



# LIVING OUT OUR MISSION:

To put **CHRISTIAN PRINCIPLES** into practice through **PROGRAMS** that build **HEALTHY SPIRIT, MIND, & BODY FOR ALL**



1<sup>st</sup> QUARTER, 2026

SIDNEY-YMCA.ORG

## GUIDING GRACE

### Ash Wednesday & the Journey of Lent

Ash Wednesday (Feb. 18) marks the beginning of the season of Lent—a sacred time of reflection, repentance, and spiritual renewal as we prepare our hearts for Easter (Apr. 5). The ashes remind us of our human frailty and our deep need for God's grace, calling us to turn away from distractions and draw closer to Christ. Throughout the 40 days of Lent, we are invited to pray more intentionally, serve more generously, and live more faithfully, remembering the sacrifice Jesus made for us and the hope we celebrate on Easter morning.

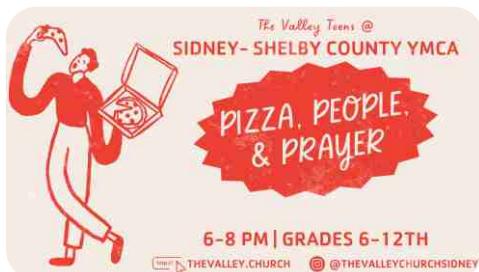
#### Prayer

*Gracious God, As we enter this season of Lent, quiet our hearts and open our eyes to Your presence. Help us to walk humbly, love deeply, and serve faithfully. Renew our spirits, strengthen our faith, and guide us toward the joy of Easter through the cross of Christ. Amen.*

## WHAT'S HAPPENING?



**Chapel Coming to the Y** - As part of our Capital Improvement projects, the Sidney-Shelby County YMCA plans to add a Chapel in 2026, located in what is currently the CEO's office. This inclusive space will offer members, staff, and families a quiet place for reflection and renewal, supporting the YMCA's mission to nurture spirit, mind, and body. The Chapel reflects our commitment to caring for the whole person and creating a welcoming environment that supports well-being and connection for all.



**Pizza, People, & Prayer** - Youth in grades 6-12 are invited to this FREE monthly program at the Y, hosted by The Valley Church. On the 3rd Wednesday of the month from 6pm to 8pm, come enjoy pizza, people, and prayer and get connected while having a TON of fun! Y membership is not required. All youth are welcome!

## WHAT'S HAPPENING? (continued)



**Men's Fellowship: Coffee & Conversation** – meets Mondays & Wednesdays 8:30am in the Y Lobby. All men of any denomination are welcome. Y membership is not required. Come enjoy some free coffee and faith-filled fellowship!

**Looking for a church home?** Did you know that TWO churches meet at the Y on Sundays? If you don't have a church home, consider checking out The Valley Church at 9:15AM and 11AM or New Covenant Church at 10:30AM. All are welcome!

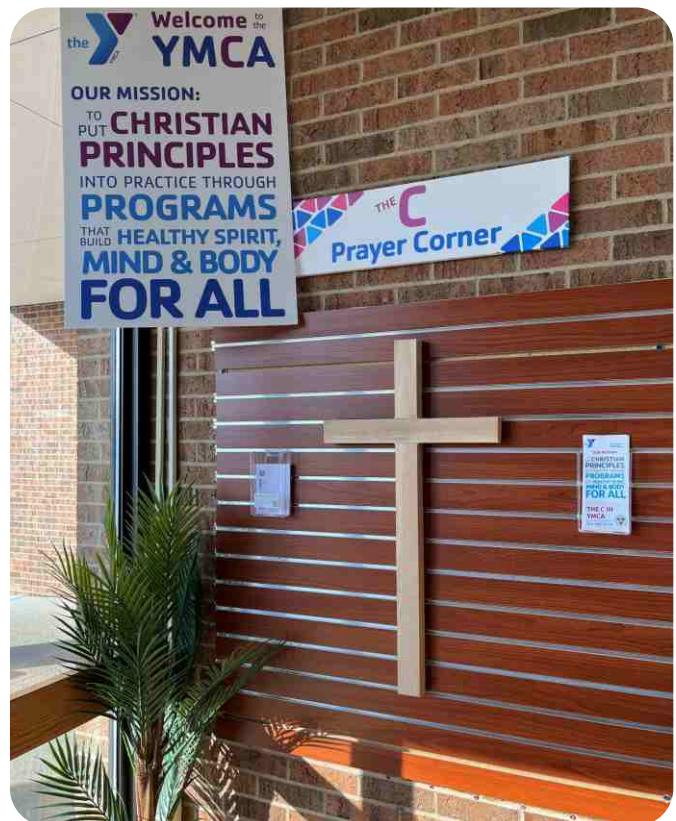
## YOUR GIFTS IN ACTION



A local single parent living with diabetes found more than a place to work out at the Y—she found support for her whole family. With access to Child Watch and YMCA Financial Assistance, she can focus on improving her health while her child plays, learns, and builds confidence in a safe environment. Because of your support, this family is growing healthier and stronger together—this is the Y.

## HOW CAN WE PRAY FOR YOU?

We believe in the power of prayer and are here to support you in whatever you may be facing. Share your prayer needs on our digital prayer wall, fill out a prayer card in the prayer corner, or meet with someone in person for prayer support. Let us walk with you in faith. Learn more at <https://sidney-ymca.org/christian-mission>



## HOW CAN WE SERVE YOU?

Feel free to contact any of the pastors from our Christian Mission Committee at the email addresses below:

- Pastor Cindy Porter  
[cindy.porter@thevalley.church](mailto:cindy.porter@thevalley.church)
- Pastor Mike Mitchell  
[pastormikeumc@gmail.com](mailto:pastormikeumc@gmail.com)