

My name is Elizabeth and I was the chapel intern for the summer of 2019. It was one of the most amazing and challenging experiences. I think the thing that I found to be the most difficult (but also one of the coolest parts of the job) was the lack of structure.

Greg and Adam will oversee you but for the most part, you're on your own. You make your schedule, form your ministry, and you will find what works and what doesn't. But the best piece of advice I can give you is to get organized at the beginning. There will be a learning curve as you get used to the YMCA, but if you keep a few main goals in mind and understand the purpose of your ministry you will do well!

That's why I wanted to write this handbook. When I first got here I had little direction or structure so I thought that you would benefit from hearing about my experience. You can take it or leave it, but I do hope that it sparks some ideas or at least serves as an encouragement to you. There is so much I could say, but the most important thing to tell you is that regardless of what you do, it is the Lord's work - it's His ministry.

Remember that both when you experience great success and when you are frustrated and it feels like nothing is happening. You are planting seeds and you may never know the results this side of eternity. Just be a faithful worker - He will always be faithful to you.

Elizabeth

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Culture at the YMCA

I'm sure that every year the culture at the YMCA changes as programs change, new staff comes in, and the Y evolves. This summer there were a lot of staff participating in summer-long programs (FOCUS, LT, and the Navigators). This definitely impacted the culture. The Y has Christian roots and definitely has a spiritual atmosphere but don't assume that everyone you meet will be Christian or even religious.

As soon as you say that you are the Chapel Intern most people will say something along the lines of "Oh, that's so cool! What do you do as the chapel intern?" Usually I would reply with "I do things like adventure ministry and worship hikes and then the other half of my job is coming up with programming for staff and forming my own ministry." But it can be a cool segway into a Spirit-led conversation where you get to tell them about Jesus, share your story, or even share the gospel. People are usually very open to hearing about your faith, even if they don't hold the same beliefs.

My biggest goal for this summer was to be attentive to the Spirit and not be governed by a schedule. You'll find that conversations will come up often if you are open to them, but don't be discouraged if they don't. For the first few weeks I really struggled to have a meaningful conversation with someone, not because I wasn't open to it but because I experienced a lot of closed-offness from others. One thing that I realized through that was I had to be willing to be vulnerable with others if I expected them to be vulnerable with me.

You will experience both - people who will share quickly and easily about their lives and people who do not want to go past surface level exchanges. Know that you may be making just as much of an impact in those surface level exchanges as on someone who unloads their life story on you. Smiling at others, greeting them, and just being friendly goes a really long way. Even if you never talk to them about Jesus they will see something in you.

And focus on that. Focus on the relationships and meeting as many people as you can. If you only meet them once, even if it's just sharing a lunch table with them, try to remember their name and greet them by name or strike up a conversation with them. In general, people are pretty friendly and will probably do the same for you. And don't be afraid to share about what you're doing with the chapel ministry because most people are interested in that and seem to be appreciative of you inviting them.

I felt in some ways I had an advantage as a Christian not part of FOCUS or LT. A lot of people have opinions about both programs and tend to be (it seems) more closed off to Christians in those groups. Those two groups have dominated the YMCA this summer, making up at least a quarter of the seasonal staff (it feels like much more). In addition, this year they housed most everyone in those groups in the same buildings, so LT has lived in Halletts, FOCUS has lived in Howard, and Hague is where everyone else lives. One of the most common questions is “Are you part of FOCUS or LT?” If someone is not they’ll probably say something along the lines of “Oh no, I’m just here.” Almost as though it was wrong to *just* be working at the Y. That’s a cool opportunity to be like, “Oh yeah, me too!”

And as much as it may be easy to get frustrated with the partner ministries because they are so large, often take up chapel space, and can create conflicts, it is important to support them. I have tried to attend both FOCUS and LT events. Especially living in Howard I have had the opportunity to talk to a lot of Catholic students about their faith (I am Protestant), and they really respect you being willing to hear them out and being open.

There has been an undercurrent of dislike between LT and FOCUS (in being Protestant and Catholic). Regardless of whether you are Protestant or Catholic it is important to try to make connections with both and create events that cater to both. We all serve the same God, after all. Unfortunately, the participants mostly just hang out within their group, but making an intentional effort to make connections in both groups goes a long way. And it will not necessarily be easy because you may feel as though you are on the outside, but just know that the relationships are worth it.

