

# PROVINCIAL YOUTH NEWSLETTER

YOUNG PEOPLE IN THE SCOTTISH EPISCOPAL CHURCH



## Provincial Youth in Aberdeen

SEE PAGES 3-4



The Provincial Youth logo represents our connection. It has particular meaning for our young people in this time of separation.

This edition comes at an extraordinary time for us all. Read on for help supporting young people during the current crisis, plus good news about exciting Provincial Youth activities so far this year.

### IN THIS ISSUE

- Young people, mental health and COVID-19
- Glen 20 cancelled - support for delegates
- Youth Work Training for the SEI
- Provincial Youth Sleepover in Aberdeen
- News from Fife Cluster Youth Fellowship

# The Provincial Youth Week - and beyond...



## GLEN 20 CANCELLED

It is with great sadness that the decision has been made to cancel Glen 2020 because of COVID-19. The Provincial Youth Week has taken place every summer since 1996. Its absence this year will hit our delegates hard, especially those who were looking forward to their final year, culminating in their Glen Graduation Ceremony.

## SUPPORT FOR DELEGATES NOW

Potential delegates for Glen 20 have been contacted individually with details of support offered by the Glen leadership team, led by Camp Leader, Rev Tembu Rongong, and Delegate Welfare Co-ordinators, Ley-Anne Forsyth and Claire Benton-Evans. A key part of our support package is facilitating worship via Zoom on Saturday afternoons, in response to many requests from delegates. Details are on the PYC Facebook page and the [Provincial website](#). Our first worship gathering on Saturday 4 April was attended by 37 young people, leaders and the Primus!

## SUPPORT IN THE WEEK OF GLEN 20

We are exploring ways of connecting online with delegates at the beginning of August, particularly on Tuesday 4th which we know will be exam results day for many. We are actively seeking suggestions and requests from our young people.

## THINGS TO LOOK FORWARD TO

Young people have suddenly found their social lives and summer plans suspended, and they have the additional stress of school work and exam disruption. We have thought hard about what we can offer them once the current crisis is over:

- **The After Party:** We are planning a post-lockdown weekend of Glen-style fun, faith and feasting in Edinburgh, to include a Glen Leavers' Graduation ceremony. Date to be confirmed.
- **Glen 21:** Provisional dates 1-7 August 2021.
- **Leavers' Weekend Away:** a long weekend in the Highlands especially for the oldest house group. It will be an opportunity for them to spend time together and share something of what has made Glen so special. Date to be confirmed post-lockdown.

***Message to all our delegates and leaders -  
"Glen is about more than being in the same place for one  
week each summer: we remain connected to each other  
and God, no matter what"***



# 'Leap into Lent' Youth Sleepover

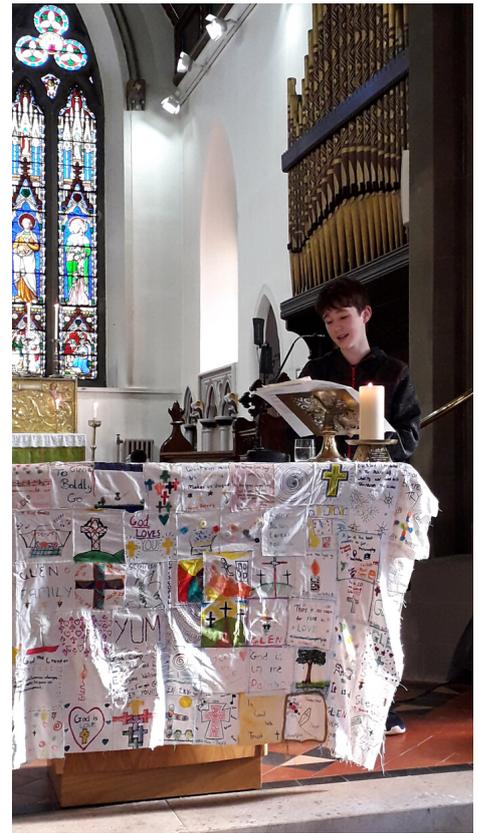
**HOSTED BY THE DIOCESE OF ABERDEEN AND ORKNEY AND ST JOHN THE EVANGELIST, ABERDEEN**

In February the Provincial Youth Committee met at St John the Evangelist's in Aberdeen. The meeting was followed by a popular sleepover event which was attended by young people and leaders from all over Scotland. There was the usual mix of singing, socialising and silly games, plus an opportunity to share good food and prepare worship together, since the PYC had been invited to lead Sunday's service at St John's. Thank you to Rev Jenny Holden and everyone at St John's for welcoming us so warmly! Thank you to Provincial youth leaders Matthew Haigh and Ley-Anne Forsyth, who organised this 'Leap into Lent', and to all the youth leaders who made this event possible. Getting delegates home safely in the teeth of Storm Dennis was a challenge, but together we managed it!



