



NOV/DEC '23
REACHING
OUT

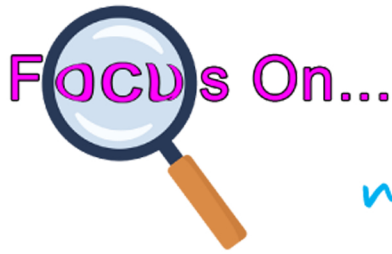
Giving every young person the chance to choose

FOCUS On...



Inside:

- The mentoring team update us on how things are going.
- Diary dates aplenty in the run-up to Christmas!
- See how you can raise funds for CYO.



mentoring

Think of an issue faced by young people today...

...at least one of the 80-plus students we see each week is facing it.

Bereavement, divorce, bullying, friendship issues, self-harm, illness, anxiety, school refusal, poor behaviour - can you think of any more, or are you already weighed down by that?

It is a privilege as a team to work with our young people and we have countless success stories of those who have journeyed through tricky seasons and come through the other side. In some cases, the journey is ongoing but we are able to help them discover the tools needed to manage their situation.

When you see 'Mentoring' listed in our diary dates (centre pages), remember what's been said here by the team. Pray for our young people and ask for God's wisdom, intervention and guidance...for them AND us!

Matt

QUIZ NIGHT FUNDRAISER RAISES £300

Huge thanks to trustee Dave for organising a super event in September, and to his wonderful wife for holding everything together!

A great evening had by all, and a great opportunity to share more about the work of CYO.



 easyfundraising.org.uk
feel good shopping

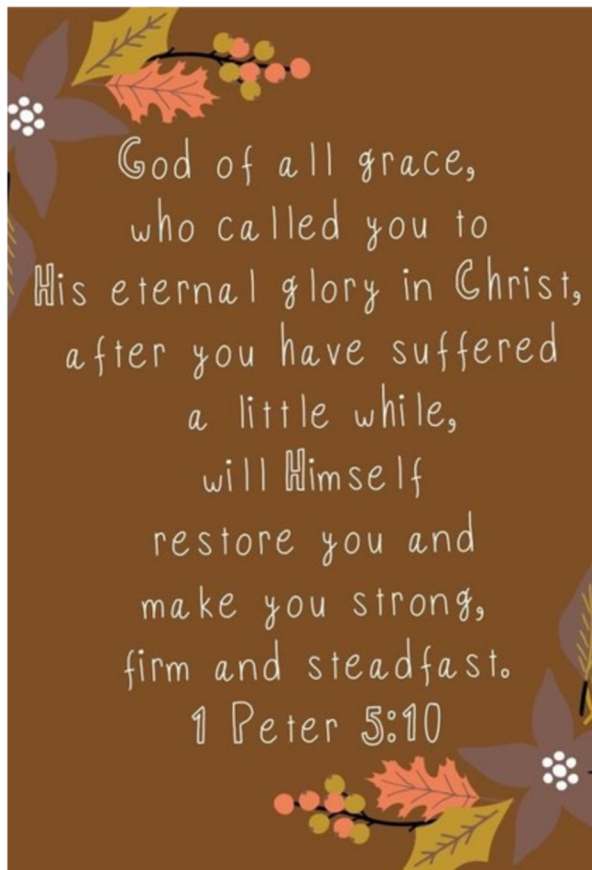
Raise
FREE
funds

for CYO
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you shop online

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- M&S
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- SCREWFIX
- GAP
- sky

Search for
**Christian Youth Outreach
Braintree District Trust**
and get fundraising!



This verse has been on my mind at the start of this new school year.

Praying for our mentoring students before each session that God by his Holy Spirit will restore them and make them strong, firm and steadfast.

One student this term came to her last session more positive, confident and stronger, purely by putting into practice things she knew would be good for her (getting out into nature, reading, exercising and talking with her mum).

Please continue to pray for the students we all see each week in assemblies, lessons, lunch clubs and mentoring.

Olive

Mentoring feels a little different this term because, although I have a number of new students, I am also continuing to see many that I've now been mentoring for a number of months.

It has been a joy (and sorrow at times) to share in the highs and real lows for those students over that period. Being allowed an insight into what they're processing, or struggling with, and being able to show them interest, acceptance and love in that has meant that we have really been able to discuss and work through the things they're experiencing.