You will experience conflict between different belief systems. While I have been here I have talked to Catholics, Buddhists, Atheists, and Hindus. It is most important to just be willing to listen to what they believe and respond in a grace-filled way. People really want to be heard and are more willing to hear you out if they feel that you respect them and what they believe. And don’t go into it with a mindset of “Oh! I’m going to convert them.” Just engage them in conversation and see how the Holy Spirit works.

The relationships you build outside of those groups are important too. I had some really cool conversations with an atheist because I had heard that he was reading the Bible and sought him out to talk about what he had been reading. I have relationships with people who are known for doing things that others at the Y often judge them for. It is so important to treat those people just the same as others. Do not approach them from a

place of judgement, but rather, be a safe place. Those people are often acting out of brokenness or hurt and just need someone to talk to. Be that person.

There definitely is a drinking culture here as well as people who smoke or do drugs. The Y is pretty strict about it though and while I've been here they have fired multiple people who have violated their policies. As the Chapel Intern it can be pretty easy to be unaware of that subculture because you won't necessarily be the first person they invite. But again, just be responsible, representing Christ well, and love **everyone** well.

Ultimately, the culture is determined by the people and will be different year to year. Just do what you can to make the Y the best place it can be in conversations, programs, and relationships. It will seem like an overwhelming task because of the need, but just be diligent in your work and attentive to the Spirit. He will bless and multiply that. The weight of their eternities is not on your shoulders.

My Ministry

Obviously you will have responsibilities within the chapel department such as adventure ministry, staff meetings, worship hikes, and more, but you will have a lot of free time to create your own ministry. In the first few weeks especially you will have long hours to yourself where nothing is planned and it is up to you what you will do with them. In the beginning I spent a lot of time alone with the Lord and a lot of time talking to people. I would go to coffee shops, go on prayer hikes, do the labyrinth, or hang out in the admin building. And as far as making connections with others I would accept almost any invitation to do things and would stay in the dining hall for long periods of time at meals. I also made an effort to sit at different tables with people I didn't know. If you have a car it is also easier to make plans with others and will just make your ministry easier in general. If you don't have a car (I didn't), you learn to be creative.

In my ministry the main things that I focused on were:

- Relationship building
- My personal growth
- Connecting partner ministries
- Staff ministry events

Relationship Building

Make an intentional effort to get to know others, be friendly and inviting, and do a lot of initiating. Sometimes it may feel draining to be friendly when you don't feel like it and to constantly talk to new people. But that's why it is important to ground yourself in your time alone with the Lord. It was also super helpful to me to have a few people I could turn to for support.

And don't feel guilty for hanging out with Christians or people that are a support to you. If you are very evangelistically minded it can feel as though you're wasting time, but ultimately you are always doing ministry, even with those who already know the Lord. By loving them well and pouring into them you are being a support and pointing them to Christ. Plus, you cannot be everything to everyone and **you** need support too.

And if you're introverted, learn to push yourself outside your comfort zone and make connections but don't forget to fill yourself by spending time alone. It's all about balance.

My Personal Growth

As I said, at the start of the summer there was a lot of spare time in which I was able to just spend hours with the Lord. As the summer went on things got busier and I really missed all that time I had at the beginning. In the busyness be sure to still make time for your own relationship with the Lord. Ministry is draining and not only will you not be at your best when you don't fill yourself, but you will miss out on the growth that the Lord wants to give you.

Schedule time in your day that you will intentionally spend time with him. Go on a hike, go to a coffee shop, sit in the office, read a book, pray, journal a little. Here in the mountains I have experienced the presence of God in so many tangible ways and I have always regretted the days I did not make time for him.

Also, Greg and Adam will fully support you in this. They know the toll that ministry can take and just how important time with the Lord is. Never feel guilty for taking that time and getting paid for it.

If there are books that you want to read over the summer or you think would be good additions to Dannen Library, the chapel department can purchase them.

