

# 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.



Sutton Park Methodist Circuit

### GET TOGETHER

With the Coventry & Nuneaton Circuit

## Sunday 8th August

### 2:30pm-5pm

For young people aged 8+

Stockland Green Methodist Church,  
Slade Rd, Erdington, Birmingham, B23 7JH

Please wear **SPORTSWEAR**  
and bring a drink!



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It is now the end of July, and we are now starting our Summer Holidays. We hope that you really enjoy wherever you go. Whether you are staying at home or going away, remember that God is with you at every stage.

As you go for walks remember your own journey so far this year and look forward to new adventures as you follow the path and are guided.

We hope that you have a great Summer and that you keep yourselves safe. There are lots of things happening over the summer and you can read about them here.

From Ady and Ruda

# 3GENERATE

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](http://methodist.org.uk)

**YOUTH**

**MUSIC GROUP**

MUSIC | PRAISE |  
WORSHIP

SIGN UP IF YOU WISH TO BE  
PART OF THE MUSIC GROUP: SINGERS,  
DANCERS, INSTRUMENTALISTS

# 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](http://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.



Enjoy Drama? We are looking forward to starting a Drama group in the Circuit. If you would like to be involved then please get in touch with us either direct if over 18 or via your Parents/Carers to register your interest. We will then contact you further when this is ready to start.

[Ady.white@covnunmethodist.org.uk](mailto:Ady.white@covnunmethodist.org.uk)

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## 3GENERATE 2021 IS GO!

FIND OUT MORE:  
[www.3Generate.org.uk](http://www.3Generate.org.uk)

**3GENERATE** 2021  
Methodist Children & Youth Assembly

Tickets are [now available](#) for 3Generate, the children and youth assembly, that takes place at the NEC Birmingham from Friday 29th – Sunday 31st October 2021.



Have Questions ?  
Life: Is this it?  
Jesus: Who is he?  
Faith: How can I have faith?  
and many more .....



**IF THOSE ARE SOME OF THE QUESTIONS THAT YOU HAVE, THEN COME AND FIND OUT MORE WITH US AND ASK THOSE QUESTIONS AND MORE...**

Youth Alpha, online and in person to find out more contact our Youth Pastors:  
Ady White: [ady.white@covnunmethodist.org.uk](mailto:ady.white@covnunmethodist.org.uk)  
Ruda Muvundra: [Ruda.Mvundura@covnunmethodist.org.uk](mailto:Ruda.Mvundura@covnunmethodist.org.uk)

We had a Youth Alpha taster session where we went through the first Youth Alpha session. Some great feedback and discussions had by those that attended. There is still time to sign up for Youth Alpha to start very soon. Speak to your Youth Leader in the church and they will give you more information.

# Get in Touch



[www.facebook.com/YouthConnexionCoventryNuneaton/](http://www.facebook.com/YouthConnexionCoventryNuneaton/)



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



[www.covnunmethodist.org.uk](http://www.covnunmethodist.org.uk)



On Sunday 13<sup>th</sup> of June, a Youth Get Together between the Coventry and Nuneaton Circuit and the Sutton Park Circuit was organised. The Theme was Identity in Christ, and the meeting took place at Central Hall in Coventry. During the time spent, a programme was followed causing the 11-18year olds to consider the way in which they saw themselves in comparison to the way God viewed them. Although inside, the event was quite active due to the requirement to move to different stations. These stations allowed the theme to be explored through a variety of formats. After the stations there was a singing performance by three young people and a talk relating to the theme especially in relation to decision making

Station 1 involved writing inside or outside the shape of a person in order to compare how people felt about themselves and how they perceived God regarded them as being. Fingerprint magnets were created at Station 2 representing how unique each person's relationship with God is as well as conveying how that relationship is a fundamental part of each Christian's identity. The 3<sup>rd</sup> Station involved the production of origami hearts. Everyone produced their own and the creations were subsequently attached to pieces of paper using blue-tack so that others could write positive messages about the person around the heart. At Station 4, the young people were given the opportunity to write down any behavioural faults anonymously on a long sheet of paper, which after the meeting would be disposed of responsibly. This symbolised how God completely forgives us for our sins as if forgetting they ever occurred. It also showed the way in which a Christian identity results in the need to become free from the unhealthy guilt and temptations generated by sin. Debates and group talking sessions occurred at Station 5. At the station people were able to speak about their positive attributes, analyse how they had developed over the last 3years and debate about a number of issues with the aim of understanding the points of view of others.

I personally enjoyed the event. It allowed for the meeting of people I would never have got to know without it and led to a greater understanding of what it means to have an identity in Christ. I would like to thank all those who made it possible for the occasion to take place and hope more gatherings will happen in future.

**By Akanimo 16years old**