

April 23, 2025

Dear CONNECT Family,

***Family Spiritual Practice***

**Faith Talk:**

This week, I warmly invite you to take part in a deeply grounding spiritual practice created by **Rev. Cameron Trimble**, called *A Walk of Remembering*.

Rather than walking for exercise, this is a sacred walk—an opportunity to listen. Step outside and let the Earth be your sanctuary. Notice what is blooming, what is struggling. Breathe with the trees. Touch the soil if you can.

As you walk, carry this tender question in your heart:

**"What am I being invited to protect?"**

Whether you find yourself in a busy neighborhood or a quiet forest, let this walk remind you: you belong. The Earth is not separate from you—it lives in your breath, your body, your bones.

When you return, choose one small act of ecological care this week—something simple and tangible. Composting. Writing a letter. Supporting a local grower. Let it be a gesture of love.

And above all, rest in this sacred truth:

**You are not alone. You are part of the Earth loving herself to life.**

—Practice by Rev. Cameron Trimble, used with gratitude.

**What I am reading/listening:**

**Here: The Dot We Call Home** is a simple and enchanting book that invites children to see themselves as both descendants and ancestors, and caretakers of our beautiful planet.

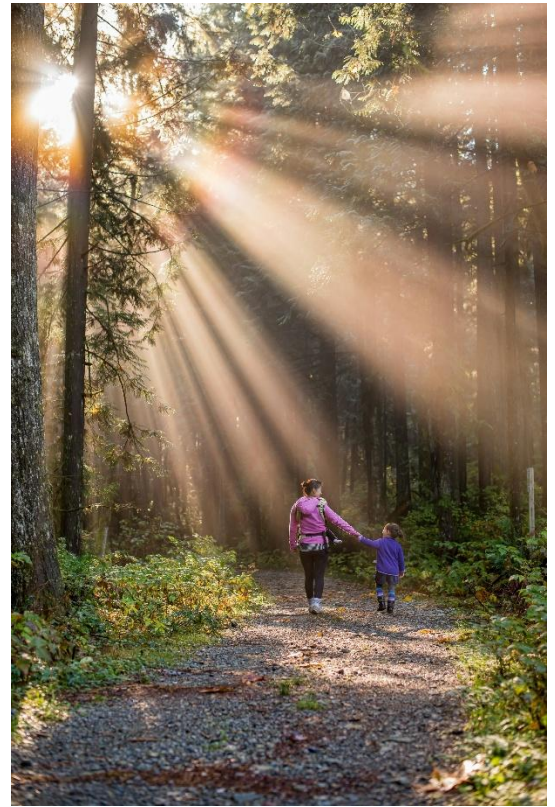
**Why Christians Should Care About Ecojustice**

**What I am watching:**

**Nature Is Speaking – Julia Roberts is Mother Nature**

**Mother Nature - Nature Documentary 2022**

**What a Wonderful World**



**Quote, I've Been Thinking About...**

***"Knowing that you love the earth changes you, activates you to defend and protect and celebrate. But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond."***

***-Robin Wall Kimmerer***

**WHAT WE ARE WONDERING ABOUT**

**Practice Theme: The Cup of Freedom**

**Easter is a time of "alleluias!" When death seems to have had the last word and rising up feels locked down, we call on the power of love and life. We take up Jesus' cup of freedom, we call on the name of the One Who Is Truly Sovereign, and we claim the freedom to move forward, to sing, to follow, to rise again, to love, heal, and be opened. In the end, we are filled with the freedom of the Spirit of God.**

**Last Sunday:**

**Last Sunday, we celebrated EASTER!!**

**When we look around at the tiny transformations and resurrections that happen within us and around us, we're reminded afresh that we can trust Jesus' resurrection. We see that all beautiful transformation into new life, from what we see in nature to what we experience within our souls, comes from Christ.**

**We wondered about the Easter story—a story that reminds us all that love is stronger than death, and that light will always find a way.**

**Children made some beautiful butterfly sun catchers. The butterfly reminds us of God's love—how something small and quiet can become something bright and beautiful. Just like Easter, it shows us that new life and hope are always possible.**



### **This Sunday:**

**This Sunday, we're starting a new worship series called *The Cup of Freedom*. While the grown-ups learn about it in the service, the children will also explore the story from the Bible—Acts 5:27–32.**

**It's a story about Jesus' friends who were very brave. Even when others told them to stop talking about Jesus, they kept sharing His love, because they trusted God with all their hearts.**

Sometimes doing the right thing isn't easy. The friends of Jesus, called the apostles, were told to stop talking about Him—but they didn't stop. Why? Because they trusted God more than anything else.

