms*

WHAT WE ARE WONDERING ABOUT

January/February 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 wondered together about the teachings of Jesus and the Sermon of the Mount. The children helped retell the Scripture reading in worship once again where we will talk about the gift from God called GRACE.

We wondered together about the teachings of Jesus in Matthew 5-7. Throughout the Gospels, we find Jesus teaching countless times through his words, stories, questions, and actions. He modeled what it means to love God and love neighbor. Opportunities to learn about Jesus are endless, as are the occasions to share what we know about him through our words and actions.



And we wonder some more about what it means to love God and love neighbor during our CONNECT time!



This Sunday:

This Sunday, the children are invited to help retell the Scripture reading based on Micah 1:1; 4:1-4; 6:6-8 in worship.

Children will be invited to CONNECT where we will wonder together about ways we can connect to God and connect to each other. God calls us to be connected to God one-on-one but also by connecting with other people. When we are all connected, we can do more to show God's love.



Coming Up

February 23

CONNECT - 9 AM

Trust in Jesus' Presence Always - John 14:15-27

March 02

NO CONNECT - 9 AM Worship

Worship Together - Communion Sunday

- March 09** **CONNECT - 9 AM**
Be Finite - Luke 12: 13-21
- March 16** **CONNECT - 9 AM**
Be Unapologetically You - 1 Samuel 3
- March 23** **CONNECT - 9 am**
Receive Blessings - Joshua 2:1-24; 6:22-25
- March 30** **CONNECT - 9 AM**
Be Quiet - Luke 24:13-35

MARK YOUR CALENDAR

MESSY CHURCH



March 09, 2025



PARENTS GROUP OPPORTUNITY

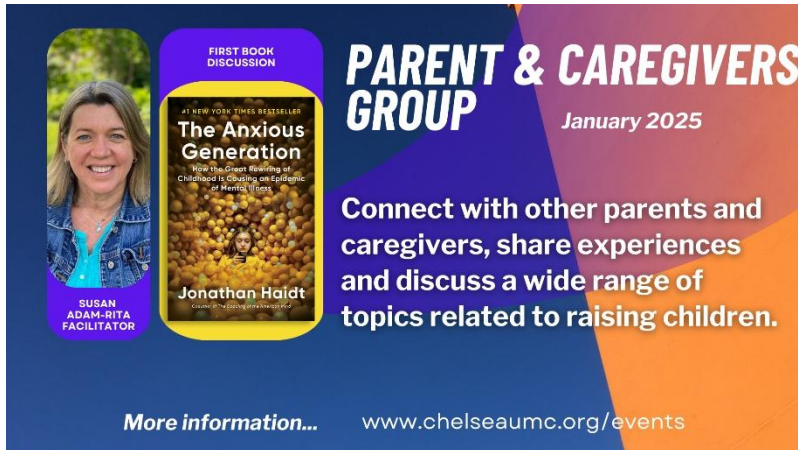
Caregivers/Parents Group – Come join us! IN PERSON or ONLINE

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!



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:

3/04/2025: Exploring Parenting Styles

3/11/2025: Talking With Kids About Race

3/18/2025: Parenting in the Digital Age

3/25/2025: Importance of Outdoor Play

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=7rA5y4Tvv08>

<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.

