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NEWSLETTER JUNE 2025

# YAYA CONNECT

*Authentic Ministry - Intentional Learning - Resource Giving*



## WHAT'S INSIDE:

- **Left on Read: Navigating Ghosting &Breadcrumbing in Modern Dating**
- **Feeling overwhelmed? Let Discernment be your Anchor**
- **June Book Recommendations**
- **Term of the Month: Deconstruction**
- **Graduating to Life: Touch the Wounds- Faith & Grief Loss**

### Upcoming Events



## LEFT ON READ: NAVIGATING GHOSTING & BREADCRUMBING IN MODERN DATING

In today's dating culture, many young adults are experiencing silence where there should be connection. Ghosting (when someone cuts off communication without explanation) and breadcrumbing (offering just enough attention to keep someone engaged, without real commitment) are more than just frustrating—they can be emotionally and spiritually disorienting.

DHM YAYA is hosting a webinar, Left on Read: Navigating Ghosting and Breadcrumbing in modern dating this event invites participants into an honest, faith-rooted conversation about boundaries, healing, and self-worth. Together, we'll explore how to center integrity, clarity, and care in all our relationships.

Ghosting and breadcrumbing aren't just digital phenomena—They're reflections of deeper struggles with communication, accountability, and self-worth. This timely, interactive webinar creates space for real talk on modern dating, emotional healing, and how our faith can guide us through it all.

### Meet the Presenters:

- Rev. Dr. Christina Davis Asst. Prof. at Christian Theological Seminary is a pastoral theologian and licensed marriage and family therapist who integrates mental health, theology, and justice into healing spaces for individuals and communities.
- Rev. Bere Gil Soto is the Director of Young Adult Leadership Development at the National Benevolent Association (NBA) and a fierce advocate for belonging, storytelling, and collective liberation in the Church.

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Together, they bring both spiritual and clinical wisdom to a conversation that many churches avoid but young adults are desperately craving.

This webinar isn't about judgment. It's about freedom. Freedom to name what hurts. Freedom to claim what's holy. And freedom to love—with honesty, dignity, and divine intention.

Tune into Left on Read and invite others—whether they're single, talking, healing, or somewhere in between.

Join us Thursday, June 26, 2025 | 6 PM CST / 7 PM EST:  
[Register@discipleshomemissions.org/events/](mailto:Register@discipleshomemissions.org/events/)

#### Suggested Practices:

- **Relationship Values Inventory:** Have participants write down their top 5 non-negotiables in a relationship (e.g., honesty, consistency, spiritual alignment, shared values). Then, ask: Where do these values come from? How do they show up—or not show up—in the people we connect with?
- **Boundary Role-Play Scenarios:** Split into pairs or small groups and walk through real-life situations like:
  - You've been texting someone for 2 months and they suddenly stop responding.
  - Someone keeps DMing you but never makes plans.
- **Red Flag/Green Flag Game:** In a group setting, name behaviors and decide together if they reflect care, control, or confusion.

#### Discussion Questions:

- How can churches become safer, wiser spaces to talk about relationships and sexuality without shame?
- How do systems of power (like patriarchy, racism, or heteronormativity) shape the way people relate or disappear in dating?
- Have you ever been ghosted or breadcrumb? How did it affect your trust in relationships—or yourself?

## FEELING OVERWHELMED? LET DISCERNMENT BE YOUR ANCHOR

Inspired by “Are You Also Feeling Overwhelmed These Days?” by José Humphreys III, Sojourners, June 2025

In a time of political anxiety, social unrest, and deep collective fatigue, José Humphreys III names what so many are feeling: overwhelm is not just emotional—it's systemic. Citing Walter Wink and Ruth Haley Barton, Humphreys reminds us that prayerful discernment can help us stay rooted in God's presence while resisting the powers that seek to destabilize us.

For youth and young adult ministries, this means creating space where our communities can process grief, name systemic stressors, and practice sacred slowing. We can't outpace the chaos—but we can learn to breathe, discern, and respond with gentleness and clarity.

#### Suggested Practices:

- **Discernment Circles:** Create a brave space for youth to explore where they feel overwhelmed and where they sense God calling them to respond.
- **Overwhelm Inventory:** Invite youth to reflect: Is this mine to carry? What can I release? What needs to be named?

