

Youth Council



On March 11th and 12th 17 youth and 3 adults came together at All Saints' Cathedral for our first diocesan event. The youth council planned the whole weekend including choosing the theme: *Stress - and how to deal with it*. In addition to games and icebreakers the youth council also led a discussion on Friday evening identifying areas of stress that our young people encounter in their daily lives. We concluded the evening with compline before the youth engaged in a rip roarin' game of Sardines. While Friday was spent identifying areas of stress, Saturday was spent offering ways to deal with it. The youth council led yoga/stretching, we made zen gardens and stress balls, participated in a guided meditation and brainstormed other healthy ways to cope with stress.



Making zen gardens



Working in small groups to present skits on stress.

So now what? Well, we would like to continue...offering events...for our youth! Our hope is to present a spring and fall conference - one for just senior highers (9th-12th grades) and one for our junior and senior highers (6th - 12th grades). In addition, we would like to attend the Diocesan Convention and increase the youth's profile there. And we are hoping for your help! If you have young people that would like to serve on youth council please put them in touch with Rev. Liz Tester. Spaces are limited and youth are not guaranteed a spot on council - however, all are welcome to attend our events! And that is perhaps our biggest need: please spread the word about this new ministry! We are hoping to reach all our Jr. and Sr. high youth over the next year.

We are planning our next event for Fall, 2016 so please keep your eyes peeled for more details to come.

Here's to our youth!
Rev. Liz Tester

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