

District Youth Update

Cumbria Methodist District – October 2023

Hi,

This newsletter is to help support you in your role as some who works, volunteers or is passionate about Youth and Young People. Please let me know what you would like to be included as I am hoping that this newsletter, as well as other Youth and Young People Worker and Volunteers events, will grow. **You can email me at:** cumbriamethodistyouth@gmail.com.

Su Davis, District youth and young people's work coordinator

Resource Spotlight Shuffle



Shuffle is a set of 42 cards, each with a daily challenge designed for teenagers who are exploring the Christian faith. Covering a range of aspects of Christian life, the cards include challenges on the Bible, praying, social action and church. Young people are invited to play a new card every day for six weeks of experiencing faith in a new way. But if they pick a challenge they don't feel ready for today, just put it back in the pack and **Shuffle!**

Shuffle helps young people who are just started on a Christian journey and helps any Christian teenager think about what it means to put their faith into practice.

Behind the many different topics and types of activity on the cards is a carefully thought-through programme of discipleship. The cards develop personal disciplines like prayer and reading the Bible, but also challenge young people to put their beliefs into action in everyday life.

Please let me know if you would like to borrow a shuffle pack.

Save the Date 27th January 2024: The Freedom Challenge is coming to the District!

3Generate 2023

This year we are taking 17 Young People from across the district to 3Gen in Birmingham on 6th October. The Leaders are Andrew Sterling, Paul & Jo Rand, and me. We have Young People from 4 different Circuits going. Some have never been to event like 3Gen so this will be a great experience for them to context with other Young People from across the connexion.



We have some Young People wanting to get involved in the open mic events so watch this space for our talented young people. Please Pray for everyone to have a great time.

Training: YouthScape Essentials Course

All-round training for every volunteer youth leader

An exciting course to equip and strengthen anyone working with/ministering to young people in churches and community projects.



Youthscape Essentials - the 'taster' (session one)

Research has shown that children and young people really value conversations with adults and feeling connected with their wider church family. That's why, at Conference 2023, Methodists were encouraged to take a moment to talk to a young person in their faith community. For many adults talking to a teenager maybe a daunting prospect but don't worry as help is at hand!

Youthscape Essentials - the course

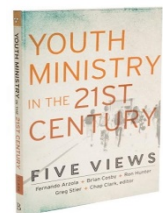
If you're wanting to grow your confidence and skills working with young people in churches and community projects then this programme is just what you're looking for. Youthscape Essentials offers an opportunity to spend time in community with other workers and volunteers, exploring together insights into the lives of young people, relevant skills and character development. It's a perfect course for anyone involved in or interested in developing ministry with young people (aged 11-18).

[Download a PDF course summary here.](#)

The material has been developed and piloted in a Methodist Circuit in partnership with Youthscape. If you have any questions about Youthscape Essentials training. Please contact me if you would like to participate as I have trained to lead it.

Book Club

I am looking at reading Youth Work in the 21st Century Five views yet it recommends reading and discussing with others. Please get in touch if you would like to read along with me and discuss the 5 different approaches of Youth Ministry that is set out in the book.



Youth and Young People's Work Zoom event: 12th October 11am



I am putting together a Coffee Morning on zoom for anyone in the district that is interested in or works with youth to come together share what's happening and a chance to pray together for the work that is happening across Cumbria. If you are interested in joining, please email me so that I can send you a link also please let me know if you are interested but this date and time doesn't suit. Prayer requests also welcome.