

## Prayer Diary Jan 2016

### Mon 18 Jan

Harry, Sam  
Steve Hobson, Barbara Green & Val Armstrong  
(Urswick Youth)  
Pray for EXPLORE at UVHS  
Pray for Ignite in Swarthmoor

### Tues 19 Jan

Ruth, Dylan  
Libby Cuthbertson & Rob Hayes (VISION Energise groups, UPC)  
Pray for VISION energise groups in Ulverston (at UPC)

### Wed 20 Jan

Jonathan, Joe  
Head of RS at Dowdales, Vicky Bunter  
Pray for the Big Questions lunchtime club at UVHS  
Pray for The Vibe in Ulverston (at ECC)

### Thurs 21 Jan

Rory, Anna  
Jenny, Howard, Chris, Louise, Maddie, Jane & Nick (Meeting Point)  
Pray for Meeting Point in Broughton  
Pray for NJOY in Coniston  
Pray for Christianity Club that meets at lunchtimes in Dowdales  
Pray for the last Youth Alpha at Low Furness

### Fri 22 Jan

Eve, Becca  
Debbie Leighton (Prayer Leader for FNY)  
Pray for John Ruskin School, Coniston and for the new head teacher; Mr Peter Blackburn

### Sat 23 Jan

Robin, William  
Rev Tim Harmer (Coniston)  
Pray for Young Cumbria

### Sun 24 Jan

Ellie-May, Rebecca  
Assistant Head at Millom School —Gary Hartley (oversees Personal Development)  
Pray for the youth groups that meet in Ulverston during or after Sunday services  
Pray for the young people that go to CCF

### Mon 25 Jan

Amber, Ellie  
Carolyn Dykes (Oversees DNYC in Cumbria)  
Pray for EXPLORE at UVHS  
Pray for Ignite in Swarthmoor

### Tues 26 Jan

Annie, Elysia  
Peter, Hannah, Bev, Lyn, Clive, Carl & Chris (Thwaites team)  
Pray for VISION energise groups in Ulverston (at UPC)  
Pray for Vic & Tommy as they advertise the Big Questions new lunchtime club at Coniston

### Wed 27 Jan

Vicky, Carrie  
Rev Brian Streeter (Pennybridge)  
Pray for the Big Questions lunchtime club at UVHS  
Pray for The Vibe in Ulverston (at ECC)

### Thurs 28 Jan

Lexi, Helen  
Tommy (Intern for UPC & The Journey)  
Pray for Meeting Point in Broughton  
Pray for NJOY in Coniston  
Pray for Christianity Club that meets at lunchtimes in Dowdales  
Pray for the new Big Questions lunchtime club at Coniston school

### Fri 29 Jan

Rachael, Samm  
Vic Sekasi (Youth minister for UPC & The Journey)  
Pray for Millom School, Millom and the new head teacher; Mr Matthew Savidge

### Sat 30 Jan

Rosie, Sasha  
Pastor Fred McKeown (Millom Community Church)  
Pray for all the uniformed organisations

### Sun 31 Jan

Callum, Bethan  
Rev Matt Hornby (St Cuthberts, Kirkby)  
Julie Flannagon, Head of RE at John Ruskin  
Pray for the youth groups that meet in Ulverston during or after Sunday services  
Pray for the young people that go to CCF

Vic Sekasi

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# The Journey Youth Prayer Diary

## Jan 2016

**Let all that I am wait quietly before God,  
for my hope is in him.**  
Psalm 62.5



**Please join with us in praying for the young people within the  
Furness deanery.**

*The Journey's vision is to see every young person within the Furness deanery have an opportunity to explore the Christian faith, journey with it and respond to it.*

**Thought for the month from Tommy**

Christmas is over and the New Year has begun. Your diary, if you have one, is probably being filled up as I write. We sometimes fit so much into our days and weeks so we can achieve as much as possible that we don't take time out to stop and rest. Have you set a time when you only receive and appreciate the presence of God in the midst of the busyness. Have you set a time to rest in his presence? Can I challenge you to set aside 5 -10 minutes each day, turn off your phone and make yourself comfortable. Here's a short meditation taken from the Contemplative youth ministry book that me and Vic are reading at present.

Take time to **look** at your surroundings. Don't do anything with what you see, just receive the colours and shapes of your environment. Now close your eyes and **listen** to what sound is filling the silence. Appreciate them, don't judge them, just let them pass through your ears as they are...Take a moment to be aware of your body given to you as a gift from God. **Feel** the hands that God has made. Now allow yourself to **breathe** in through your nose and out through your mouth and remind yourself that you are alive. Remind yourself that in Him we *live, move and have our being* (Act 17.28). And when you are ready, take a moment to open your attention towards God and **rest** in His presence and love. Open up your hands to receive and ask him to fill you afresh with his presence, his unconditional love and the Holy Spirit.