# Young people leading worship

It is always a privilege to be led in worship by young people. Their reflections on the Bible show how they are learning about their faith and what it means for their lives. One young person reflected on the early Church: "The original Christians were a small group, club even, who just met up, had a meal and talked about Jesus. I mean, as the Provincial Youth, that is kind of what we do now, but in those days, this wasn't the largest religion in the world: we were a minority group who were persecuted by others". Another young person reflected: "Being Christian means that you live life to the fullest and do things for others. It means that you search for God in every moment and never waste an opportunity to act and help. You take what you have been given, and use it for the good of all." Their reflections were movingly accompanied by the singing of All Of Me by John Legend, a secular song which they repurposed for worship.



The young people made a prayer tree, which they presented to the congregation of St John's as a gift from Provincial Youth. They also led the intercessions, which included the following prayers: "We pray for those who struggle with mental health issues, those who feel they cannot seek help or feel they can't speak about it. We pray for no judgment and that those who do seek help suffer no embarrassment." "We pray that world leaders can work together to tackle all issues such as conflict, disease and the climate crisis, and they can come up with a solution. We pray for those suffering injustices due to religion, ideals or beliefs, that they may be respected and treated fairly."

**“We pray for all the people infected with the coronavirus, for recovery and wellbeing, and support and love for those in crisis”**

Provincial Youth prayer

# Youth Work training for the Scottish Episcopal Institute

BY DAVID TODD

As part of our formation as ordinands and lay reader candidates, students at the SEI have had a number of different presentations at the Residential Weekends on different aspects of church life. At the last one we were delighted to meet Claire Benton-Evans, Provincial Youth Committee Enabler, along with Sam Harris and Caitlin Conway, representing that Committee, who spoke about youth work, principles and practice.



They spoke enthusiastically about 'Glen' which is clearly an inspirational gathering of young people not only in the summer holidays but in different churches throughout the year. It was really interesting also to hear examples of how young people operate in the weekly life of the church.

They spoke about different ways in which they are involved in worship and we were shown a 'Participation Ladder' which had at the top an example of good practice where 'young people lead and adults volunteer' e.g. young people plan and lead a worship event. Adults trust them to do this themselves and provide support and resources when asked. At the bottom was an example of poor practice (in terms of youth participation) where 'adults lead and young people are 'decoration'' e.g. young people are given a script written by adults to read as part of a church event attended by adults!

They gave us good advice in a clear and articulate manner. Caitlin advised us to avoid conversing with young people if the only thing we could do was ask them what they are going to do when they grow up! Sam was asked about Vestry membership, for which he is eligible, but suggested some of the reasons why young people might not want to serve. In my placement this year I have observed a youth group and marvelled at the ingenious games they play and imaginative ways of doing bible study. Whilst I think I could run such a group (never having done anything like it before), I know that I would need help in finding appropriate resources and advice on how best to use them. We learned that Claire and her Committee can provide all of that!



Caitlin representing Scottish Youth Climate Strike and Sam co-chairing the Cross-Party Group on Children and Young People.