Some things that I think are essential to growth:

- Making goals for yourself and your ministry
- Reminding yourself of your purpose
- Spending time alone with the Lord
- Finding support in others (people that will challenge you too)
- Never being afraid to ask for help
- Pushing yourself outside your comfort zone
- A consistent prayer life

Connecting Partner Ministries

One of my big goals was to connect partner ministries as well as supporting them in whatever way was necessary. At the beginning of my summer I met with the director of FOCUS and the director of LT (the Navigators don't get here until much later) and I talked with them about their programs.

Here are the questions I had for them:

What is the purpose of LT/FOCUS?

What kind of programming do you have/What is the schedule?

How can I (as the chapel intern) be a support to your ministry and your students?

From there I created a Staff Ministry Calendar that had all of the ministry events (Chapel, FOCUS, and LT) and posted the calendar in all the Chapel buildings, RA office, and dorm buildings.

July 2019 < Today >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • LT Workshops (Vario... 9 PM 1 more...	Jul 1 • FOCUS Mass 6:30 AM • New Event 9 AM • FOCUS Mass 5:15 PM • Rise - Women's Grou... 6 PM 3 more...	2 • FOCUS Mass 6:30 AM • Worship Hike to Bible... 9 AM • FOCUS Mass 5:15 PM • Chapel Ministry Bible... 7 PM 1 more...	3 • FOCUS Mass 6:30 AM • Chapel Ministry Pra... 12 PM • FOCUS Mass 5:15 PM • Chapel Ministry Wom... 6 PM 1 more...	4 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • FOCUS Mass 5:15 PM 1 more...	5 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Friday Family Films (... 7 PM • FOCUS Speaker Nights 7 PM	6 • FOCUS USE (MAEST... 7 AM
7 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • FOCUS WEEKEND M... 6 PM 1 more...	8 • FOCUS Mass 6:30 AM • FOCUS USE (MAEST... 4 PM • FOCUS Mass 5:15 PM • Rise - Women's Grou... 6 PM 3 more...	9 • FOCUS Mass 6:30 AM • Worship Hike to Bible... 9 AM • Navigators Use (Mae... 1 PM • Chapel Ministry Bi... 1:30 PM 2 more...	10 • FOCUS Mass 6:30 AM • Navigators Use (Mae... 9 AM • Chapel Ministry Pra... 12 PM • FOCUS Mass 5:15 PM 3 more...	11 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • FOCUS Mass 5:15 PM 2 more...	12 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Friday Family Films (... 7 PM • FOCUS Speaker Nights 7 PM	13 • FOCUS USE (MAEST... 7 AM
14 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • SUNDAY CHURCH... 6:30 PM 2 more...	15 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Rise - Women's Grou... 6 PM • FOCUS Speaker Nights 7 PM 2 more...	16 • FOCUS Mass 6:30 AM • Worship Hike to Bible... 9 AM • Navigators Use (Mae... 1 PM • Chapel Ministry Bi... 1:30 PM 2 more...	17 • FOCUS Mass 6:30 AM • Navigators Use (Mae... 9 AM • Chapel Ministry Pra... 12 PM • FOCUS Mass 5:15 PM 2 more...	18 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • FOCUS Mass 5:15 PM 2 more...	19 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Friday Family Films (... 7 PM • FOCUS Speaker Nights 7 PM	20 • FOCUS USE (MAEST... 7 AM
21 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • FOCUS WEEKEND M... 6 PM 1 more...	22 • FOCUS Mass 6:30 AM • FOCUS USE (MAEST... 4 PM • FOCUS Mass 5:15 PM • Rise - Women's Grou... 6 PM 3 more...	23 • FOCUS Mass 6:30 AM • Worship Hike to Bible... 9 AM • Navigators Use (Mae... 1 PM • Chapel Ministry Bi... 1:30 PM 2 more...	24 • FOCUS Mass 6:30 AM • Navigators Use (Mae... 9 AM • Chapel Ministry Pra... 12 PM • FOCUS Mass 5:15 PM 2 more...	25 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • FOCUS Mass 5:15 PM 2 more...	26 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Friday Family Films (... 7 PM • FOCUS Speaker Nights 7 PM	27 • FOCUS USE (MAEST... 7 AM
28 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • FOCUS WEEKEND M... 6 PM	29 • FOCUS Mass 6:30 AM • FOCUS USE (MAEST... 4 PM • FOCUS Mass 5:15 PM • Rise - Women's Grou... 6 PM 3 more...	30 • FOCUS Mass 6:30 AM • Worship Hike to Bible... 9 AM • Navigators Use (Mae... 1 PM • Chapel Ministry Bi... 1:30 PM 2 more...	31 • FOCUS Mass 6:30 AM • Navigators Use (Mae... 9 AM • Chapel Ministry Pra... 12 PM • FOCUS Mass 5:15 PM 2 more...	Aug 1 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • FOCUS Mass 5:15 PM 2 more...	2 • FOCUS Mass 6:30 AM • FOCUS Mass 5:15 PM • Friday Family Films (... 7 PM • FOCUS Speaker Nights 7 PM	3 • FOCUS USE (MAEST... 7 AM
4 • FOCUS USE (MAEST... 7 AM • Worship in the Rock... 10 AM • Sunday School (... 11:30 AM • FOCUS WEEKEND M... 6 PM	5 • Rise - Women's Grou... 6 PM • GCM - LT+ 9 PM • GCM - LT PLUS 9 PM	6 • Worship Hike to Bible... 9 AM • Navigators Use (Mae... 1 PM • Chapel Ministry Bi... 1:30 PM • LT Session 9 PM	7 • GLOBAL LEADERSHIP SUMMIT 2019 (Chapel Ministry; AJohnson@ymcarockies.org; ext. 1... • Navigators Use (Mae... 9 AM • Chapel Ministry Pra... 12 PM • Chapel Ministry Wom... 6 PM 1 more...	8 • FOCUS Mass 6:30 AM • Chapel Ministry Bi... 1:30 PM • Mental Health Discus... 5 PM • VESPERS (Sarah Smi... 7 PM 1 more...	9 • Friday Family Films (... 7 PM	10

