



# FLY Ministries

## January 2021

### Middle School News & Events

#### Upcoming Events:

**Wednesday, January 6 - Welcome back!**

**Thursday, January 14** - Middle School Tubing at Powder Ridge (Please check your e-mail for details on tubing and how to sign up.)

**Wednesday, February 3** – Mentor Meeting #3

The Confirmation retreat is scheduled April 9-11, 2021! Please see your e-mail for more details.

### High School News & Events

#### Upcoming Events:

**Wednesday, January 6** - Mission Trip Meeting

**Wednesday, January 13** – High School Tubing at Powder Ridge (Please check your e-mail for details on tubing and how to sign up.)

Join us every Wednesday 7– 9:30 p.m. for intentional conversations, games, and fellowship! We are beginning a new series in January on Mental Health – come join us!

## Mental Health

January is once again looming and the promise of a New Year will soon arrive. 2020 has taught us numerous things about students and their well-being. Being separated from friends, not having any social interaction, endless hours of Zoom calls, and fear of the virus have left students feeling low. I know I have struggled with this as well in this season. For my high school FLY youth, I am excited to dive into the Bible to recognize that mental health concerns have ALWAYS been a part of our world. It is not a new concept.

Here are some of my best suggestions for students when they are feeling low:

1. Some form of physical activity – walk the dog, go outside, play Just Dance
2. Clean spaces – clean a space that you are always in that you see often, trust me.
3. Something artistic – I love coloring pages! They are effective in clearing your brain of stress
4. Play a family game and spend quality time together.

If you or your student is struggling during this season (and any season), please do not hesitate to contact me. I would love to talk with you and support you in this.

You are not alone. You are loved. You are enough.  
God not only loves you, He likes you, and He is proud of you!