#### Discussion Questions:

- Where are you noticing overwhelm in your life right now?
- What does discernment look or feel like for you?
- How can your faith community help you practice resilience instead of reaction?

## JUNE BOOK RECOMMENDATIONS:

- **You Are Your Best Thing** edited by Tarana Burke & Brené Brown: A powerful anthology centering Black voices on vulnerability, healing, and wholeness. Great for small group reflection or personal growth.
- **Blessed Are the Crazy** by Sarah Griffith Lund: A compelling and compassionate look at mental health and faith through a Disciples lens. Perfect for church groups ready to destigmatize mental illness.



## TERM OF THE MONTH: DECONSTRUCTION

Deconstruction is the process of critically examining the beliefs, traditions, and doctrines you've inherited—especially those that have caused harm, exclusion, or spiritual disconnection. It often involves unlearning toxic theology, rethinking rigid religious rules, and questioning systems of power that have been spiritualized or normalized in church spaces.

While some define deconstruction as “walking away from faith,” it's actually the opposite for many. For young people especially, deconstruction is a path toward honest faith—one that makes room for mystery, justice, healing, and belonging.

Deconstruction is not the end of faith—it's a reimagining of it. For many youth and young adults, deconstruction begins when long-held beliefs no longer align with their lived experience. This journey isn't about abandoning God—it's about questioning the frameworks that may have distorted God's image in the first place.

In Jeremiah 1:10, God says there is “a time to uproot and tear down... to build and to plant.” That's what deconstruction is: holy excavation. It's courageous work to examine what no longer serves truth or liberation and to rebuild something rooted in justice, grace, and authenticity. Faith communities that honor deconstruction without fear or judgment are places where healing and curiosity can thrive. This process can be disorienting—but it can also be deeply freeing. Let's walk it together.

**Scripture Anchor:** Jeremiah 1:10 – “See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

### Suggested Practices:

- **Faith Timeline:** Reflect on your spiritual journey—what beliefs have changed? What stayed? What hurt? What healed?
- **Scripture Remix:** Choose a difficult passage and ask: How have I been taught this? What else might it mean?

### Discussion Questions:

- What beliefs or practices have you been questioning—and why?
- How has deconstruction deepened (or challenged) your connection to God?
- What kind of faith are you hoping to rebuild?

## GRADUATING TO LIFE: TOUCHING THE WOUNDS - FAITH & GRIEF AFTER LOSS

“You gotta be strong.”

“They're in a better place.”

“Everything happens for a reason.”

Sound familiar? For so many youth and young adults—especially Black, brown, queer, neurodiverse, and disabled folks—grief is not just personal, it's generational. And yet, in both society and church, there's still pressure to “move on” quickly or suffer silently. But what if we said this instead: You don't have to be okay to be holy. What if we told the truth that Jesus—resurrected, radiant, and still scarred—didn't hide his pain?

A faith that ignores pain is not liberation—it's denial. In John 20, the risen Jesus shows his wounds—not to hide pain, but to witness to it. His scars speak truth: grief is sacred, not shameful. This moment reminds us that real faith makes room for heartbreak. Whether it's mourning a loved one, a lost future, or harm from church itself—grief isn't a detour from the journey. It's part of it.

**Scripture Anchor:** John 20:24–29 – “Put your finger here; see my hands...” **Also:** Psalm 34:18 – “God is close to the brokenhearted and saves those who are crushed in spirit.”

### Suggested Practices:

- **Sacred Playlist:** Create a group playlist of healing songs paired with scripture or quotes, and use it during reflective time.
- **Art of the Wound:** Use heart or hand outlines to mark where grief lives in the body, then close with affirming truths about healing and holiness.
- **Lament Litany:** Co-write a collective prayer naming grief and memory, beginning with “O God, we grieve...” and ending in shared silence.

### Discussion Questions:

- What did it mean to you that Jesus kept his scars? How does that change how you view your own?
- How can our church or community make space for honest grief—not just healing, but holding?
- What's a loss you've felt that others didn't see or understand?