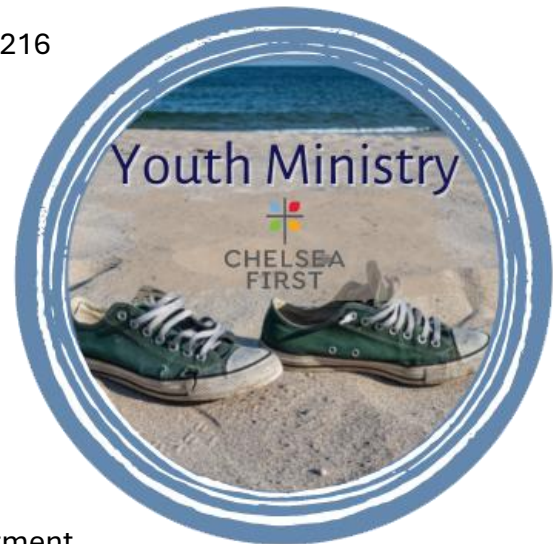


\*Sundays HS & Middle School 9:00 a.m. Room 216

Head to the sanctuary when you arrive. You'll be dismissed from there.

**Events:**

April 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
May 3	High Ropes



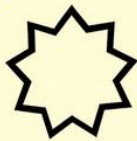
**Safe Sanctuary Forms:**

[Registration Form](#)

[Event Permission Form](#)

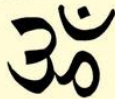
### BAHA'I FAITH

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, Gleanings*



### 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, Suttrakritanga*



### 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*



### 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*



# THE GOLDEN RULE

**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

Jesus washed everyone's feet in that Upper Room: those who would later betray and deny him, those who would run the other way and hide in fearful shame. He took on the posture of the servant, even amid the protestations of Peter, who was appalled at the thought of Jesus performing this lowly task.

Such love is an act of humility. Yet there is a paradoxical power in Jesus' witness. "Having loved his own who were in the world," John writes, "he loved them to the end" (13:1). The words drip with melancholy. The word "end" here (*telos*) can carry two possible meanings: end in the sense of conclusion, or end in the sense of goal or fulfillment. This is one of the last things Jesus does before his arrest, trial, and execution. And it also witnesses to the aim of his ministry: to show tangibly what radical love looks like. To borrow from the beloved hymn, how ill they know we are Christians?

They won't know we are Christians by our flag or by our friends. They won't know we are Christians by our incredible potlucks, or our doctrine, or our political party. They'll only know we are Christians by our love.

*Do the thing in the name of love that it makes us uncomfortable to do, to get our bodies involved, not just our theological convictions or our pocketbooks.*

MaryAnn McKibbin Dana

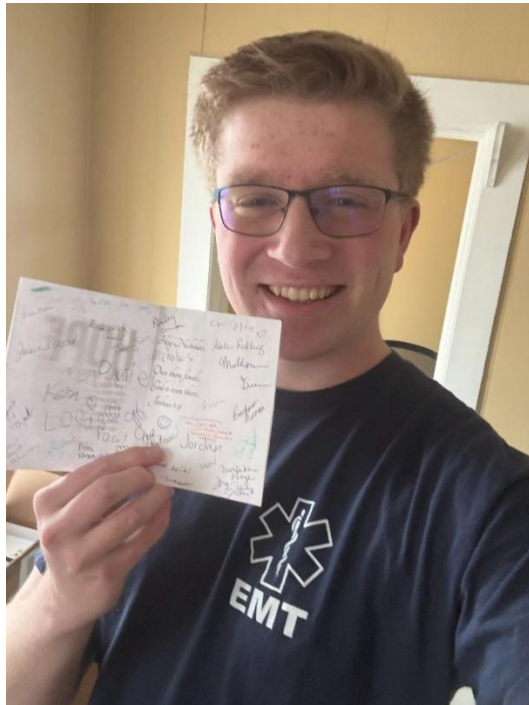


## Bible in a Minute

*Every chapter of the Bible, one minute at a time.*

Do you want to learn something new about the Bible? Be inspired to open the book and read it for yourself? Learn what it means to read the Bible through the lens of progressive and liberation theology? ***Then this is the project for you!***

Follow them on Instagram, TikTok, and YouTube to see each episode as it is released.  
<https://www.trcnyc.org/bibleinaminute/>





The thank you texts have been rolling in, some with pictures of what matters most in that envelope. Your signatures carry the fragrance of love and sit just right on the heart, especially as finals draw near.

"Thank you very much for the card!!! The support from home is amazing. It means the world." S.M.

Thank you for taking the time to sign each card. It's far more than ink on paper to them.





