

*Sundays HS & Middle School 9:00 a.m. Room 216
Head to the sanctuary when you arrive. You'll be dismissed from there.

Events:

- April 6 Confirmation :Prayer & Worship Baptism, Holy Communion
- April 12 Confirmation: Muslim Unity Center
- April 13 Messy Church
- April 17 Deliver Congregational Care Packages
- April 26 Earth Day of Action
- April 27 Planting Trees
- April 27 Confirmation: Confirmation & Commitment

Please remember to complete a **registration form**. Click on the link below.
Thank you so much!

Safe Sanctuary Forms:

[Registration Form](#)

[Event Permission Form](#)

THE GOLDEN RULE

BAHA'I FAITH
Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself
Baha'u'llah, Cleanings

HINDUISM
This is the sum of duty: do not do to others what would cause pain if done to you
Mahabharata 5:1517

BUDDHISM
Treat not others in ways that you yourself would find hurtful
Udana-Varga 5:18

CONFUCIANISM
One word which sums up the basis of all good conduct... loving kindness. Do not do to others what you do not want done to yourself
Confucius, Analects 15:23

ISLAM
Not one of you truly believes until you wish for others what you wish for yourself
The Prophet Muhammad, Hadith

TAOISM
Regard your neighbour's gain as your own gain, and your neighbour's loss as your own loss
T'ai Shang Kan Ying P'ien, 213-218

JUDAISM
What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary
Hillel, Talmud, Shabbat 31a

SIKHISM
I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all
Guru Granth Sahib, pg. 1299

JAINISM
One should treat all creatures in the world as one would like to be treated
Mahavira, Sutrakritanga

CHRISTIANITY
In everything, do to others as you would have them do to you; for this is the law and the prophets
Jesus, Matthew 7:12

ZOROASTRIANISM
Do not do unto others whatever is injurious to yourself
Shayast-na-Shayast 13:29

NATIVE SPIRITUALITY
We are as much alive as we keep the earth alive
Chief Dan George

UNITARIANISM
We affirm and promote respect for the interdependent web of all existence of which we are a part
Unitarian principle

SCARBORO MISSIONS
A Canadian Catholic community of priests and lay people
Designed by Kathy VanLoon
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Love God, Neighbor, Enemy

Week 1 Love Extravagantly Luke 6: 27-42

Week 2	Serve a Stranger	1 Kings 17:8-16
Week 3	Show Mercy	1 Samuel 24; Luke 23:32-43
Week 4	Wash Another's Feet	John 13:1-20
Week 5	Be Courageous	Acts 6:8 - 7:2, 51-60
Week 6	Live Peaceably	Romans 12:9-21

While our time together was short this past week, we had the opportunity to discuss Mercy through Trouble cards. We are taught that actions have consequences. But people do not always get what they deserve, including us. As we mature, we practice holding in tension the truths that God extends mercy when we make mistakes and God calls us to show mercy to others. It is probably easier to accept mercy when it is extended to us. It is much more difficult to embrace mercy that extends to someone who has caused harm. However, showing mercy is one way that we can exhibit the love of God in our lives.

Questions to consider with the following 'Trouble cards':

How bad is the offense?

What is an appropriate consequence for the offense?

How can you show mercy for the offense?

Examples: Stealing a candy bar Speeding while driving Lying to your parents Underage drinking Forgetting to do your homework Saying something mean to a classmate Dealing drugs

Intentionally tripping someone as they walk past you Secretly putting a laxative in someone's drink or food. Human trafficking

There is a broader conversation about crime, punishment, and justice. While actions have consequences, our love for others compels us to show mercy.

The Equal Justice Initiative

bit.ly/FMEquaJustice

How is your understanding of mercy enriched by those you meet in the video?

How are people from EJI trying to reform an unjust system?

How does this work show mercy in action?

<https://fetzer.org/resources/practice-remind-people-their-goodness>

The above link is a quick paragraph about the unique way in which the Babemba tribe of South Africa extends mercy and forgiveness.