This is the July calendar

All I did to create this was transfer events from Google Calendar to iCal on my Mac and then printed it out from there. On each copy I wrote **YMCA Staff Ministry Calendar**.

In addition, I attended multiple FOCUS talks and events as well as LT sessions. The great thing about that is not only was I supporting them but I was getting fed spiritually and learning as well. LT had sessions on Tuesdays and Thursdays as well as specific talks on Monday nights called LT Plus. FOCUS had talks on a variety of nights and then adoration and mass most every day as well as most mornings.

Midway through July I started a staff worship night in an effort to join together not just the groups but the entire staff. I believe in the power of the Holy Spirit in worship and that even someone who doesn't know the Lord cannot come away from a time of passionate worship without being touched by the Spirit. I co-led these nights with a member of LT. He played guitar and sang and I played piano and sang. We held the event in Ponder Chapel at 9:30 PM on Wednesday nights. For promotion all we did was tell other staff members about it and put it in both FOCUS and LT group chats on a weekly basis. Had we started this earlier in the summer I think it would have been very beneficial.



My circumstances were unique because before accepting this position as the Chapel Intern, I had been planning to serve with ACMNP (A Christian Ministry in the National Parks). ACMNP is a ministry that sends college students into national parks to engage in relational ministry and host interdenominational worship services every Sunday in the park. Adam served with ACMNP and is a member

of the Ministry Support Committee. I was allowed to be part of ACMNP and clock in for the time I was participating. That meant that I did not go to most of the chapel services but helped out with services in the national park instead. This was a beneficial experience for me, because it was good practice in planning a service, worship leading, and speaking. But if you don't serve with ACMNP, Vespers would be a great opportunity to do the same thing.

Connecting partner ministries was a huge focus for my summer, but it can be very difficult. I would suggest brainstorming ways to do this at the beginning of the summer and getting a jump start on it.

Staff Ministry Events

I focused another large portion of my ministry on creating events for staff. I found this to be very successful.

Craft Events

The majority of my events were centered around making crafts. I found that it was a great time to have conversations with staff and could be very therapeutic and relaxing.

My first event was in partnership with the Craft and Design Center. I marketed it as “Crafts and Community,” a time to mingle with staff, make crafts, and eat snacks. Staff came and used their discount (the 20% staff discount) to make a craft and the chapel department provided food and drinks.