### **Confirmation Wrap Up - Prayer, Ritual, and Sacrament**

Our confirmation topic this week was prayer, ritual, and sacrament. After deciding that pretzels and nutella make a pretty good combination, we watched and discussed some film clips about prayer and shared some of the ways that prayer has been important in our lives. As a concrete illustration of the idea that prayer involves both speaking and listening, the confirmands then put on blindfolds and listened for directions to navigate their way across the room without bumping into anything. We are pleased to report that no confirmand was injured during this portion of the meeting.

We turned next to the idea of ritual in general. What are rituals and why are they important? What kinds of rituals have been important in our lives, and which ones leave us feeling disengaged? Pastor Joy followed up with a summary of the meaning and practice of baptism and communion in Christian faith, and more specifically in the United Methodist Church.

We closed with a brief presentation on the origins and central practices of Islam in preparation for our visit to the Muslim Unity Center this Saturday.

Ron Mourad





I remember standing against the wall alongside other nursing students during our rotation in the OR. Previously, I'd worked with a cadaver more than deserving of retirement, dissected frogs and cats, and witnessed a C-section that looked as though a hot air balloon was readying itself for flight; but on this particular day, as the doctor lifted a fallopian tube from the abdominal cavity, it draped over his instrument like the fattest juiciest earthworm I



had ever seen. My vision narrowed to childhood memories of being chased around the yard with those dirt laden wrigglers between the fingers of my tormentors.

Evidently a nurse had been closely monitoring our lineup because I was yanked me from the OR in record time and forced to drink a small dixie cup filled with orange juice and a packet of sugar added for good measure.

I share this because one of the kids at the island had the very same look on their face as we finished discussing John 13:1-17 and I placed a large copper bowl beneath a running faucet.

“We’re not going to wash feet, are we?!!!!!!”

That led to a rousing discussion of hammer toes (complete with the lifting of one finger over the other to make sure I understood what they were describing), big thick callouses, and other foot maladies that curl the conversational lips. Evidently, for some, dust coated feet are right up there with flecks of soil sticking to the juiciest of earthworms.

How might you have reacted if Jesus had knelt at *your* feet that night? JEEsus, ya’ll. I shared that I’d probably be like Peter. Love him, but so excited to prove how all in that I am that I’d miss the point entirely. Annnd, we’re back to sacred exfoliation.

Most at the island agreed that it would be pretty awkward if not downright toe curling uncomfortable.

We moved from biblical times to a video from 1969. While Lyndon Johnson had signed the Civil Rights Act in 1964, public pools remained segregated. In an episode filled with great intentionality, Mr. Rogers invited Officer Clemmons to dip his feet alongside him in the wading pool. In a simple but meaningful act, the two men broke a well known color barrier as molecules moist and indistinguishable washed over feet in equal measure.

One week earlier in Chelsea Michigan - all of Beach Middle School filled the sidewalks and crosswalks that led to the high school. They lined each side of the hallway and clapped as both the Chelsea and Dexter Unified basketball teams walked toward the gymnasium floor. Seated on the bleachers were high school and middle school students holding signs supporting both Dexter and Chelsea, and signs that spoke to friendship. While they were asked to quietly applaud so as not to overstimulate some of the students, the gymnasium filled with thunderous applause, fully present; inspired by the girl who stood from her wheelchair to take a shot; an athletically gifted boy who fed the ball to his teammates rather than feed his own ego. There was no trash talk, no mocking, no belittling between these typically vicious rivals. The kingdom of heaven was theirs for a moment in time and over a week later their faces softened in the retelling.

It was in that afterglow that we took turns washing each other's hands.

In John's account, *Jesus knew that the hour had come to leave this world. Having loved his own who were in the world, he loved them to the end.*

In his final days Jesus chose the profound lessons of love. Messy, 'kneel at your feet and get dirty' kind of love.

Jesus and his disciples, Mr. Rogers and Officer Clemmons, 12 and 13 year old hands immersed in a copper bowl; and through it all the thread that is water... cleansing the ego of shame and fear. Water that offers proximity and human intimacy; where barriers are removed, labels fall away, lines drawn dissolve... where, in humility the truest of power is realized and all that remains is love.

