



# LIVING OUT OUR MISSION:

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



4<sup>th</sup> QUARTER, 2025

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

## GUIDING GRACE



**Scripture Focus:** "The light shines in the darkness, and the darkness has not overcome it." — John 1:5 (NIV)

As we move through the Advent season and draw near to Christmas, we're reminded that this is a time of both longing and joyful anticipation. For many, the days feel full—busy schedules, year-end responsibilities, and the emotional weight this season can bring. In the midst of it all, we may find ourselves yearning for peace, hope, and a reminder of God's presence.

John's Gospel assures us that Christ—the true Light—shines steadily and powerfully, even in the darkest moments. His light breaks through discouragement, fatigue, and uncertainty. It brings direction where there is confusion, comfort where there is sorrow, and renewed strength where we feel worn down.

At the YMCA, our mission is rooted in this same hope. Every time we offer encouragement, create a safe space for families, or extend compassion to someone who walks through our doors, we reflect Christ's light into our community. Even small acts of kindness become beacons of hope, reminding others that they are seen, valued, and loved. This Advent, as we prepare our hearts for the birth of Jesus, may we remember that His light is not only shining for us—it shines through us. Let us carry that light into every interaction, trusting that God is using our service to brighten the lives of those around us.

**Reflection/Prayer:** Lord Jesus, Light of the World, shine in our hearts this Advent season. When the days feel heavy or hurried, remind us that Your light has already overcome the darkness. Renew our strength and fill us with hope as we serve others in Your name. May Your love be evident in our words, our actions, and our presence, bringing warmth and joy to all who encounter us. 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 Saturday classes 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:

- December 20
- January 17
- February 21
- March 21



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](https://tinyurl.com/yxnf8nzs) or at the YMCA Welcome Center.

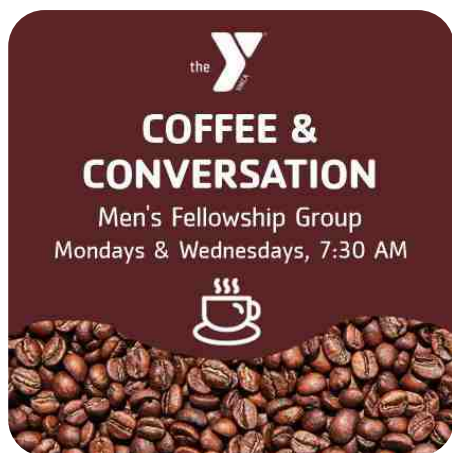
**Through programs like this, we live out our Christian Mission to build healthy spirit, mind, and body for all by ensuring families have access to the knowledge and resources that protect and strengthen our community.**



**Teen Connect:** – This fun group celebrated Thanksgiving together in November and will take a break in December. People, Pizza, and Prayer resumes

in January. 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 food, friends, 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 and Wednesday 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!

## OUR GIFT TO YOU THIS ADVENT SEASON



Our Christian Mission Committee will be sharing weekly Advent Readings on our Facebook and Instagram pages. You can also view them on our website. This five-part

Advent reading series centers on the theme 'The Light Has Come.' Each reading focuses on one of the Advent candles—Hope, Peace, Joy, Love—and concludes with the lighting of the Christ Candle on Christmas Eve. We hope these readings are a blessing to you and your family as we go through the Advent Season.

## Christmas Eve Services at the YMCA

If you don't have a church home, consider visiting one of the churches that meet at the Y on Christmas Eve. All are welcome!

- The Valley Church, 12/24 at 1:00 PM and 3:00 PM
- New Covenant Church, 12/24 at 7:00 PM.

## 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)