

CENTENARY

YOUTH

To love youth on behalf of Jesus
in hopes of loving them to Jesus.

MINISTRY

WEEKLY YOUTH HAPPENINGS



*Embedded within this email you will find green links.
Please click those links to discover more information, to volunteer,
or register for events.
Centenary Youth Ministry*



THIS SUNDAY

October 25th

YOUTH MINISTRY IN THE MORNING

9:00am Worship

(@Memorial Auditorium)

10:00am

Youth Sunday school

(@ Youth Commons)

11:00am In-person (@Sanctuary)

& livestream Worship

(via our **YouTube channel**)

YOUTH MINISTRY IN THE AFTERNOON

12:00pm-11:00pm Annual Youth Trip

to Carowinds & Scarowinds!

(meet @Memorial Auditorium)

MARK YOUR CALENDAR!

October 27th: Twin City Conference

Basketball begins **JOIN THE TEAM**

November 3rd: Registration opens for the
Senior High Mission trip 2027

November 8th: LTN & LISTEN event with Saul

Malek! FOCUS: Teens and Gambling **RSVP**

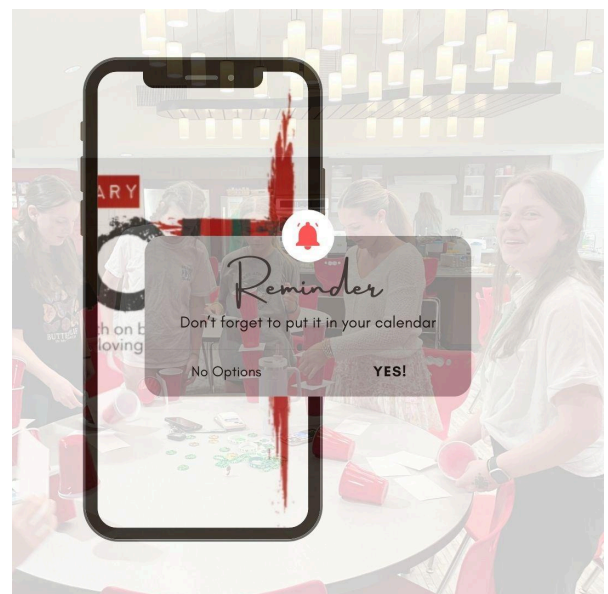
November 13th: Sixers! Goes to Urban Air

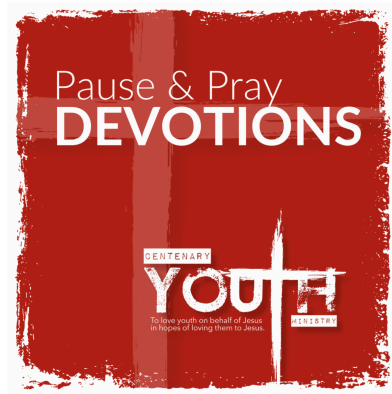
REGISTER

November 15th: Stroll into Light @Mt Tabor
High School **REGISTER**

November 22nd: Christmas Craft night!
come volunteer for this fun night!

November 29th: Friendsgiving





PAUSE & PRAY

May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.
—Psalm 19:14

Thoughts on Today's Verse:

God does so much for us. He is the Rock and Redeemer that undergirds our lives. He is the One who has saved us from sin and death. Our worship comes from our gratitude for what he has done, recognition of who he is, and anticipation of what he is going to do. But worship can never be compartmentalized to just fit into church places or quiet times (**Colossians 3:16-17**). Worship involves every aspect of life (**Hebrews 12:28-13:16**). That is why it is so important to tune our hearts so the words of our mouths and the motives of our hearts align with God's will and work. Then our private worship, whether alone in quiet or in a group with fellow believers, becomes the tuning fork for our hearts and lives so that our public worship, our lives lived out in the world, will play the song of God to a world that has not yet heard or learned his tune of loving grace.

My Prayer:

O Holy and Almighty God, I want this day to be a day of worship and honor to you. May my life praise you: not just in my thoughts, not just in my words, and not just in my songs, but also in my actions. In the name of Jesus, I pray. Amen.

WE WANT YOU TO BE WITH US AT THESE EVENTS!

LISTEN!
JOIN US FOR OUR LISTEN EVENT FEATURING
SAUL MALEK
a nationally recognized gambling prevention expert and trusted voice in gambling prevention, as we learn about the unprecedented and exponential rise in gambling among young men (11 yr- 25 yr old).

