

Let it shine- Vice President's letter December 2018/ January 2019

Dear Sisters,

In the last letter I briefly focused on the over 50's. Today, I am writing concerning young people. All age groups go through different challenges and can suffer. But in particular, young people's mental health is of major concern today.

In my field of education, this is so true and is evident through the increase in suicides committed by young people. They look fine but are often depressed and are suffering in silence. In many cases they do not understand why they feel the way they do.

As Christians, let us look at ourselves today as we approach the end of the year. Let us reflect on where we are, the pressures young people are facing and what interventions are necessary to tackle this issue. Our prayer point should be for wisdom and understanding in order to engage with young people (alongside the guidance of the professionals).

This year's MWA Day in Swindon was outstandingly wonderful! What impressed me most was the young people's ownership of the day. They joyfully helped wherever they were needed. For example helping with the refreshments and the technology and equipment. They were so enthusiastic, helpful and confident and their leadership skills were apparent. They were a joy to watch and there was an atmosphere of working together. It made us feel as though we were one big family. This is what us Christian women need to be aiming for in our communities. We need young people to feel in control and loved unconditionally.

Every age group carries burdens, troubles, hopes and dreams. I pray that next year we can touch and really see God's work in us. We could guide the young people by communicating with them directly. Our own experiences are a very powerful tool. There are things that we have endured and overcome that could really encourage the young people who may be experiencing similar issues. I believe that if we are honest with young people, we can gain each other's trust. It also, opens up the door to bonding with new friends and families; to truly outreach. In all things love is the key.

In our different communities, we all are needed. Let us be encouragers this Christmas and in the New Year. I pray that we hear from God directly and that he bestows upon us added strength, wisdom and a loving heart. May God bless you and your loved ones and keep you safe in 2019.

Yours in God's everlasting love,

Sr Audrey B. Kendall