Mission u 2020

“The Way of Peace, Our Longing for Community”

July 23-26, 2020
Wesley United Methodist Church
14 N 48th Ave, Yakima, WA 98908

Spiritual Growth Studies:

Adult Study: Finding Peace in the Midst of Anxiety
Lead by Joanne Coleman Campbell

Youth Study: Managing Anxiety
Lead by Abby Niehaus

Children’s Study: Managing Our Emotions
Lead by Rudilyn (Lyn) Rush

Issue Study: Pushout
Co-lead by Rev Donna Farrell, Angela Reed and Nica Sy

Registration starts 4 p.m. Thursday, July 23, 2020
Opening session 6:30 p.m. Thursday, July 23, 2020

A Cooperative venture of PNW UMW and Conference Board of Global Ministries.
*CLASS DESCRIPTIONS*

**Spiritual Growth Studies:**

**Finding Peace in the Midst of Anxiety** *(Working title)*  
By Erin Brown and Contributors from Urban Village Church

The 2020 Spiritual Growth study by Erin Brown and the Urban Village Church staff, uses the Serenity Prayer as a guide to help Christians find their way through anxiety, worry and fear towards God’s peace that passes all understanding. Study book available at umwmissionresources.org.

**Managing Anxiety** by Trudy Rankin and Faye Wilson

In Managing Anxiety, authors Trudy Rankin and Faye Wilson provide youth with a foundational understanding of anxiety and other emotions while equipping young people with practical ways they can manage them using our Christian faith as a guide. Study book available at umwmissionresources.org.

**Managing Our Emotions** by Trudy Rankin and Faye Wilson

Managing Our Emotions helps children learn about their emotions and accept God’s gift of their entire range of feelings (sadness, joy, excitement, fear, and frustration to name a few). The study draws from the Bible, science, music, and our lived experiences to help children learn to manage their emotions in a positive and healthy way. Study book available at umwmissionresources.org.

**Issue Study: Pushout**

The Criminalization of Black Girls in Schools  
By Dr. Monique Morris

This insightful book invites the reader to learn about the school-to-prison pipeline, school-to-confinement pathways and school pushout through the words and stories of dozens of young people from all across the country, historical information and careful reflection. Pushout was not written specifically for United Methodist Women or a Mission u context; it was published in 2016 by The New Press for a general audience. Study book available at Amazon.com.