Hilary

Be a
part of
CYO's
future

**We won't be here forever...
...but our schools will be.**

**Leaving a gift in your will for CYO will
impact our work for years to come.**

**Need to chat about it?
Contact us for more info**

November

1st
Lessons - Bocking S/K

2nd
Lessons - White Court S/K
Leaders Prayer Breakfast M

6th
Assembly - John Bunyan K
Assembly - Rayne S
Lessons - Rayne K
RE Lessons - Ramsey M
Man Up - Notley High M

7th
Assembly - Toppesfield DT
Prayer Space - Gt Yeldham D

8th
Assembly - Gt Bradford Jnr S/K
Assembly - Gosfield D

9th
Lessons - John Bunyan S/K

13th
Assembly - Silver End K
Assembly - White Notley S
Man Up - Notley High M

14th
Assembly - White Court S/K
Lessons - Rayne S/K
Assembly - De Vere D
Prayer Space - Gt Yeldham D
Assembly - Alec Hunter M

15th
Assembly - Cressing S/K
Alec Hunter Skills Day M
Assembly - Alec Hunter M

16th
Assembly - Alec Hunter M

17th
Assembly - Alec Hunter M

20th
Assembly - John Bunyan S
Assembly - Stisted K
Assembly - Hedingham M
Man Up - Notley High M

21st
Assembly - Lyons Hall K/S
Prayer Space - Gt Yeldham D
Assembly - Hedingham M

22nd
Assembly - St Michael's K/S
Assembly - Hedingham M

23rd
Assembly - White Court K/S
Assembly - Notley Green K/S
Assembly - Hedingham M

24th
Assembly - John Ray Junr S/K
Assembly - Hedingham M

27th
Assembly - Beckers Green K
Assembly - Gt Bradford Inf S
Man Up - Notley High M
Assembly - Ramsey M
Assembly - St Peters Hed D

28th
Assembly - Bocking S/K
Lessons - Silver End S/K
Prayer Space - Gt Yeldham D
Assembly - Ramsey M

29th
Lessons - Cressing S/K
Assembly - Ramsey M

30th
Assembly - Ramsey M

**FANCY
SAVING
A TREE?**



Get in touch to receive
a **DIGITAL** version
of "Reaching Out"
instead

Diary Dates

November & December '23

December

1st
Assembly - Ramsey M

4th
Lessons - Lyons Hall K/S
Assembly - Notley High M
Man Up - Notley High M

5th
Lessons - Stisted S
Assembly - Notley High M
Assembly - Alec Hunter M

6th
Lessons - White Court S/K
Assembly - Notley High M
Assembly - Alec Hunter M
Lesson - St Peters Hed D

7th
Leaders Prayer Breakfast M
Assembly - Notley High M
Assembly - Alec Hunter M
Lesson - St Andrews Bulmer D

8th
Assembly - Notley High M
Assembly - Alec Hunter M

11th
Assembly - John Ray Inf S
Lessons - Bocking S/K
Lesson - De Vere D
Man Up - Notley High M
Lesson - De Vere D

12th
Lessons - Gt Bradford Inf S
Assembly - Toppesfield D
Lesson - Great Yeldham D

13th
Lessons - Gt Bradford Inf S/K
Lesson - Great Yeldham D

14th
Lessons - Gt Bradford Inf K
Assembly - St A Halstead D

Who's Who

M - Matt
O - Olive
S - Sheena
D - Delana
H - Hilary
K - Katie

* OTHER DATES TO BE ADDED BEFORE CHRISTMAS - MAKE SURE TO PRAY EVERY DAY FOR CYO *

Weekly Activities

Monday

Mentoring	Lunch Club
Alec Hunter M	White Ct S&K
Tabor M	Beckers Grn S
Tabor H	
Notley High O	

Tuesday

Mentoring	Lunch Club
Alec Hunter O	J. Bunyan Jr
Ramsey D	S&K

Wednesday

Mentoring	Lunch Club
Ramsey M	John Ray Jr S
Hedingham D	Rayne K
Tabor O	

Thursday

Mentoring	Lunch Club
Alec Hunter H	
Notley High H	

Friday

Mentoring	Lunch Club
Notley High M	Notley High M

Focus On... mentoring



In a mentoring session recently, I asked a student: "What do you feel you need?". Her answer: "Someone beside me."

I admired her honesty and her recognition of that need. As much as some of us introverts can love and value alone time, I do believe that all of us humans need someone beside us in life. Reading Psalm 23 helps us to echo the truth that our Good Shepherd is with us even in the darkest times (v.4), and that His goodness and mercy are always at our back (v.6).

