



Dear parents,

Welcome back to youth group! We have so many exciting things coming this year. Please note the Fall schedule and the dates. You will notice that we take one week off a month (typically) from youth group nights. Most of those weeks I will still be working during the days. This is to allow some wiggle room for different events, as well as to allow myself some time to reset so I can best serve your children. Thank you for your understanding of this change! Please note, it is not always the same week of the month.

Next, please fill out the highlighted Permission Form and the Youth Group Information Sheet. These are for me to keep so that in case of emergency, I have all the information we need. Most importantly is **TWO** emergency contact phone numbers. This is imperative in case the first call is not answered. You'll notice there is a place to put the Youth's number and email too, this is just for them to be added to the Flocknote texting/emailing system I use. At no point does it allow the youth and I to communicate one on one. You do not need to put their information down, but if they would like to receive those updates, that's an option.

Lastly, I am so excited to share about our theme for the year. Drum roll please... Our theme is ROOTED! Ironically you may recognize that as part of our Youth Ministry name, Risen and Rooted RCYM. You are correct, we will be breaking that down in a few ways this year. See below for our brief outline for youth group this year:

Rooted. Colossians 2:6-7

- Fall-Rooted in God's word & Spiritual Habits. Identity & Foundation.
- Late fall- Managing stress & anxiety, Mental health, faith through chaos.
- Winter- Healthy relationships, friendships, & boundaries, proverbs, peer pressure.
- Spring- Doubt, faith, authenticity, overcoming obstacles and spiritual authenticity.
- Summer- Mission, purpose, and calling, stepping out of comfort zone.

Please note, all discussed will be appropriate for the age group, whether middle or high school. You will notice that in late fall we will be discussing mental health. This can be an intense topic, especially for the younger ones. It is surrounding them a lot these days, so I hope to address these in age appropriate ways that also acknowledges the church and how God can be a refuge in times of chaos. Please reach out with any questions and concerns about any of this!

Another important thing is that I am trying to avoid overuse of my cell phone for work. With that being said, please email me before texting if you have questions, concerns, rsvp's. This will really help me as I continue to work on detaching from my cell phone. Of course if it is an emergency, or is time sensitive, it would make sense to call or text, please do!

Thank you for taking time to read through this! Know of my prayers! I am so excited for what God has in store for this year, come Holy Spirit!!

God bless you,

Sarah Beaver

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