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NEWSLETTER JANUARY 2026 EDITION

# YAYA CONNECT

*Authentic Ministry - Intentional Learning - Resource Giving*



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## EVENT SPOTLIGHT: ADULTING 101 - THINGS NOBODY TAUGHT ME ABOUT MONEY (PART 3)

We're just weeks away from the final installment of Adulting 101: Things Nobody Taught Me About Money! This free webinar dives into one of the most important and often most overlooked parts of adulthood building a financial legacy. Together, we'll unpack how small, intentional steps like strategic saving, debt management, and accessible investing can create long-term stability.

Featuring Kristen Ahlenius of Your Money Line, Rev. Managerrie Winston of Disciples Home Missions, and the NBA's Director of Young Adult Leadership Development Rev. Bere Gil Soto, this conversation empowers young adults to realize that the best time to begin shaping your future is right now.



**Part 3    January 21<sup>st</sup>    7:00pm ET/6:00pm CT**

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**When:** Wed, Jan 21 at 7:00pm ET / 6:00pm CT  
**Hosted by:** National Benevolent Association (NBA) in partnership with Your Money Line and Disciples Home Missions' YAYA Ministries  
**Cost:** Free; registration required.  
**[Register Here](#)**

**Scripture Anchor:** Proverbs 21:5 (NRSV): "The plans of the diligent lead surely to abundance..." reminding us that thoughtful preparation is a spiritual practice of stewardship.

#### Suggested Practices

- Create a shame free space with no judgment about past financial choices.
- Encourage storytelling to connect money habits with values.
- Invite participants to set one realistic, accountable financial goal for the month.

#### Discussion Questions

- What does "financial legacy" mean to you personally or within your family?
- What small financial habit could you begin this week that would move you toward long term stability?
- How does faith influence your approach to money, planning, or generosity?



## JANUARY BOOK RECOMMENDATIONS:

**This Here Flesh — Cole Arthur Riley:** Lyrical meditations on dignity, memory, and embodiment perfect for winter small group grounding.

**We Will Not Cancel Us — Adrienne Maree Brown:** A compassionate guide to community accountability that resists disposability great for friendship, conflict, and repair work.

## WAR, DISASTER, AND COMPASSION FATIGUE: HOLDING GLOBAL PAIN WITHOUT GOING NUMB

Wars flare, storms hit, timelines flood, and our hearts get tired. Psalm 46 reminds us that God is refuge in trouble, not after it ends. Romans 12:15 calls us to weep with those who weep, solidarity not spectacle. Matthew 5:4 blesses mourners because grief is a doorway to truthful love.

Compassion fatigue is real, especially for those already carrying local burdens, trauma, or financial stress. Faithful response isn't endless exposure; it's grief-wise practice naming reality, choosing a focused action, and resting on purpose so our care remains steady. Think rhythm, not frenzy. Lament, verify, act, rest, repeat.

Together we can hold global pain without dissolving into numbness or performative posting. We don't have to fix everything to be faithful; we do have to keep our hearts soft, our giving informed, and our advocacy sustainable.

**Scripture Anchor:** Psalm 46; Romans 12:15; Matthew 5:4

#### Suggested Practices

- **Three Baskets:** Sorrow / Anger / Hope place one sentence in each, then name one doable action.
- **Compassion Buddy Check In (10 min):** Pair up weekly; share one feeling and one doable step (pray a name, send a kind DM, share a verified resource).
- **News Rhythm:** Two set check in times daily; no doomscroll after lights out; share one verified update in group prayer.

#### Discussion Questions

- Where does global pain land in my body, and what helps me release it?
- What small action keeps me tender without burning out?
- How can our group carry this together (prayer, giving, advocacy) so no one carries it alone?



## TERM OF THE MONTH: LIBERATORY LAMENT

**Plain definition:** Telling the truth about pain personal or systemic so that we can seek comfort, solidarity, and repair.

**Why it matters:** Liberatory lament is not negativity or performative venting. In Psalm 13, the psalmist names despair (“How long?”) before choosing trust. Honesty is the doorway to hope, not its enemy. Isaiah 61 links comfort with rebuilding, the anointing to heal broken hearts and moves communities toward “repair of ruined cities.” Matthew 5:4 blesses mourners because grief, faced together, becomes holy ground where God meets us and mobilizes us. For youth and young adults especially those navigating racialized violence, anti-LGBTQIA+ laws, disability erasure, poverty, and war lament is trauma wise discipleship. It interrupts numbing and shame, honors what bodies carry, and resists systems that demand silent endurance. Lament moves in a gospel rhythm name the wound, be held in community, discern one small act of repair. We don’t rush people to silver linings; we make room for the whole truth and then choose love with receipts.

**Scripture Anchor:** Psalm 13; Isaiah 61:1–4; Matthew 5:4

### Suggested Practices:

- **From Cry to Care:** Each lament names one gentle next step (rest, reach out, learn, show up). Keep it small and doable.
- **Psalm Remix:** Rewrite one or two lines of Psalm 13 for your week (“How long...?” / “Yet I will trust...”). Share or keep private.
- **Witness Without Fixing (2–2–1):** In pairs: 2 minutes to share, 2 minutes to reflect back feelings (no advice), 1 sentence of blessing.

### Discussion Questions:

- Where do I feel “How long, O Lord?” right now in my life or our world?
- What support actually comforts me (quiet, check-in text, company, resources)?
- After telling the truth, what one repair step is ours (personal or communal)?

## GRADUATING TO LIFE: DISCIPLES DISCERNMENT RETREAT

DHM is partnering on the Disciples Discernment Retreat a weekend designed for young adults who are curious about theological education and how calling, justice, and real life meet. This is a pressure free, pretense free space to bring your honest questions and listen for what’s next.

### What you can expect:

- **Spiritual discernment labs:** gentle practices (guided silence, scripture reflection, journaling) that help you notice where God is nudging.
- **Candid conversations with Vanderbilt Divinity School faculty & students:** hear what classes are really like, how community and justice work show up, and what formation looks like outside the classroom.
- **Practical sessions on the pathway to seminary:** admissions timelines, writing a personal statement, references, and an overview of scholarships/financial aid.
- **“Ministry in the wild” site visits:** meet leaders doing chaplaincy, congregational ministry, community organizing, and nonprofit work; ask how they found their path.
- **Small cohort circles:** process learnings with peers; name gifts, values, and concerns with care and confidentiality.
- **Radical hospitality:** a welcoming environment for diverse identities and journeys; space to rest, reflect, and be yourself.

**Who it's for:** Anyone 19–26 discerning ministry, theological study, or simply how faith and vocation intersect. No prior experience required.

**When:** March 27-29 **Applications close February 15, 2026.**

**Apply here:** [Disciples Discernment Retreat Application](#)