#I'msearchingforJesus

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

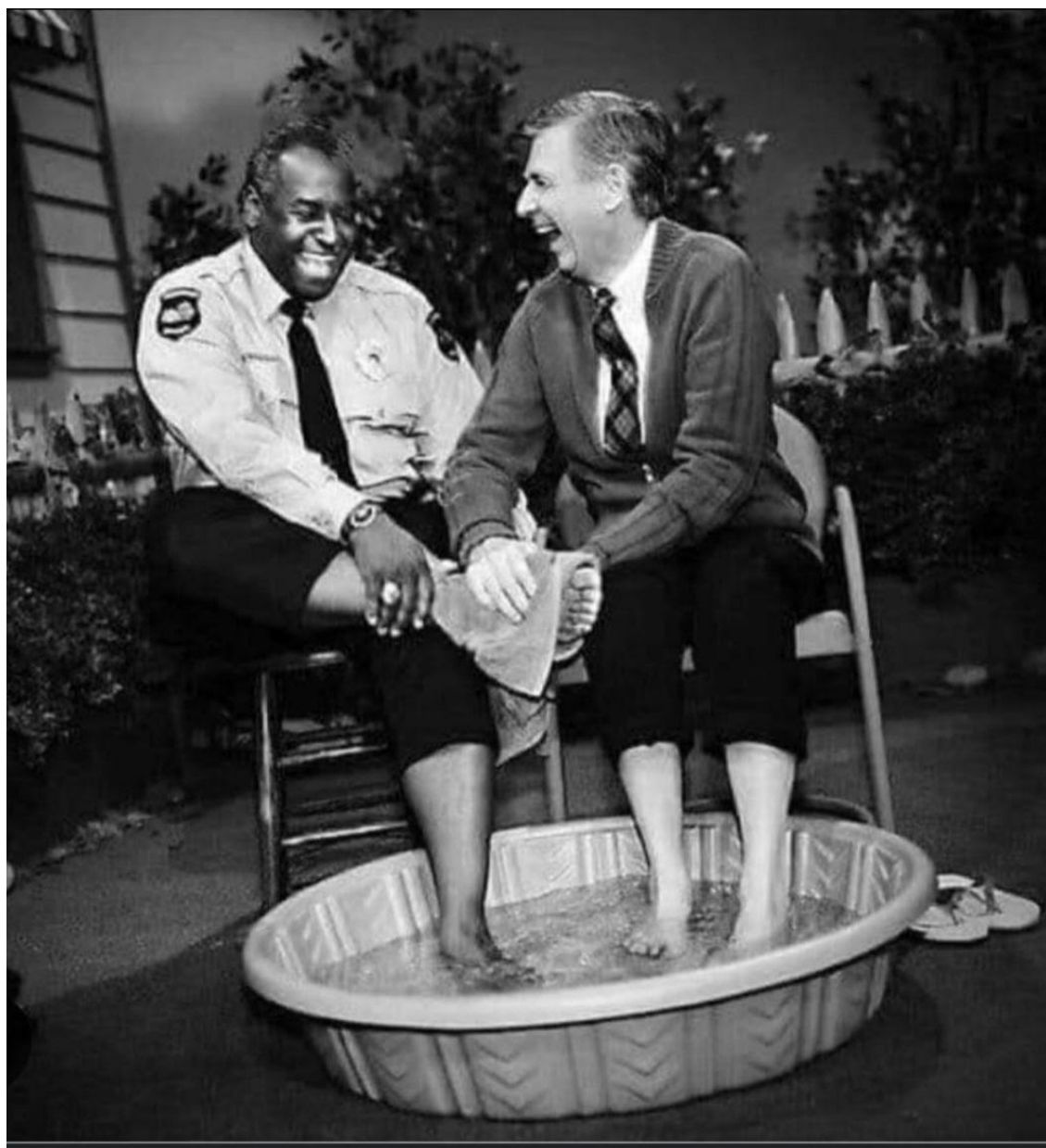
A Lenten Exploration of Anti Racist Values in Matthew, Mark, and Luke

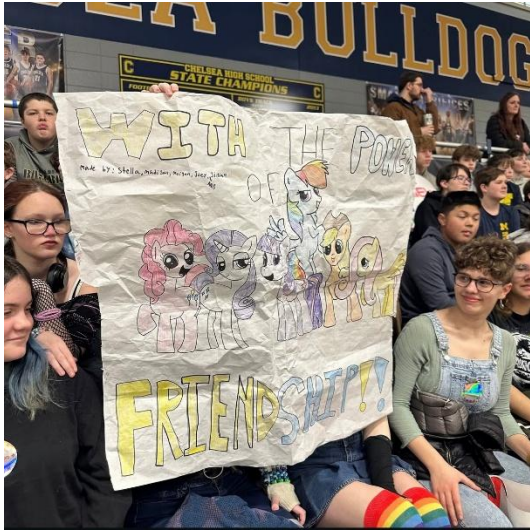
<https://justiceunbound.org/queerlent/>

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.

### **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/>