

WHAT'S NEW ONLINE?

Learn to forgive at fall workshop

Are you longing to release yourself more fully into God's love and God's blessings? One avenue to this is forgiveness.

But how do we forgive?

The Northeast Forum on Spirituality and Aging, part of the Upstate New York Synod of the Evangelical Lutheran Church in America, and Upper New York's Second Half of Life Ministries are co-sponsoring "Forgiving Ourselves, Others and God" a two-part workshop that begins on Sept. 23 at the Saratoga Springs United Methodist Church, 175 Fifth Ave.

The first part is a live workshop that runs from 1-4:30 p.m., providing participants with ways to forgive yourself, others, and God through stories, appreciative inquiry, and four "satisfaction skills": awareness, affirmations, assertiveness, and acceptance. Other strategies for discussion include how to deepen your prayers, reduce "stress blindness," and enhance your compassion to those whose gender, generation, or sexual orientation differs from yours.

The second part is a follow-up webinar from 1-2 p.m. on Oct. 30 that is an opportunity to share successes and stumbles in achieving your personal, congregational, and community goals.

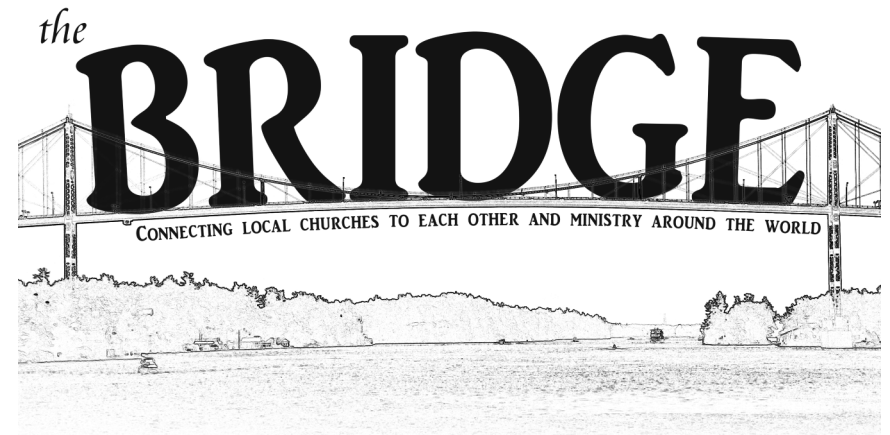
The program will be presented by the Rev. Ray Stees, Tom DeLoughry, and Kathy DeLoughry. Read more about the trio by downloading the event flier at www.tinyurl.com/ForgivingFlierSept23.

The \$10 fee for both events is payable at the door on Sept. 23. Pre-registration is required. Call (716) 909-9612 or go online to www.tinyurl.com/ForgivingSept23Reg to register and/or request information about hosting a similar workshop at your church.



The Bridge is a Conference Communications Ministry tool that delivers to local churches news and stories of ministry from around the Conference and the world.

www.unyumc.org



The Upper New York Conference's vision is to live the gospel of Jesus Christ and to be God's love with our neighbors in all places.

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Conference Council on Youth Ministries

Do Something: Disciple's Edition

See you at our upcoming fall events, where we will learn about being Christians who don't just listen to God's word, but who take action.

Mark your calendars for Fall Gathering East Nov. 13-14 at Schenectady First UMC and Fall Gathering West Nov. 20-21 at the Aldersgate UMC in Rochester.

The cost for either of these events is \$40 per person. This cost provides not just floor space for sleeping, and breakfast and lunch on Saturday, but also fantastic workshops, speakers, worship with live bands, time for fun

and fellowship, and praise of our risen Lord, Jesus Christ!

The specifics for each event are still being finalized, but you can be sure that all the CCYM teams will have great things to help us all encounter God and put into practice: *Do Something: Disciple's Edition*.

Join us at Fall Gathering East in Schenectady, where your masters of ceremony will be Matt Kirkham and Rachael John. Or join us at Fall Gathering West in Rochester with masters of ceremony Katie Allen and Elgin Scalzi.

One registration

Registration for the fall gatherings opens on Sept. 16. There will be one online registration for either event. Online registration is available at tinyurl.com/2015FallGatheringsReg.

What is *Do Something: Disciple's Edition*? Meredith Forbes, a member of CCYM from the Northern Flow District, says that "This means that you have to take action in doing something, like sharing the word or love of God with the knowledge or skills God has provided for you. This means doing something to be a disciple; do what Jesus would do, show compassion for others, care for everyone and love everyone, even people who don't know God yet. A disciple is someone who follows someone else for the gain of something,

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most of the time knowledge. Being a disciple of Jesus means to follow Him and His ways, this includes not only saying you are a Christian, but also showing it in your actions through everyday living."

FOR MORE INFORMATION ABOUT CCYM:



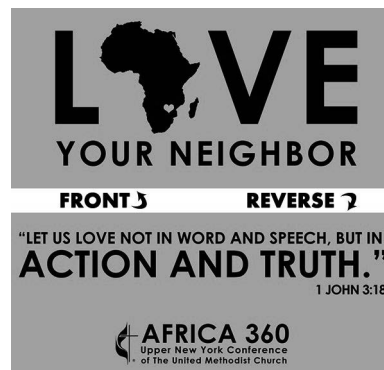
www.unyumc.org/ministries/ccym

How can I get an *Africa 360* sweatshirt?

The *Africa 360* Steering Team has been having fun and getting creative in the ways it spreads the word about *Africa 360*, the Upper New York Conference's holistic plan for health and education initiatives in Africa.

One example is a gold-colored, lightweight hooded sweatshirt that loudly proclaims how UNY is "changing lives and loving our neighbors through *Africa 360*."

For a donation of \$40 or more, an online portal will outfit you



with a sweatshirt (see the photo at the left for both the front and reverse designs), and for an extra \$5, it will be delivered directly to your home. If you do not opt for home shipping, please email Africa360@unyumc.org to arrange pickup at the Conference Office or at an upcoming District or Conference event.

How can I get one? By making a donation through the online portal at www.booster.com/Africa360. Please note, the portal is only open until Oct. 1. Sweatshirts will be delivered after the online store closes; allow for two weeks for delivery. An electronic donation receipt/confirmation will be sent to the email address provided during the donation process. The email will be sent from support@booster.com with your contribution amount.

The *Africa 360* Steering Team extends its thanks to UNY Conference Multimedia/Web Coordinator Ashley Riddell for adapting the United Methodist Volunteers-In-Mission Zimbabwe trip logo for *Africa 360*.