The biggest issue with the event was the lack of communication in the craft shop. Many of the workers did not even know that the event was going on and would misdirect people that came. I found that to be something I needed to look out for and consider as I had more events in partnership with the craft shop. In addition, after that event I offered free crafts to create more of an incentive to come. A few people came to this event but I found much greater success when I offered it without cost.



I also did a mug decorating event in partnership with the craft shop. The chapel department paid for all of the mugs and the event was open to all staff to come and go. I had ordered twenty four mugs but then eight of them didn't come in, so as people came the craft shop employees started a tab for us. I had asked Greg if he had a cutoff for the amount of mugs to be bought and he said he didn't. I asked the craft shop employees to keep me updated on the amount of mugs that were sold, but unfortunately they didn't and we ended up having around forty people make mugs. I was anxious that we had spent

too much on the mugs and was disappointed in myself even though it had been a very good event.

When I talked to Greg about it he was very gracious and said that was the cost of doing ministry. If forty staff had made mugs and had a good time we had done our jobs. That is something that you will find in all of the ministry that you do here - there is grace for

mistakes and it is a safe place to fail. But to avoid making the same mistake I did, be sure that you have everything figured out in advance and that if you offer something for free, be sure to have a limited amount of whatever you are offering and advertise it that way.



I also did a journal decorating event. This time I decided to just do it in Dannen Library because it eliminated the hassle and confusion of working with another department. This event had significantly less of a turnout than the mug decorating, but was still a success. I ordered twenty-four plain journals, fine point colored sharpies, black sharpies, and washi tape. We ended up having half the journals left after the first event so I did it a second time.

Bible Study

I hosted a women's Bible study every Wednesday night at 6 PM. We worked through the book, "Uninvited," by Lysa Terkeurst. I ended up having a pretty consistent group of women who came, some college age, middle age, and a senior.

Coffee Ministry

In mid-July I started a coffee ministry. I am twenty so I was not authorized to take the Y vehicles off property so we arranged to have one of the hot shots drive us every week into Estes. We chose a different



coffee shop every time and the chapel department paid for everyone's coffee. I would go and just hang out with whoever came. We would talk, play games, or walk around Estes. That was a really cool opportunity to get to meet people and talk with them. It was every Wednesday from 1:30 PM to 4 PM.

Ideas and Advice

My advice as far as events go is to find your niche and what works well and pursue that. It doesn't necessarily mean you have to do all craft events or all sporting events, but do what you're passionate about. For me, I love talking to people and I really love coffee shops, so Coffee Ministry was the perfect blend of my two loves.

One idea that I really would have liked to do is having a weekly staff worship hike, just doing the same thing that the chapel department normally does but making it specifically for staff. I wasn't able to do it because I couldn't find anyone with a guitar that was willing to come every week.

Another thing that some of my friends have done and seen amazing fruit from is doing worship nights in Performance Park in downtown Estes. That would be a great outlet to reach not just Y staff but people in Estes Park.

Sample Schedule

Having a schedule as the Chapel Intern is really important because without it you will have a lot of time you may not know what to do with. The only caution I would give you is to not be too tied to your schedule. This is a framework for how you will spend your time, but always be open to the leading of the Holy Spirit.

Sunday

ACMNP services 7:30 - 11:30

ACMNP Lunch Meeting 11:30 - 1:00

Discretionary time (I usually spent this with my ACMNP team members) 1:00 - 4:30

Dinner 4:30 - 5

ACMNP evening service 5 - 7:30

Monday

Staff Worship planning meeting 10 - 11

Chapel Staff meeting 11 - 12

Lunch 12 - 12:30

Crafting event/Discretionary time (I usually spent with the Lord, with a friend(s) from the Y, planning for another event, etc.) 1 - 4

Dinner 5 - 5:30

Adventure Ministry (Archery) 5:30 - 8

Tuesday

Worship Hike 8:30 - 11:30

Lunch 11:30 - 12:30

Discretionary time (I usually spent with the Lord, with a friend(s) from the Y, planning for another event, etc.) 12:30 - 5

Dinner 5 - 5:30

Adventure Ministry (climbing wall) 5:30 - 7:30

Wednesday

One on one Bible study 9:30 - 11:30

Chapel Ministry Prayer 12 - 12:30

Lunch 12:30 - 1:30

Coffee Ministry 1:30 - 4:30

Dinner 4:30 - 5:30

Women's Bible Study 6 - 8
Campfire Worship 8:30 - 9
Staff Worship Practice/Event 9 - 11

Thursday

Join LT project group for the day
Potentially Vespers 7 - 8

Promotion

Unfortunately there was no central line of communication where events could be promoted, so my main way of marketing events was by printing out flyers and word of mouth. I was also able to have Greg send the event flyers to the department directors to print out in their respective departments (not sure how effective this was). There are templates on the chapel desktop computer because all promotional flyers have to be brand compliant.