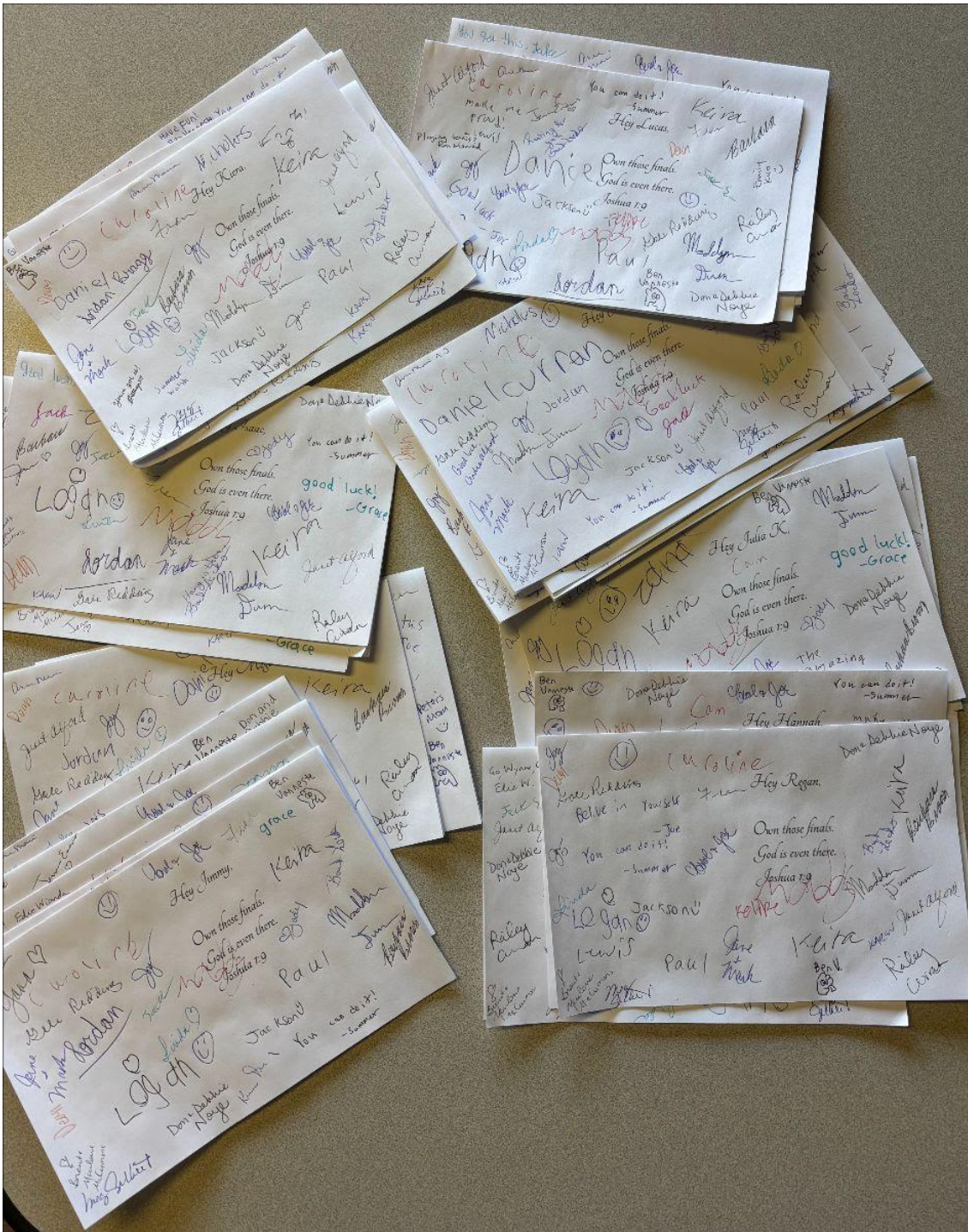
HOPE IS NOT BLIND OPTIMISM.

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



PIC•COLLAGE





Congregational care packages prepared with love and soon to be hand delivered.
He Lives.



PIC·COLLAGE



Then the King will say, 'I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.
~ Matthew 25:40

<https://michiganumc.org/advocacy-day-2025/>



LeAnn Seto sets an extravagant table with her imagery and a recent Ash Wednesday article in the Chelsea Update was no exception.

“Just like the hulls of ships which over time become encrusted with barnacles, we, too, unconsciously collect unhelpful beliefs about ourselves and the world which weigh us down. Human beings tend to attach to ways of seeing and being in the world more out of familiarity than wisdom.

These “barnacles” often contribute to our being anxious, depressed, irritable, and lacking in hope and vitality.”

My mind flashed to a photo I had seen on Facebook earlier that day. A barnacle encrusted whale had rested its rostrum on the side of a boat before three men. To be honest, it wasn’t appealing in the slightest, so I scrolled quickly by. Seaweed dangled

from a plethora of barnacles like oodles of chunky jewelry scored at a Floridian estate sale. Yeesh.

After reading LeAnn's article, I searched for that image once more to no avail. Cue the google search, multiples of benevolent human beings posing for the camera as they oh so tenderly and compassionately plucked the barnacles from whales. Why? Are barnacles harmful? Should humans even do that and what is our obsession with picking at other creatures because we deem something about them offensive to our sensibilities?

After a little research, barnacles are of no harm to the whale whatsoever. It's a commensalistic relationship, which means the barnacles benefit from attaching to the whales but there is no biological cost to the whale. It's who they are and what they do. What is harmful to the whales is the human interference. The skin of the whale is thin and unless the barnacle is dangling, you can cause injury. Unless the whale is injured or elderly, they are fully capable of exfoliating themselves by rolling on the ocean floor.

A whale doesn't need human interference to become good enough, to satisfy an individual human standard. They are innately predisposed for transformation. It requires far more than skimming the surface of their daily existence. Instead, an intentional deep dive and a willingness to 'exfoliate' occurs in order to reemerge a new creation.

In Confirmation, Ron asked this: What would you say if someone felt strongly about another person getting a tattoo because it says clearly in Leviticus 19:28 - *Do not put tattoo marks on yourselves. I am the Lord.*

If I'm honest, social media feels like one huge chapter of Leviticus. *If the offering is a sacrifice of well being (3:1)* Judgment, expectation, op ed, oh, a sunrise over someone's lake or field... isn't that lov... *These you shall regard as detestable among humans... I mean, birds (11:13)* rules, failure to follow the rules, *after the priest has examined him he shall pronounce him ceremonially unclean (13:3)* condemnation, more condemnation. Oh, and about those tattoos...

"One of them, an expert in the law, tested him with this question. Teacher, which is the greatest commandment in the Law?"

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself. All the Law and the Prophets

hang on these two commandments.”

~ Matthew 24:35-40

It's the season of sacred exfoliation and every single day I have to ask myself... just how deep am I willing to go?

“Categorizing other people as sinners is the easiest way to make yourself feel holy.”

Rachel Held Evans ‘Remembering Jesus’

<https://chelseaumc.org/event/lenten-daily-devotional/>

A Lenten Exploration of Anti Racist Values in Matthew, Mark, and Luke

<https://justiceunbound.org/queerlent/>

Ashes to Rainbows - A Queer Lenten Devotional

<https://www.umcdiscipleship.org/resources/family-lent-devotion-week-1>

Family Lent Devotion



International
**EARTH
DAY OF
ACTION**

April 26, 2025



Michigan Conference
The United Methodist Church

<https://michiganumc.org/care-for-our-fragile-home/>



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/>