

District Youth Update

Cumbria Methodist District – January 2024

Hi,

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

Su Davis

Resource Spotlight: Prayer Band



The Youthscape Prayer Band is a fantastic new way to help young people develop the practice of daily prayer. It's a physical and practical reminder of six types of prayer with the simple challenge to complete the circle - and all six prayers - through each day.

The Prayer Band has five different coloured beads, and a small silver cross. Each marks an approach to prayer drawn from Christian tradition and Scripture.

Confession - is a prayer where we acknowledge and repent from our sins. Through these prayers of confession, we come clean with God about our mistakes and our need for God's grace and forgiveness.

Praise - is when we acknowledge who God is and what He has done. We are thankful for God's blessings in our lives and we recognise God's character and what it means for us as Christians.

Our world - Prayer isn't just for our own needs or the people closest to us. As Christians we pray for the planet and for people all over the world, especially those caught up in suffering, war, persecution and injustice.

Friends and family - We pray for those we share our lives with - at home, at school or college, in our church and community. We pray for those we love and care about, and we pray about any relationships that are difficult or painful.

Me - We pray for ourselves and our own needs. Not just the practical needs we have, but the decisions we have to make, the ways we want to change and grow, and the kind of person we want to become. Sometimes we simply tell God how we feel, knowing he will understand.

Listening to God - Prayer is two-way communication so it means we also stop to listen to God. He speaks in different ways to us - through the Bible, through others or simply in our own hearts and minds. Prayer isn't complete without space for God to speak.

Sometimes it's hard for young people to find the words to pray - which is why The Prayer Band comes with a fold out resource with eighteen prayers to get them started, together with some inspiration from great Christian writers about the power of prayer.

The Prayer Band comes in two colours - black and clear. It's discreet enough to wear every day, but is also a neat way of starting conversations with friends about your faith.

Congratulations Bea!

Bea Hulme from Penrith Methodist Church has been elected to be the Methodist Youth President in 2024/25. We look forward to all the insights and energy she will bring to the role. We are sure you will make Cumbria proud Bea! A longer article can be found on the Methodist website (or [click here](#)).

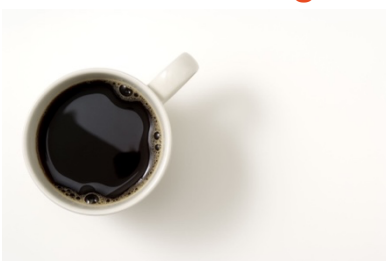


District Youth Event: Freedom Challenge 27th January 3pm at Penrith Methodist Church.



The Freedom Challenge is an engaging escape room-style adventure for young people, exploring the urgent challenge to combat modern-day slavery across the world. We would love to see lots of young people there from across the district. If you have any Young People that want to attend please email me: cumbriamethodistyouth@gmail.com

Youth and Young People's Work Zoom event: 12th March at 2pm



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.