THE VOICE OF MODERN GAMBLING
Why **RISK** your life? **LIVE** it!

**SUNDAY
NOVEMBER 8, 2026**

ABOUT SAUL MALEK
Saul Malek is a sought-after speaker on addiction prevention and education, with a specialty of gambling addiction prevention. After developing a severe gambling addiction in college, Saul entered recovery in 2019. He shares his story with schools, athletic mental health organizations, and prominent media outlets like The New York Times and NPR. He has keynote conferences, appeared on Dr. Phil Primetime, and spoken at TEDx at the University of Alabama at Birmingham. He serves on the board of directors of the Texas Coalition on Problem Gambling.

**10:00 AM
YOUTH SUNDAY SCHOOL**
(all teenagers are welcome)
4th Floor Commons

**5:00 PM
COMMUNITY EVENT**
for teenagers, their parents, and our entire community in the Memorial Auditorium

THIS EVENT IS FREE AND OPEN TO THE PUBLIC.

CENTENARY
UNITED METHODIST CHURCH
644 W. FIFTH STREET
WINSTON-SALEM, NC

**PRESENTED BY
YOUTH**
A Division of the United Methodist Church

SHINING LIGHT ON MENTAL HEALTH

Questions? Contact Tammy Pollock • 336.724.6311 ext. 1336

Saul Malek is a nationally recognized gambling prevention speaker, recovery advocate, and educator who helps schools, universities, families, and communities have honest conversations about gambling harm, recovery, and prevention.

After developing a gambling addiction as a college sophomore, Saul experienced firsthand how quickly sports betting and online gambling can escalate. Between 2017 and 2019, gambling cost him sleep, money, time, relationships, and nearly his life. Now more than seven years abstinent from gambling, Saul uses his lived experience to educate others and help young people avoid the same dangers he faced.

Join us for our next LISTEN event:

Sunday, November 8th

10:00am in the

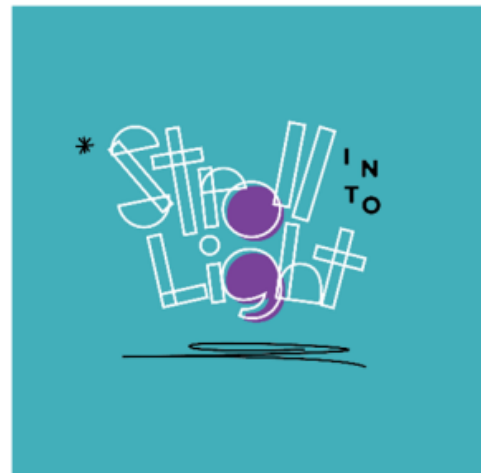
Youth Commons

(for teenagers)

5:00pm in

Memorial Auditorium

(for teens, parents, & our community)



Stroll into Light is the answer to the call we have all been ignoring for the longest time. The mental health epidemic, especially in adolescents, only receives attention when a tragedy has occurred or a life is lost. Stroll into Light is a recognition that each person is fighting their own battle each and every day. Whether that be anxiety, depression, or any mental health related issue, no one person should feel alone in their situation. As a community, we must support each other and advocate for peoples' stories to be heard. At this candlelight event, each attendee will receive a candle to reflect and mourn as we walk side by side. Stroll into Light will also have an optional time to reflect, and there will also be an opportunity to receive hope from individuals who themselves have risen from the darkness to walk in the light of life!

Please walk with us:

Sunday, November 15th

at Mount Tabor High School Track

at 6:00 pm

WE NEED YOUR HELP!

Christmas Craft Night

Sunday, November 22



You can help make Christmas Craft Night a success! Come and be a craft helper on Sunday, November 22. 2-3 volunteers will be assigned to each craft room where materials and directions are provided. You will simply get to work together with your volunteer partners to help kids and their grown ups make an amazing craft that helps them to prepare for Jesus' Birthday! Volunteers will arrive at 3 pm and will be done by 6 pm. Do you want to be part of the fun?

Contact Kate May! (kmay@centenary-ws.org/336-486-0689)

LET'S PLAY BALL! JOIN OUR TEAM

Twin City Conference is a unique basketball league that exists in partnership with our friends at Winston-Salem Street School, along with our friends at St. Paul's Episcopal, First Presbyterian, Greek Orthodox, and Ardmore Baptist.