**A key to the youth groups we support around the Furness Deanery**

**Explore** - Christian union at Ulverston Victoria High School

**Kirkby Youth**-A group for young people in Kirkby run by a youth committee that employs Libby Cuthbertson.

**Urswick Youth**-A group for young people in Urswick run by Val Armstrong and Steve Hobson. Formed out of a confirmation class a few years ago.

**Ignite** - A discipleship group for young people run by Sarah and Mark Callaghan.

**VISION Energize & H2O** – Three discipleship groups for youth in Ulverston run by Ulverston Parish Church youth team.

**Big Questions**-A philosophy group at UVHS where we discuss the big questions of life. Run by Vic Sekasi, Lisa Smith and Tommy Olsen.

**The Vibe, Emmanuel Christian Centre**– A discipleship group for young people at Emmanuel Christian Centre run by Lisa Smith.

**Meeting point, Broughton**-A group for young people in Broughton run by Jen and Nick Thornley and team.

**NJOY, Coniston**-A group for young people in Coniston run by Glenda and Alan Philips and team.

**Thwaites Youth**– A group for young people in Thwaites run by Vic Sekasi, Peter Foord, Bev Sharp and team.

As usual in this months prayer diary... please pray for the young people who go along to the lunchtime clubs at UVHS, the youth leaders, the youth groups, the schools, the uniformed organisations etc...

**Prayer Diary Jan 2016**

**Mon 4 Jan**

Caleb, Leah  
Wendy Bing & Colin Dykes (VISION H20, UPC)  
Pray for all the teachers as they have a training day today

**Tues 5 Jan**

Daniel, Alfie  
Mark & Sarah Callaghan (Jesters for Jesus, Ignite & Croftlands Community Church)  
Pray for the young people as they go back to school  
Pray for Vic and those that support her in steering The Journey as they meet together  
Pray for the VISION Energize youth leaders as they plan the term

**Wed 6 Jan**

Eleanor, Lucus  
Marvin Peake (Head of BPE at UVHS) & Sue Hewson (Deputy Head at UVHS)  
Pray for the Big Questions lunchtime club at UVHS  
Pray for The Vibe in Ulverston (at ECC)

**Thurs 7 Jan**

Ellie B, Robert  
Graham Ransom (Methodist minister for Ulverston, Coniston)  
Pray for UVHS, Ulverston and Mr Denis Fay, the headteacher and Mr M Hardwick, the head of school  
Pray for Christianity Club that meets at lunchtimes in Dowdales  
Pray for Youth Alpha at Low Furness lunch club

**Fri 8 Jan**

Ellie G, Lucy G  
Rev Canon P Embery (Catholic priest in Ulverston)

**Sat 9 Jan**

Grace, Gregor  
Rev Clive Shaw (Millom)

**Sun 10 Jan**

Hattie C, Molly  
Rev Nick & Jen Thornley (Broughton)  
Pray for the youth groups that meet in Ulverston during or after Sunday services  
Pray for the young people that go to Coniston Christian Fellowship

**Mon 11 Jan**

Hattie, Danny  
Susie Barstow & Alice Barrett (VISION H20, UPC)  
Pray for EXPLORE at UVHS  
Pray for Ignite in Swarthmoor  
Pray for the Meeting Point leaders meeting

**Tues 12 Jan**

Helen, Mia  
Rich & Becs Ensoll (VISION Energize, UPC)  
Pray for VISION energise groups in Ulverston (at UPC)  
Pray for Vic & Alan as they attend a planning meeting for the Landmark New Wine Conference in 2017  
Pray for the group organising the Ulverston mini mission and the youth involvement as the planning group meets this evening

**Wed 13 Jan**

Marcek, Daniel  
Alan & Glenda Phillips (CCF, NJOY)  
Pray for the Big Questions lunchtime club at UVHS  
Pray for The Vibe in Ulverston (at ECC)

**Thurs 14 Jan**

Marcus, Ben  
Emily Mitchell (Children & Families Worker at UPC)  
Pray for Dowdales, Dalton and Ms Julie O'Connor, the headteacher  
Pray for Christianity Club that meets at lunchtimes in Dowdales  
Pray for Youth Alpha at Low Furness lunch club  
Pray for NJOY in Coniston

**Fri 15 Jan**

Merryn, Matthew  
Rev Alan Bing (Line manager of Vic Sekasi)  
Pray for Thwaites Youth as it meets again after Christmas

**Sat 16 Jan**

Abbie, Charlie  
Rev Alex & Val Armstrong (Urswick Youth)  
Pray for all the clergy in the Furness deanery that they will know Gods presence and love

**Sun 17 Jan**

Sarah, Jess  
Rev Matt Keddlily (Curate at UPC)  
Pray for the youth groups that meet in Ulverston during or after Sunday services