

# Good Shepherd Youth Ministry News!!!

## 5/22/2012



"Good Shepherd YM" for events, updates and food for thought!

Click the link:

<https://www.facebook.com/pages/Good-Shepherd-YM/282797555068915>

### Announcements:

- No Life Teen this Sunday 5/27, Memorial Day Weekend
- Mark your calendars for Sunday June 10<sup>th</sup>. We will have a movie night that evening, so Life Teen will go from 5:00- until the movie is over. Send me your movie suggestions that would be appropriate to watch at a youth ministry meeting.
- Our next meeting will be Sunday June 3, 2012

Sign up to make snacks at Vacation Bible School - forms available through Emily Meyer

### Stress Relief Tip for the final weeks of School: Exercise

Exercise is good not only for your physical health but also for your mental health. It releases pent up frustrations, relaxes your muscles, releases 'endorphins' - the 'feel good' hormones, decreases stress hormones, and helps you sleep better. Find more tips at the link below

<http://www.stress-and-relaxation.com/stress-relief.html>

"You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope."

— Thomas Merton

Enjoy a great Cincinnati Afternoon- Reds Faith Day Aug 19<sup>th</sup>:  
Still interested in going to this game and concert? Contact me

Meet at Good Shepherd at 12:00pm

Cost: \$10.00 per ticket

Game time 1:10pm

Concert by MercyMe



Good luck on all of your final exams, papers and projects...

See you in June,

Emily

[emily.meyer@good-shepherd.org](mailto:emily.meyer@good-shepherd.org)

489-8815 ext. 726