ALL our senior High boys-- who are **NOT** on their school's varsity basketball team -- are invited to join our team... and yes, friends are welcome too! Our games are played at the Fulton YMCA on Tuesday evenings starting October 27th at 6:00pm. The cost to join the league is \$50.

JOIN THE TEAM

2026 / 2027 SEASON SCHEDULE

Game	Location	Time
10/27/26	St. Paul's vs. St. Paul's	6:00 PM
10/28/26	St. Paul's vs. St. Paul's	6:00 PM
10/29/26	St. Paul's vs. St. Paul's	6:00 PM
10/30/26	St. Paul's vs. St. Paul's	6:00 PM
10/31/26	St. Paul's vs. St. Paul's	6:00 PM
11/01/26	St. Paul's vs. St. Paul's	6:00 PM
11/02/26	St. Paul's vs. St. Paul's	6:00 PM
11/03/26	St. Paul's vs. St. Paul's	6:00 PM
11/04/26	St. Paul's vs. St. Paul's	6:00 PM
11/05/26	St. Paul's vs. St. Paul's	6:00 PM
11/06/26	St. Paul's vs. St. Paul's	6:00 PM
11/07/26	St. Paul's vs. St. Paul's	6:00 PM
11/08/26	St. Paul's vs. St. Paul's	6:00 PM
11/09/26	St. Paul's vs. St. Paul's	6:00 PM
11/10/26	St. Paul's vs. St. Paul's	6:00 PM
11/11/26	St. Paul's vs. St. Paul's	6:00 PM
11/12/26	St. Paul's vs. St. Paul's	6:00 PM
11/13/26	St. Paul's vs. St. Paul's	6:00 PM
11/14/26	St. Paul's vs. St. Paul's	6:00 PM
11/15/26	St. Paul's vs. St. Paul's	6:00 PM
11/16/26	St. Paul's vs. St. Paul's	6:00 PM
11/17/26	St. Paul's vs. St. Paul's	6:00 PM
11/18/26	St. Paul's vs. St. Paul's	6:00 PM
11/19/26	St. Paul's vs. St. Paul's	6:00 PM
11/20/26	St. Paul's vs. St. Paul's	6:00 PM
11/21/26	St. Paul's vs. St. Paul's	6:00 PM
11/22/26	St. Paul's vs. St. Paul's	6:00 PM
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12/30/26	St. Paul's vs. St. Paul's	6:00 PM
12/31/26	St. Paul's vs. St. Paul's	6:00 PM

* All games take place at the Fulton Family YMCA - House Mill Road



SENIOR HIGH MISSION TRIP JULY 18-25, 2027 * DULUTH, MN

As followers of Christ, we believe we are invited to go out into our community and the world at large to be the hands and feet of Jesus through mission work and serving others! Each summer, our Youth Ministry goes out into the world to serve the Lord. Our Senior High Mission (9th-12th graders) Trip partners with YouthWorks to work in a different city or country every July. These trips are life-changing, giving you the opportunity to encounter Jesus and truly live out the Gospel message to "love God and love Neighbor." This summer we will head to Duluth, MN and hope you will plan to join us for this incredible week of service, worship, and growing closer to God and one another. The cost is \$2190 per person. Registration opens

DON'T MISS THESE MILESTONE GATHERINGS!



SIXERS!

A ministry just for our newest youth in the sixth grade! Join us one Friday night a month to go on an adventure with just your grade. We love this ministry that gives us all a chance to build community, grow in our faith, and do some really fun things. Some of our adventures include Laser Tag, Adventure Landing, Celebration Station, Alpha & Omega Corn Maze, Rock Climbing, swimming, and much, much more!



NINER-NINER!

We know it seems like only yesterday you were brand new in youth ministry in our Sixers! ministry. How fun were those events? The BEST!

Now you find yourself moving into High School and all those emotions of starting over again are looming over you. Well, we got YOU!