Even when they were scared, they remembered what Jesus did—how He died and rose again to bring us forgiveness and new life.

We can be brave like the apostles, too. We can tell others about God's love, even when it's hard. And just like the butterfly shows us how things can change, Jesus gives us the power to become strong, kind, and full of courage.

### **WONDER ROOM - CHILDREN'S LIBRARY & SPIRITUAL PRACTICE ROOM**

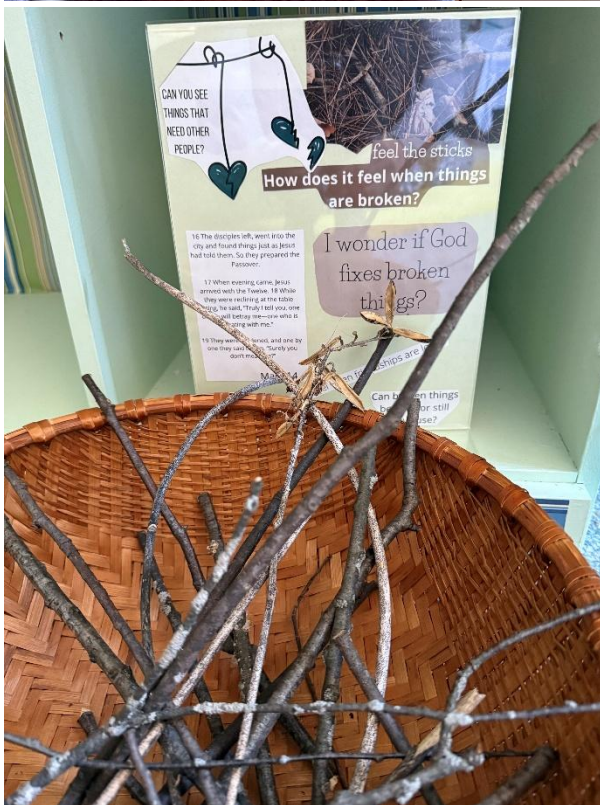
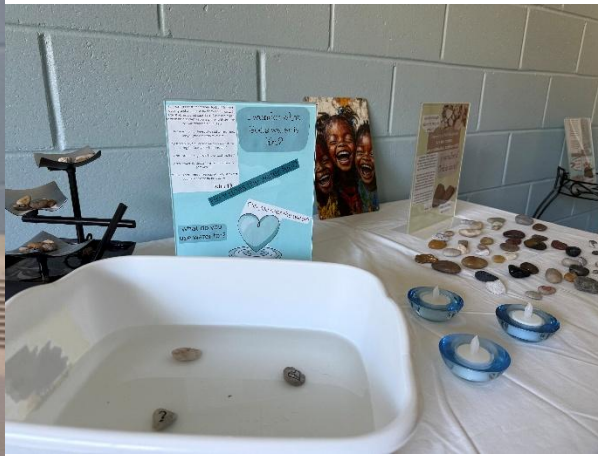
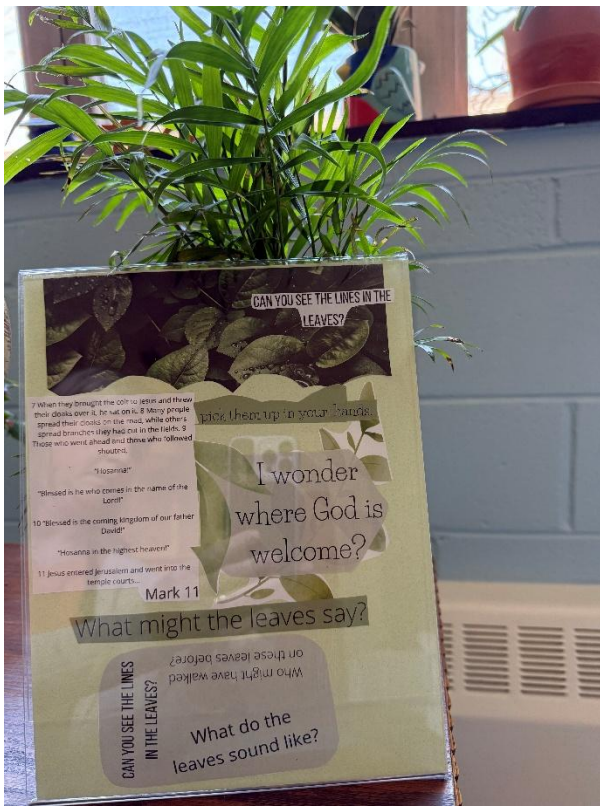
We're excited to share with you a special new space created just for our children—the **Wonder Room**, a Children's Library and Spiritual Practice Room. The children responded with awe and joy as they explored this new sacred space, filled with books to stir the imagination and prayer stations designed to help them connect with God in creative, hands-on ways.

