

Events and training

More details for all these events at gloucester.anglican.org/events

Encouraging God's Gifts (EGG) young adults' group

Monday 8 August and
Monday 12 September
7pm to 8.30pm

EGG is an online group for young adult Christians offering a space to explore the ways that we can use the gifts God has given us. Meeting on the second Monday of the month, various speakers will talk about how they are living out their lives as followers of Christ.

To sign up, please visit:

gloucester.anglican.org/encouraging-gods-gifts-egg-2-2/

Everyday Mindfulness

6 September, 8-session course
St Luke's Church, Tutshill, Nr
Chepstow

Research shows that mindfulness can help with anxiety, stress, low mood and sleep. Led by Ian Bussell, Head of Ministerial Development, this course is open to all and will introduce you to the benefits of practising mindfulness at home or wherever you are.

Find out more or book your place:
gloucester.anglican.org/everyday-mindfulness-2-3/

Have your say

Visit Facebook [f/Diocese.of.Gloucester](https://www.facebook.com/Diocese.of.Gloucester), email Katherine at kclamp@glosdioc.org.uk, follow us on Twitter [@glosdioc](https://twitter.com/glosdioc), view videos on YouTube [Diocese of Gloucester](https://www.youtube.com/DioceseofGloucester) or visit our website gloucester.anglican.org

Ride + Stride

Saturday 10 September

Supported by the National Churches Trust and organised locally by the Gloucestershire Historic Churches Trust (GHCT), this day sees cyclists, walkers and horse riders raising money visiting churches and chapels throughout the day. The money raised is shared between GHCT and local churches of all Christian denominations in Gloucestershire and North Bristol. Open to everyone.

Find out more visit and sign-up at:
<https://ghct.org.uk/ride-and-stride>

Messy Church Goes Wild

Saturday 17 September

11.30am to 4pm
Christian Adventure Centre,
Viney Hill, Lydney

An intergenerational day, using mostly outdoor space, activities will focus on exploring nature, and what we learn about God from noticing creation. Come as a family, or a Messy Church group with leaders.

Booking is essential, so please visit:
gloucester.anglican.org/messy-church-goes-wild-at-viney-hill/

Isaac's faith brings fresh hope on social media



In our #OneDiocese blog this month, we asked 14-year-old Isaac Irvine, from Dursley, about the impact that social media has on the lives of the young people he knows, and how his faith leads him to see things differently.

“Social media has a big impact on how young people view themselves in my school. I know a lot of people who have self-harmed – more than I can count on my fingers. If school, church, family, friends, don't address it, it gets worse. There are a few people that I've been able to have chats with about the self-harming, using my perspective as a Christian to explain things, and they have actually stopped doing it.

“When I put a post on social media, I am doing it with the idea of posting to a specific person, hopefully to make them feel happier and make their lives a little better. I find that lots of other people my age can be quite extreme in what they post – they want to put big messages out to a lot of people, to get more followers and be seen as more popular.”

Isaac's preference is for a low-key social media profile, mostly focused on posting pictures of animals or origami dragons, a hobby of his.

“I think the way I post on social media reflects my character – I don't ask people for anything; people can choose whether they want to be involved.

“Everyone knows me as quite a nice guy. If someone posts something negative about me, either they didn’t mean it or they did, but I know God has forgiven them, so I try to do the same.”

Isaac’s faith gives him a calm and quiet confidence, based in the certainty that God is looking out for him.

“I see my faith as very contemporary. It’s not a ‘hardcore faith’, more relaxed and laid-back. Sometimes I feel like everything is going great, but actually I am drifting away from God. But I know God will always pull me back to him. There’s a lot of reassurance in that.

“I would say I’m open with my faith at school. I try to break the stereotypes that my friends might have about Christians. Lots of my friends are part of the LGBT+ community and they often have a stereotype of what churches are like. They think of church being full of older people and people who might not accept them for who they are. To some extent, I agree with them – if they went to church, they would be welcomed ... but there’s a world of difference between a welcome and being truly loved and accepted with open arms.

“I don’t think it matters too much whether people know I’m a Christian or not, I just like to think that when someone’s having a hard time, and I offer them a hug, that they can get to know a little of God through me.

“I believe that every single one of us is created in God’s image and God wants us all to be who we were created to be – to boss it yourself! We have no reason to aspire to be like anyone else, except God. I believe that if everyone truly knew that, there wouldn’t be as many problems.”

Isaac says that his church is very open and willing to accept different demographics and to do things differently. It’s a model that he hopes more and more churches will feel challenged to adopt.

“Times change, and church needs to change with the times, or there won’t be anyone left in the church.”

Connected – new podcast for young people



Connected is a new Christian podcast for young people in Gloucestershire and beyond!

Barrie Voyce, Senior Youth Connector and host, said, “We noticed there wasn’t a Christian podcast aimed specifically at young people, so we decided to make our own.

We’ve got some amazing guests lined up – people with fantastic stories that make us think and inspire us to put Jesus at the heart of our everyday lives.”

The podcast jumps straight into a challenging topic – that of war and conflict.

Alex, a Ukrainian who worked at Kyiv University, shares his moving story about how his faith helped him understand more about conflict and how he has been discovering the presence of God in the war-torn country. Hosts Amy Todd, Barrie Voyce and Vicky Falvey chat about Alex’s inspiring story and what we can learn about dealing with conflict from his experiences.

Follow them on Instagram @connectyouth or visit [Connected RSS Feed \(buzzsprout.com\)](https://buzzsprout.com) to listen in.

Faith and fun at Sportily summer camps

Sportily, a network of fun-loving sport and faith groups, is hosting action-packed activity days at locations across the county throughout the school summer holidays. The aim is simple – for children to make friends, explore faith and have fun!

Most sessions run 10am to 2pm, for school years 1 to 6, cost £15 and include a hot lunch. Visit <https://sportily.org.uk/> to find out what’s happening near you and to book your children in.