



Build Meaningful Relationships



Part of the ministry of St. Joe @ Y means investing in the relationships with the members and staff of the Jackson R Lehman YMCA. Here are some insights on the art of creating meaningful relationships, which is not only essential to the ministry you can engage in at St. Joe @ Y but anywhere you find yourself around other people!

- **ACTIVE LISTENING:** To build strong relationships, it's crucial to be an active listener. This means truly hearing what the other person is saying, asking clarifying questions, and showing empathy. It demonstrates that you value their perspective. (*"He who has ears to hear, let him hear."* -Matthew 11:15)
- **AUTHENTICITY:** The foundation of any strong relationship is authenticity. Be yourself, and encourage others to do the same. When people can trust that you are genuine and transparent, it fosters a deeper connection. (*"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another."* -Ephesians 4:25)
- **EMPATHY:** Empathy is the ability to understand and share the feelings of another. It's a powerful tool in building relationships. Try to put yourself in the other person's shoes, understand their perspective, and acknowledge their emotions. (*"Let each of you look not only to his own interests, but also to the interests of others."* -Philippians 2:4)
- **SHARE EXPERIENCES:** Create opportunities to share experiences with others. Whether it's inviting them out to lunch, enjoying a hobby, or taking a walk together, shared experiences create a sense of togetherness. (*"Two are better than one because they have a good return for their hard work. If either should fall, one can pick up the other. But how miserable are those who fall and don't have a companion to help them up!"* -Ecclesiastes 4:9-10)
- **CULTURAL SENSITIVITY:** In our world today, cultural sensitivity is crucial. Respect and understand the diversity of beliefs, values, and traditions that others may hold. (*"If possible, to the best of your ability, live at peace with all people"* -Romans 12:18)



GET INVOLVED

Click the links for more information

- *Youth Group, Oct 15*
- *Trunk or Treat, Oct 21*
- *Brunch Church, Oct 22*
- *FORth Sat, Oct 28*
- *Fall Fun, Oct 29*
- *Youth Crochet Club*
- *Women's Bible Study*

GET INFORMED

- Pastor Ashley mentioned that we be in prayer for Tim Hallman and the team from the YMCA of Greater FW who landed in Israel the day the Hamas attacked. They are on flights home this evening, Wednesday October 11. Thank you for your prayers!

Faithful. Fearless. Fruitful.

GET INSPIRED



In the hustle and bustle of our lives, it is essential to take a moment to center ourselves in prayer, reflection and communal worship. Our Midweek Prayer Gathering provides the perfect opportunity to do just that. We'll come together to seek the presence of the Holy Spirit as we offer prayers for the staff and members of the Y, each other, and the whole community. We gathered for the first time at the end of September and it was a beautiful moment to pause and be in the presence of each other and God.

OCTOBER 19
JACKSON R LEHMAN YMCA
CONFERENCE ROOM
6:30-7:30p

We look forward to having you with us for this special time of spiritual growth and fellowship. Let us come together to lift our hearts and voices in prayer, seeking the presence and guidance of our Lord.





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