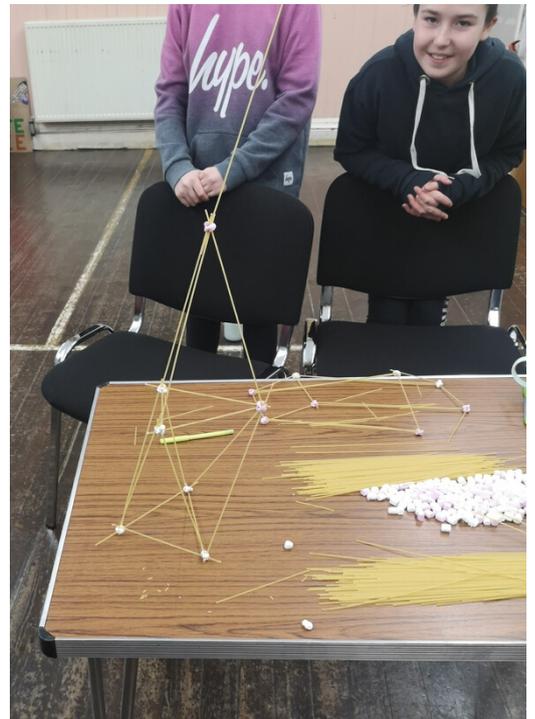
# Fife Cluster Youth Fellowship

BY RACHEL WALKER

To connect during the COVID chaos we are doing a post a day on our YF group Facebook page, from either myself or Rev Christine, to connect with delegates, alumni and their families. We are also producing a leaders' update of highlights from their day/week, and ideas delegates can chat to them about or try themselves during the traditional YF slot on Sunday evening. Earlier this year, we wrote a YF quiz for the congregation and friends of Holy Trinity Dunfermline, to raise funds for the church at a pancake party (*pictured*). This quiz will be used at St Peter's Kirkcaldy in a rearranged Fish and Chip Quiz.

The group is expanding rapidly: we have enjoyed playing Hide and Seek and Sardines in the dark in the church, board games, cards, computer games, team building, film and music nights, made our own pancakes and more. We are looking forward to our annual YF beach BBQ, our Fish and Chip Quiz, a Murder Mystery and visiting our local Amazon distribution centre when we can meet. Thanks from all at Fife Cluster YF!

God Bless,  
Rachel





## Coronavirus support

The Scottish Episcopal Church has published its guidance [here](#), which is informed by the latest Government and NHS advice. In addition, here are some resources for young people, which churches and parents can share...

### HELPFUL ONLINE RESOURCES

Check out YoungScot's clear, helpful COVID-19 information for children and young people [here](#).

## PROTECTING MENTAL HEALTH: AN ABC FROM THE PYC

**Avoid** hysteria: Limit time spent following coronavirus news on social media. Pick a couple of trusted sources of information and check them a couple of times a day, rather than constantly reading the latest speculations online.

**Breathe**: To help with stress and anxiety, take 15 minutes out of your day to relax and breathe. Try mindfulness apps such as Headspace. If you can get outside whilst maintaining social distance, even 15 minutes in a green or sunny spot can help reduce anxiety.

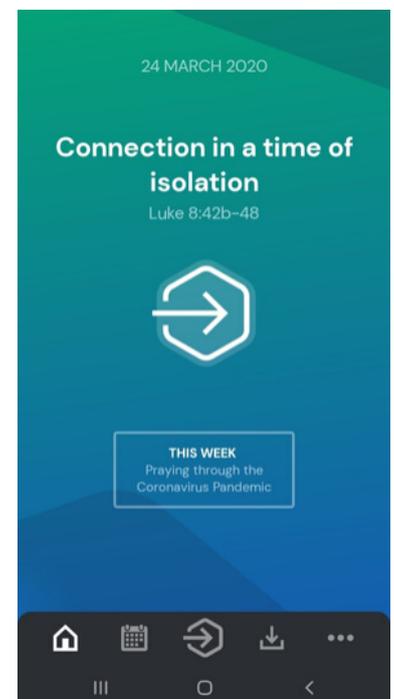
**Connect**: While we are socially distanced, it's important to stay connected. Talk on the phone or video chat with loved ones: you and your friends already know this, but this may be the perfect occasion for you to teach your grandparents how to video call from their tablets. Share music, play games, organise a Watch Party online... You are the experts at connecting virtually: this is your time to shine!

## PRAY

There are lots of resources that can help with prayer, such as [Lectio 365](#): a gentle, easy-to-use app that helps you be still and encounter God by praying with the Bible every day. Why not connect with others to pray together, either by joining a livestreamed service or gathering online with friends? Check the PYC Facebook page for details of online worship by and for young people.

## Stay in touch...

Do you have a contribution from your Diocese for the Summer newsletter? Please get in touch below. Follow Provincial Youth news on our Facebook page: [Scottish Episcopal Church - Provincial Youth Committee](#).



A screenshot from Lectio 365

This newsletter has been produced by the Provincial Youth Committee Enabler, Claire Benton-Evans. Contact: [ClaireBE@scotland.anglican.org](mailto:ClaireBE@scotland.anglican.org)