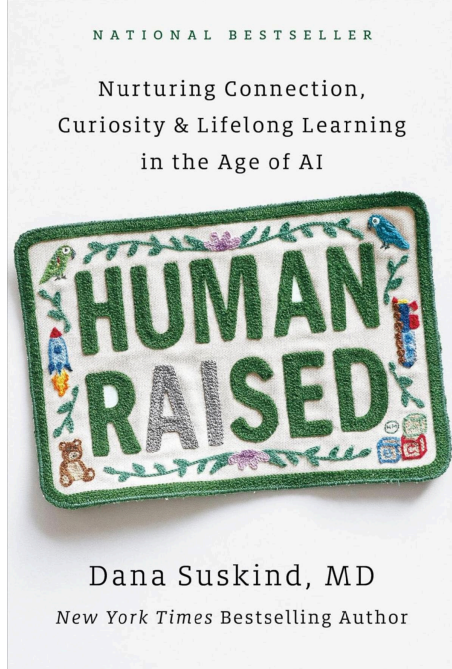
Niner-Niner is a ministry for our newest members of our Senior High Ministry...our fabulous Freshman. Join us one Saturday a quarter to step outside the norm and be together with your other freshman friends to reconnect, build community, and remember you are loved, seen, and heard.

READ ALONG WITH US!

RECOMMENDED BOOK OF THE MONTH

Dr. Suskind, a pediatric surgeon and neuroscience researcher at the University of Chicago, examines how AI tools—ranging from smart toys and algorithmic tutors to conversational chatbots—impact children's neurological, social, and emotional growth. Rather than taking an anti-tech stance, she provides a science-backed road map to ensure technology enhances human interaction rather than replacing it.

Join other youth ministry parents this month as we *read along* together Dana Suskind, MD's New York Times Bestselling book, **Human Raised: Nurturing Connection, Curiosity, & Lifelong Learning in the Age of AI.**



As United Methodists, our Methodist theology emphasizes relational holiness—the idea that faith is lived out in community with God and neighbor. Dr. Suskind's emphasis on non-negotiable human connection mirrors the Wesleyan view that spiritual maturity requires personal, embodied presence. And her evidence-based approach gives parents practical tools grounded in sound science rather than fear or moral panic. Such a timely and important read! We hope you'll pick up and copy and plan to *read along* with us.

JOIN US ACROSS THE TABLE!

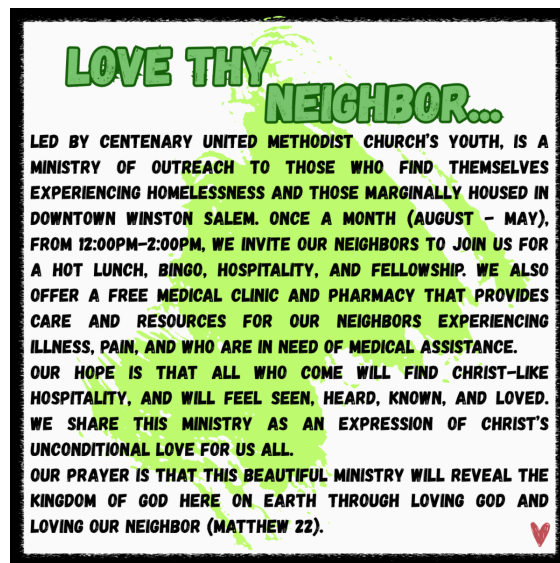


ACROSS THE TABLE with Tammy & Kevin

Did you know your youth ministers have a podcast?

Welcome to "Across The Table" where we simply come to the table to share in all things youth-ministry and in all things happening in the lives of teenagers today. We're your youth minister hosts, Tammy Pollock and Kevin Garrity, and we're so glad to BE sitting at the table with you. We hope you'll find rest, encouragement, joy, and belonging Across The Table with us -- as we discern and discover what it means "To love youth on behalf of Jesus, in hopes of loving them to Jesus," trusting that Christ-like love will transform you and our community. Listen to the latest episode [Here!](#)

LOVE THY NEIGHBOR!



JUST ONE MORE RANDOM THOUGHT...

DID YOU KNOW?

Squirrels experience better memory in the autumn so they can relocate the thousands of nuts and seeds they bury, accidentally planting new forests in the process.

Don't forget you are loved so BIG!

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. - 1 John 4:7

For more information or to sign up to receive Youth Ministry updates by email, contact:

Tammy Pollock, Director of Youth Ministry
and/or

Kevin Garrity, Assistant Director of Youth Ministry

Follow us on Instagram @centenary_youth.

Listen to our podcast, "Across the Table with Tammy & Kevin"
(which can be found wherever you listen to your podcasts)



FOR
EVERYONE
 #4EVRY1WS

“

**Making Disciples of Jesus Christ for the
Transformation of the World.**

”

Centenary United Methodist

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Winston-Salem, NC 27101

Contact Us

336-724-6311
Church Office Hours
Monday-Thursday 9am-4pm



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