

News

The **Methodist Church**
Coventry and Nuneaton Circuit



Hi, we are the Youth Pastors in the Coventry and Nuneaton Methodist Circuit, Pastor Ady White and Pastor Ruda Mvundura. Welcome to the newsletter where you can find out what has been going on, what is happening, and coming up in the circuit and further away.



Get To know us

We would like you to get to know us as Youth Pastors and Other leaders throughout the Circuit better so our idea is to write a small section about us in each edition of the newsletter. This time we are starting off with Ady White one of the Youth Pastors of the Circuit



Hi, I have now been part of the Coventry and Nuneaton Circuit for just over a year now. Most of you would have met me either in person or online with youth services or other opportunities such as Youth Alpha and welcome service.

So I have recently had my graduation that was delayed from last Year and I have just graduated with a 2:1 in BA Honours Youth Community and Practical theology with a Youth work JNC qualification as well.

We are also excited to have heard that Amplify is being planned for 11th-13th March 2022 at the Pioneer Centre, so watch out for more details about booking on to that weekend, which is being organised for the Birmingham District and Wolverhampton and Shrewsbury District!

We hope that you have all had a good start to this year and had a great half term.

As we approach Christmas, we now start looking at our own journeys like Mary and Joseph did and see where we were a year ago and how much things have changed. We move towards the Birth of Jesus and the start of new things. It would be great if coming into next year we can see new things in our own lives and our own faith journeys as we move forward into this next year and out of COVID times.

We have had many barriers and setbacks as well as may have lost people close to us. It would be good to reflect on these and put them at the foot of the cross and remember all the good things that have happened and are to come.

ECO CHURCH
AN A ROCHA UK PROJECT



If any of you are interested in how we can look after the planet and about climate change and want the opportunity to have a voice with how the church is looking into this. Then Contact the Youth Pastors and see how you can get involved.

On the next page there is a prayer activity which you could do yourself and think about how we can help the planet. Whilst also look at reducing our plastic waste.



Methodist Children & Youth Assembly

3Generate App

Available on both Android and Apple, search for 3Generate

Fridays@5:17

Have a look on the app to and learn about pray at 5:17. This is an opportunity to pray with others across the District and beyond all at the same time.

[3Gen App | Time with God - Fridays@5:17 \(methodist.org.uk\)](#)

HEAD STRONG

Headstrong is a new online space aimed exclusively at young people with a focus on promoting positive mental wellbeing.

Great if you want new challenges and ways of dealing with issues such as anxiety and stress. Reading other people's stories and their faith.

www.beheadstrong.uk

Things to think about for good Wellbeing

Movement: Whilst at home make specific times of the day to get out for a walk, run or jog. This will get some exercise in so you can start and finish your day well.

Light: As we are in Lockdown it is important for us to go outside and get natural light as it helps with our Wellbeing

Food: Make good decisions with food and set regular breaks and times to eat together with others.

Connection: Connect with friends via technology, we are social people so connect with others and meet with others when it is safe to do so.

Sleep: Set yourself a bedtime so you get good sleep in without distraction of technology.

COVENTRY AND NUNEATON CIRCUIT
METHODIST CHURCH



YOUTH SERVICE & CHRISTMAS CELEBRATION

VENUE: BEDWORTH METHODIST

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**ALL Young People are invited
to worship and fellowship**

SUNDAY 5 DECEMBER @3PM-5PM

**THEME: FAITH IN THE KING AND CHRISTMAS
CELEBRATION**

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Recently we were able to take 18 of our Young People to 3Generate, the Annual Methodist Connexional residential for young people aged 8-23years, which was also opened up this year to ages 4 to 7years for a day event.

There were mixed reactions to the weekend as some of the older age group felt they could have been engaged a bit more, but some of our young people enjoyed camping in tents for the first time & some enjoyed the interactions and connections that they made with other young people from all over the country.

Those who attended were able to participate in different activities such as dodge ball, basketball, playing drums, listening, and dancing to music by DJ Genesis, silent disco, therapy dogs, worship services, social justice talks, poetry, talent show, just to name a few.



Get in Touch



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<https://www.instagram.com/covnunyouth/>



www.covnunmethodist.org.uk