

March 26, 2025

**Dear CONNECT Family,
Family Spiritual Practice**

Faith Talk:

This week, I offer you this practice from Rev. Cameron Trimble:

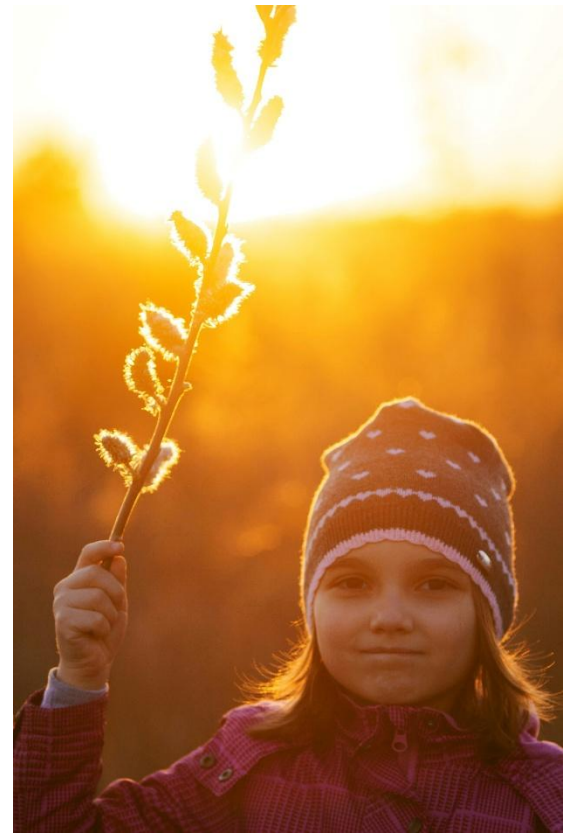
The Joy Pause

Once today, take a few minutes to pause whatever you are doing. Set down your phone. Step outside if you can. Breathe deeply and slowly. Then, simply look around.

What is beautiful here? What brings a smile? A leaf tumbling in the wind? A warm cup of tea in your hand? A memory that stirs delight? Let yourself savor it—not rush past it. Let joy settle into your body.

And if you can, share that joy. Tell someone what you noticed. Laughter is contagious. Beauty multiplies when it's named. Even in times of collapse, the joy we carry can become someone else's reminder that all is not lost.

In this way, joy becomes not only a gift—but a thread we offer to mend the world.



What I am reading/listening:

Picture Lent 2025 Reflection

Who Is My Neighbor? by Amy-Jill Levine, Sandy Eisenberg Sasso and Illustrated by Denise Turo

What I am watching:

The Reflections in Me

Does God Work All Things Together for the Good? with N.T. Wright and Kate Bowler

Quote, I've Been Thinking About...

"Our duty is not to see through one another, but to see one another through."

-Leonard Sweet in A Cup of Coffee

WHAT WE ARE WONDERING ABOUT

March Practice Theme: WALK HUMBLY

Walking humbly means drawing closer to God and intentionally living more and more into our identity as children of God. It is a balance between not belittling or discounting our gifts and uniqueness while understanding that we are human, just like everyone else.

Last Sunday:

Last Sunday, we reflected on the Parable of the Fig Tree in Worship - Luke 13:6-9 and focus during CONNECT, we wondered together about walking humbly with God which is also about walking humbly with one another. Children spend most of their growing up receiving help from others and often eagerly desire to do it themselves! We talked about what it means to recognize limitations and that accept help can be difficult for some children in this quest for independence. However, it is what walking humbly with others is about: being truly oneself, in times of both the ability to give and the need for help.



This Sunday:

This Sunday, we will be performing a skit based on the Parable of the Lost Sheep from Luke 15:1-7 during Worship. Jesus was known for befriending those who had been left out or overlooked. Some people didn't like this and complained that he was associating with the wrong crowd. In response, Jesus told them the story of a lost sheep, emphasizing that everyone belongs in God's family.



Coming Up

March 30

CONNECT - 9 AM

Be Quiet - Luke 24:13-35

April 06

NO CONNECT - 9AM

All Worship Together - Communion Sunday

Luke 19:1-10 - It's never too late to do the right thing

April 13

CONNECT - 9 AM

Palm Sunday/Passion Sunday

Luke 19:29-40 - Speaking up is as important as listening.

April 20

CONNECT - 9 AM

EASTER SUNDAY

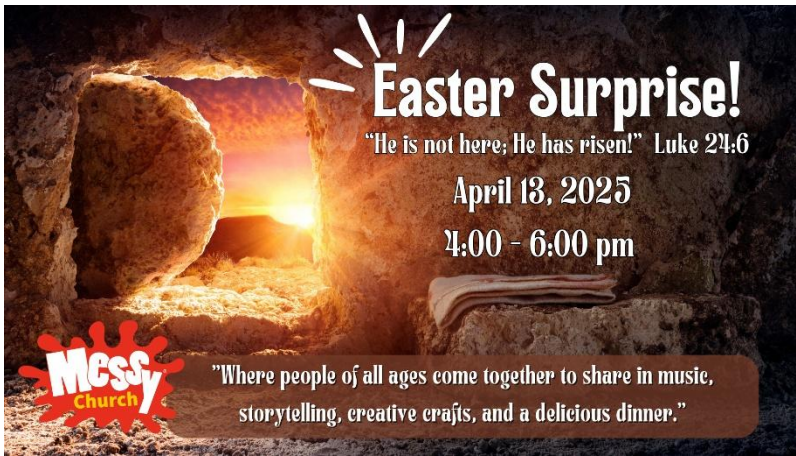
Luke 24:1-12 - God made all our feelings.

MARK YOUR CALENDAR

MESSY CHURCH



April 13, 2025



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:

4/1/2025: Birds and the Bees

4/8/2025: ABC's of Early Literacy

4/15/2025: Mathematics for Infants and Toddlers

4/22/2025: Screen Time for Young Children

4/29/2025: Positive Discipline

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:** Tuesdays, April 1, 8, 15, 22, 29
- **Class Times:** 11:30am-1:00pm 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=cu1qNISCBlg>

<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.