



Youth Mission Study

Albion College

July 8-11, 2020

Michigan Conference UM Youth Groups (up to 5 youth members & their leader) are invited to participate in faith forming & experiential learning at Mission u 2020. The cost is \$150 for each person (includes 3 nights lodging & 7 meals).

2020 Youth Study Theme:

“Walking with Jesus in Anxious Times: Managing Anxiety”

The purpose of this study is to understand how anxiety shows up in the lives of youth and to enable them to experience God through spiritual practices so they are effective followers of Christ in their areas of influence. The authors of the study books are Dr. Trudy Corry Rankin and Dr. Faye Wilson. Asti White will lead the youth study and special activities. The time will be filled with learning, spiritual growth, community service, & FUN!!!!

Asti Nicholas White is a Global Mission Fellow-US2 with the United Methodist General Board of Global Ministries, engaged in a two-year term of service with the Michigan Conference. He was commissioned in August 2018 & serving for 2 years with the Wesley Foundation of Kalamazoo. Asti serves in various capacities, some of which are the Director of Wesley Intentional Living Community & the Coordinator of Community Formation. He helps in teaching and facilitating different faith forming experiences, Bible studies, and small groups.



Mission u 2020 Youth Study Registration
July 8 – 11, 2020 Albion College
 (one form per youth/leader & check payable to Mission u)
 Deadline: June 30, 2020

Name: _____ Parent’s Name: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____ Cell #: _____

Home Church: _____ Youth Group Leader’s Name: _____

District: _____ Roommate Request: _____

Send to registrar: Beth Mitchell, 3813 Rockwood Dr, Kalamazoo MI 49004 (barmitch55@gmail.com)

Additional information: In the explorative spiritual growth study *Managing Anxiety*, authors Trudy Rankin and Faye Wilson educate youth on one very normal emotion with considerable power—anxiety—and offer tools and practices that give them the self-confidence to manage decisions, control their emotions, and mature into healthy young adults, using our Christian faith as a guide.

- Youth will gain an understanding of what anxiety is and how it is linked to various emotions young people may experience.
- Youth will gain an understanding of what anxiety looks like and how to address this challenging emotion.
- Youth will continue to explore situations where anxiety shows up as well as begin to understand what happens in the brain, what prompts the feeling of being out of control, and how the brain can be nurtured and retrained to be in control.
- Youth will understand how they can help themselves and help others during anxious times. Most importantly, they will embrace the support of the church and their commitment to Christ as a source of strength and inspiration.

By the end of the study, youth will understand how anxiety shows up in their lives and learn a variety of practical techniques to manage anxiety, including the Daily Energy Routine and the Emotional Freedom Technique, or tapping. They also will know how they can experience God's help and God's love through spiritual practices, such as reading the Bible and engaging in spoken and embodied prayer. This study also encourages youth, their leaders and mentors, and their families to access other church and community resources such as counseling and peer support.

Dr. Trudy Corry Rankin is a nurse & a counselor working to help patients with terminal illness work on their empowerment, self-care, personal development, & mental health issues. She worked as a representative of the Florida Conference in Latin America through Alfalit International, a grassroots literacy & community development organization. After the suicidal death of her 25 year-old cellist son, Dr. Rankin made education in mental health an even stronger call in her life & led her to publish the book, "Soul Notes of a Composition: Glimpses of Grief from Suicide". She has a doctorate degree in pastoral care & spirituality.

Dr. Faye Wilson served as a staff member with the General Board of Global Ministries working in the area of mission education for 21 years. Today she is the executive director of GeeFaye Associates, a music & education consulting firm. She has a bachelor's degree in religious studies, master's degrees in both theological studies & journalism, & a doctorate in adult education.