The Wonder Room will remain open as a quiet and welcoming place for children to spend time—reading, reflecting, or experimenting with different ways to pray and practice their faith. Whether it's curling up with a story, lighting a candle, or creating something at one of the stations, our hope is that this space becomes a sanctuary for wonder, curiosity, and spiritual growth.

We've also set aside a small corner with **resources for parents**—books and materials to support you as you nurture faith at home, create meaningful rhythms, and walk alongside your children on their spiritual journey.

We can't wait for you to see it—and for your children to make it their own.





## Coming Up

April 27

**CONNECT - 9 AM**  
Freedom to Sing

**May 4**

**No CONNECT - 9 AM**

All Worship Together - Communion Sunday  
Freedom to Follow

**May 11**

**CONNECT - 9 AM**

Freedom to Rise Again

**May 18**

**CONNECT - 9 AM**

Freedom to Love

**May 25**

**CONNECT - 10 AM (One Service)**

Freedom to Heal

**MARK YOUR CALENDAR**

**MESSY CHURCH**

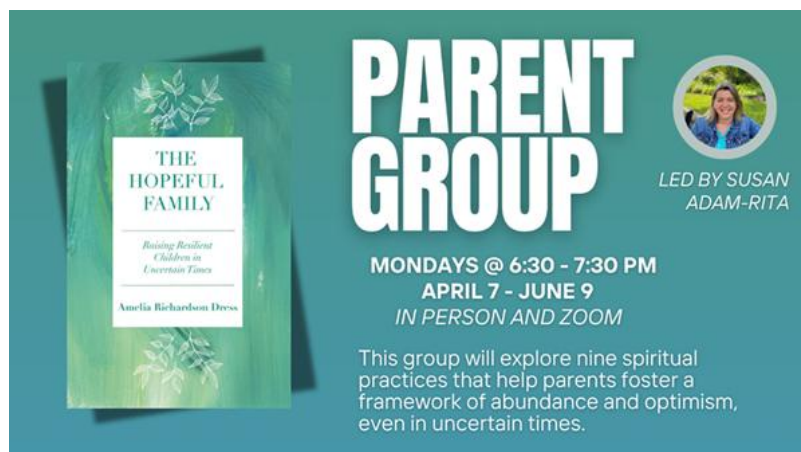


**May 11, 2025**



**PARENT/CAREGIVER GROUP**

**You are invited to joy us-anytime!**



### **Wonderful online classes**

**Michigan State University Extension**

**Child and Family Development Offerings**

#### **April and June 2025 Lunch and Learn Classes:**

- Friday, 4/18/25: RELAX: Alternative to Anger for Parents and Caregivers
- Friday, 6/20/25: The Birds and the Bees: Talking with Kids About Sex
- **Class Times:** 11:30AM-1:00PM
- **Registration:** [https://msu.zoom.us/webinar/register/WN\\_FWmqgzZ\\_R1e2CcHVvLK47A](https://msu.zoom.us/webinar/register/WN_FWmqgzZ_R1e2CcHVvLK47A)
- Attached are flyers and social media graphics for these workshops
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

### **The Parent Talk System**

Do you feel like the children in your care aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6-week series is for parents and caregivers of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available. **This class is eligible for MIRegistry Credit!**

- **Class dates:** Fridays, May 2, 9, 16, 23, 30, June 6
- **Class times:** 11:30am-1:00pm ET
- **Registration:** [https://msu.co1.qualtrics.com/jfe/form/SV\\_9ymsFvepoXP3cFw](https://msu.co1.qualtrics.com/jfe/form/SV_9ymsFvepoXP3cFw)

- Attached is a flyer and graphics for social media

For more information, contact Courtney Aldrich, [aldric82@msu.edu](mailto:aldric82@msu.edu)

**WATCH:**

**Online CONNECT Services:**

<https://www.youtube.com/watch?v=pl1mvhM7N7s>

<https://www.youtube.com/channel/UC-oDHg9zaImC42npYW0EvTA>

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.***