Here are sample flyers that I made:





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MUG DECORATING

Mootz Family Craft & Design Center

Come decorate a mug with fellow staff—COMPLETELY FREE! Each staff member will receive a mug and mug cake mix provided by the Chapel Department. This event will be come and go as you please but first come first serve, if the mugs run out the event will end early. Email elizabethdboock@gmail.com with any questions.

When you arrive, let the Craft Shop staff know that you are coming for this event and they will get your FREE mug for you!



WHEN: MONDAY, JULY 1ST & TUESDAY, JULY 2ND

TIME: 1 - 4 PM



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOURNAL DECORATING

**Come decorate a journal for
FREE!**

The Chapel Ministry will be providing journals to decorate. Come mingle with co-workers and get crafty! The journals and supplies (sharpies, washi tape) will be provided. This event is first come first serve, so when supplies run out the event will be over. Feel free to come at any time between 1 and 4. Contact elizabethdboock@gmail.com with any questions.



WHEN: Monday, July 15
TIME: 1 - 4 PM
Location: DANNEN LIBRARY
LOCATED BELOW PONDER CHAPEL AND RIGHT ACROSS
FROM HYDE CHAPEL

THE YACA



FOR YOUTH DEVELOPMENT •
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHAPEL MINISTRY BIBLE STUDY

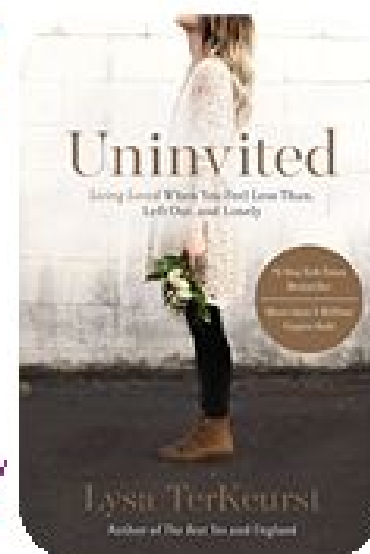
“UNINVITED”

“THE ENEMY WANTS US TO FEEL REJECTED... LEFT ALONE, LONELY, AND LESS THAN. WHEN WE ALLOW HIM TO SPEAK LIES THROUGH OUR REJECTION, HE PICKPOCKETS OUR PURPOSE, CRIPPLES OUR COURAGE, DISMANTLES OUR DREAMS, AND BLINDS US TO THE BEAUTY OF CHRIST’S POWERFUL LOVE.”

COME FIND COMMUNITY WITH WOMEN OF ALL AGES. JOIN US AS TOGETHER, WE DISCOVER OUR INNATE WORTH AND POTENTIAL AS CHOSEN DAUGHTERS OF A HEAVENLY FATHER AND KING.

WHO: Women of any age
WHEN: Wednesdays 6PM (starting June 12th)
WHERE: DANNEN LIBRARY
 (LEGGETT CHRISTIAN CENTER)
 Email elizabethdbook@gmail.com to get a study guide provided at the first meeting or just show up!

Bring a mug—coffee and treats provided



Adventure Ministry

Adventure ministry was a little bit different for me as the chapel intern this year because rather than having a second chapel intern, I worked with the mental health intern on chapel staff. He infused bits of his training into the ministry portion and devotion.

For archery I just introduced myself and my coworker and then had everyone go around and say their names. I started off the devotion by asking if anyone knew what sin meant in archery terms. The answer is “to miss the mark.” That was supposed to serve as an illustration of how we will always try to do our best for the Lord, but that He has so much grace for us even when we do miss the mark. I told the families to focus on that as they were shooting. My coworker focused on having grace for ourselves and used the phrase “there are plenty of arrows left.” He encouraged family members to encourage one another with that mantra.

