



LIVING OUT OUR MISSION:

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



3rd QUARTER, 2025

[SIDNEY-YMCA.ORG](https://sidney-ymca.org)

GUIDING GRACE



"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

— Galatians 6:9 (NIV)

Scripture Focus: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."— Galatians 6:9 (NIV)

As we wrap up the third quarter of the year, many of us may feel the weight of long days, busy schedules, and the constant demands of work, family, and service. It's easy to grow weary, even when we know our efforts are making a difference.

Paul reminds us in Galatians that perseverance in doing good is never wasted. Every act of kindness, every moment of service, and every word of encouragement plants seeds that will one day bring a harvest. Though we may not always see immediate results, God is faithful to bring growth in His timing.

At the YMCA, our Christian mission calls us to serve with a spirit of love and persistence. Whether it's teaching a child to swim, offering a warm welcome at the front desk, or supporting a neighbor in need, each good work reflects Christ's love to our community.

This season, let's take heart in knowing that even in small, everyday moments, God is at work through us. Let us encourage one another not to give up, but to press on, trusting that the harvest of changed lives and strengthened community is coming.

Reflection/Prayer: Lord, strengthen us when we grow weary and remind us that our efforts in Your name are never in vain. Help us to see each act of service as planting seeds of Your love. May our work bear fruit that blesses others and brings glory to You. Amen.

WHAT'S HAPPENING?

Free Monthly Water Safety Classes

At the Y, we believe every child deserves the skills and confidence to be safe in and around water. Thanks to the generous support of our sponsors—Sidney Daily News, Ruese Insurance, Minster Bank, and the Sidney Fire Department—we are able to provide free monthly Water Safety classes for children and families in our community.

These sessions teach essential water safety tips, basic lifesaving skills, and help children build confidence while parents gain tools to create a safer swimming environment at home and beyond.

Upcoming Dates:

- Saturday, September 27
- Saturday, October 25
- Saturday, November 22
- Saturday, December 20



Class Times:

Parent & Child (6 months–3 years): 9:30–10:00AM

Preschool (3–5 years): 10:30–11:00AM

School-Age (5–12 years): 11:30AM–12:00PM

Space is limited—register online at tinyurl.com/yxnf8nzs or at the YMCA Welcome Center.

Through programs like this, we live out our Christian Mission to build healthy spirit, mind, and body for all by ensuring families have access to the knowledge and resources that protect and strengthen our community.



Teen Connect: – All youth in grades 6–12 are invited to attend this FREE monthly program at the Y, hosted by The Valley Church. On

the 3rd Wednesday of each month from 6pm to 8pm, you will enjoy pizza, people, and prayer while having a TON of fun! Bring a friend! Y membership is NOT required!

WHAT'S HAPPENING? (continued)



Men's Fellowship: Coffee & Conversation - During the school year, they meet Monday through Thursday at 7:30am 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



Thanks to our donors, one local mom is finding strength, support, and stability at the Y.

Already raising two children, she recently gained custody of three more to give them a safe,

loving home. The financial strain is real—but with help from our Community Partners Program, all five kids can now be active and engaged at the Y.

"The teens really want to use the Wellness Center to work out and stay fit," she said. "And the younger ones can't wait to jump into the pool and try out some programs. I just want them to have the same opportunities as other kids."

Because of donor support, this family has access to fitness, friendship, and belonging. This is more than a membership—it's a lifeline.

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
- Pastor Mike Mitchell
pastormikeumc@gmail.com