In a mentoring session, sometimes a student arrives with lots they have been waiting to talk about. Sometimes they arrive at a realisation through being asked some good questions. Probably all of us can benefit from being asked some good questions by someone who cares...a spouse, a family member, a prayer partner/group... here are a few questions to choose from that I have come across recently that you might love someone to ask you and that you could ask back and forth with somebody that you trust:

What opportunities and challenges are you facing?

What signs of hope have you noticed recently?

How is your life different to what it was a year ago?

Are you getting the rest and re-energising that you need?

What is a characteristic in others that you admire?

1 Thessalonians 5:11 says, let's "encourage one another and build each other up, just as in fact you are doing."

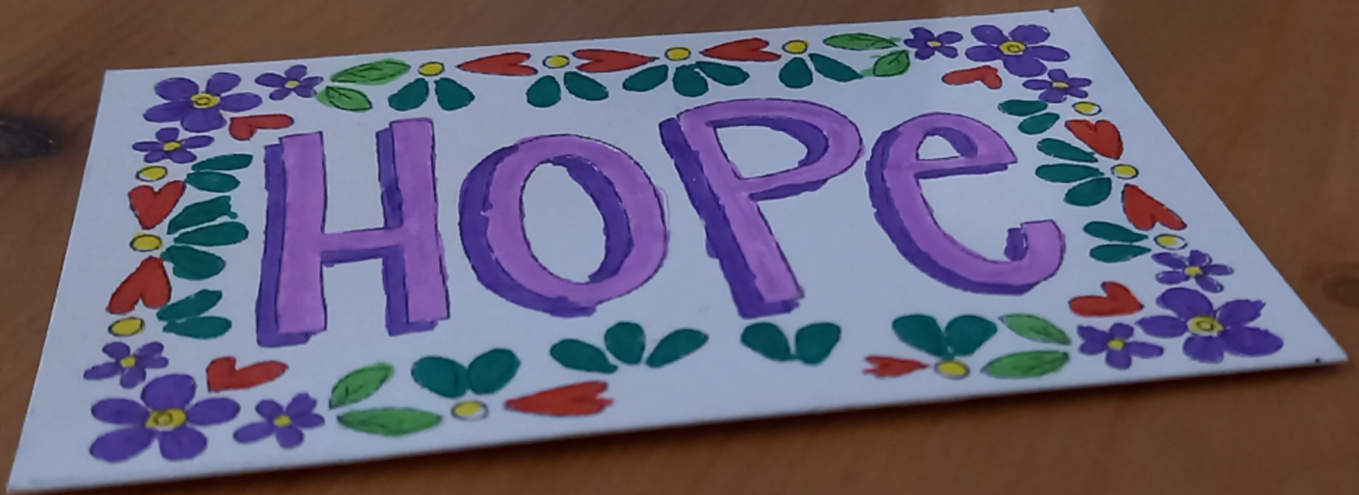
We need each other!

Delana



Delana was recently gifted this beautifully-created card during a mentoring session.

It represented what is now driving this student's focus...



We don't share our faith in the mentoring sessions, unless asked. However we do pray for our young people in their absence and our quiet times. Join us in reading the following prayer in *your* quiet times...

Heavenly Father,

My hope is not in my circumstances. My hope is not even in the anticipated answers to my prayers. My hope is in You and Your Word, that it will sustain me, guide me, and give me wisdom in the midst of all that is happening around me.

I pray that our young people will discover fresh hope in their circumstances, created by You. Regardless of whether they know you personally, will You sustain them, guide them and give them wisdom in the midst of all that is happening around them.

May my prayer echo that of the Psalmist's:

"You are my refuge and my shield; I have put my hope in Your word"

Amen.

"I want to support CYO in the following ways..."

- By receiving email updates By receiving postal newsletters & info
- With a one off gift of £ _____ With a monthly donation of £ _____

UK taxpayer?

Boost your donation to CYO by 25p of Gift Aid for every £1 you donate!
Gift Aid is reclaimed by CYO from the tax you pay for the current tax year.
Your address is needed to identify you as a current taxpayer.

In order for us to Gift Aid your donation you **must** tick the blue box below:

I want to Gift Aid my donation of £ _____
(and any donations I make in the future or have made in the past 4 years)

to Christian Youth Outreach Braintree District Trust

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Please notify CYO if you want to cancel, change your address or no longer pay sufficient tax.

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Just scan this QR code and
DONATE IN SECONDS
(it even sorts Gift Aid!)

THANK YOU!

Please either hand to a CYO representative or post to the following address:

CYO Treasurer, Peacehaven, 62 Acorn Avenue, Braintree, Essex, CM7 2LR