For climbing wall I read from devotional a previous intern had created. This is the full lesson:

*“9 Two are better than one,
because they have a good return for their labor:
10 If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
11 Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
12 Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.”
-Ecclesiastes 4:9-12*

We are all connected to the world around us whether we like it or not. We are born into a family, we go to school, we have our own friends... Etc.. We will always be connected to other people in some way or another. Knowing how to work together with one another to give support and strength is really important.

- ***Do you remember what it said about the rope in Ecclesiastes?***
- ***Do you believe that a rope that is made of numerous strands is actually stronger? Why?***

Let me assure you that the ropes you will be using to climb are safe and will keep you supported. All dynamic climbing ropes have two parts: the sheath and the core. The sheath is the outer protective layer of the rope, made of tightly woven nylon fibers. The core of the rope the inner part of the rope making up about 70% of the ropes diameter. The core is made up of 10-15 braided nylon strings all packed tightly into the sheath.

Just as a rope is stronger with 10-15 strands, working together can help make the climb easier. Tonight we will ALL encourage one another as we challenge ourselves in climbing.

- ***What are some ways that we can encourage one another?***

- Cheer them on, give advice, congratulate them, keep them focused, help them see an alternative route, etc.

****After****

- 1. What did you guys think about the climbing? Highs/Lows?***

- 2. How did the encouragement of those around you help?***

As tonight we want you to encourage each other in climbing, we hope you will take this concept home with you and implement it into your everyday walk with God.

- 3. Can you guys think of ways we can support others in real life?***

Your climb/relationship with God can seem like a very personal journey and while it is important for your relationship to individual, having other people there to encourage you will help you become a better and stronger climber/ follower of God. Following Christ can sometimes be difficult without people around you to support and encourage you.

- 4. What are ways that you can support other believers in their walk with God.***

In Luke 10:1 we read about Jesus sending 72 others ahead of him to prepare the way for His ministry. He sent them 2 by 2; ***why do you think Jesus did this?***

*“9Two are better than one,
because they have a good return for their labor:*

*10 If either of them falls down,
one can help the other up.*

*But pity anyone who falls
and has no one to help them up.*

*11 Also, if two lie down together, they will keep warm.
But how can one keep warm alone?*

*12 Though one may be overpowered,
two can defend themselves.*

A cord of three strands is not quickly broken.”

-Ecclesiastes 4:9-12

I typically just used the first half of the devotional rather than including the questions afterwards. I would do the same as with archery - asking everyone to introduce themselves and going into the devotional. My coworker would focus on encouragement in his portion of the devotional, and specifically as a family unit how it is important to encourage one another. During the actual climbing, he and I would mingle with family members and cheer on those who were climbing.

Words of Advice

One thing I wish that I had done was initiated weekly meetings with either Greg or Adam. This internship is very independent and I rarely saw either of them, but I think it would have been nice (especially earlier on) to be able to touch base with each other and get some feedback. They will be very supportive of almost anything you do as an intern, but it still would be beneficial to check in.

The first half of the summer will most likely be much more difficult than the second half. Just remember that. Get acclimated the first few weeks and don't worry too much that you're not hitting the ground running - take advantage of all the free time. Conversely, it would be very easy to just take it easy in this position and give a minimal effort. Just remember that you are your own motivation and your results can reflect your lack of effort.

Don't be afraid to ask for things. The Chapel Department has plenty of funds free to do ministry with and Adam and Greg (or the volunteers) are available for help if needed at times. And be generous with the things that you offer to others. As the Chapel Department we are to be hospitable to those that we are ministering to, whether that's Y staff, visitors, or partner ministries.

Lastly, enjoy it! This truly is one of the best jobs you'll ever have. You will learn so much about God, yourself, and ministry. You will have amazing experiences and live in the beauty of the mountains every day. This job is what you make of it and I struggled with discouragement for a long time, but if you have the right mindset it will be the best it can be!

If you ever need to ask questions or need specific prayer from someone, my email is elizabethdboock@gmail.com and my phone number is 309-540-9733.

Have an amazing summer!