

VOLUME 2, ISSUE 1 | FALL 2025

THE LINK

YOUNG ADULT LAY NEWSLETTER

RAVEN M. GAINOUS
HONORED AS YOUNG
ADULT OF THE
BIENNIAL

ROBERTS RULES OF ORDER CHEAT SHEET

All that you need to know and more...

REFLECTIONS FROM THE
EKKLESIA YOUNG ADULT
LEADERSHIP SUMMIT

CONSECRATION
MAP



A MESSAGE FROM OUR EEDLO YOUNG ADULT REPRESENTATIVE

What an awesome time to be alive and in service to God and His people!



As we navigate through this Annual Conference series, I want to take a moment to recognize all of the Young Adults who have served in various capacities across this Eleventh Episcopal District and celebrate the incredible role you play in the life of our church community. Your dedication, energy, and faith are not just noticed—they are deeply valued! Serving in the church at your age is a powerful act of courage and commitment, and it speaks volumes about the kind of person you are becoming.

Remember the words of 1 Timothy 4:12, “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.” You are called not only to serve but to lead by example, showing that age is no barrier to spiritual maturity and godly influence. **Your role is sacred!**

Your service is more than just a task or a responsibility—it is a calling! Through your actions, you are living out the values of love, compassion, and hope that are at the heart of our faith. Each prayer you lead, every smile you share, and all the ways you lend your hands and hearts to others create ripples that extend far beyond what you can see.

You are not just the future of the church—you are its vibrant present. Your unique perspectives, talents, and voices bring life and renewal to our community. Don’t ever underestimate the power of your faith and the difference you make. Challenges will come, and moments of doubt may arise, but know that these experiences are shaping you into a leader with strength, wisdom, and grace.

Hold fast to your purpose! Keep growing in your faith and let it guide your actions. Surround yourself with those who uplift you and remember that you are never alone on this journey. I am proud to stand with you, honor your service to God and His people, and celebrate the unique gifts you bring.

Be bold. Be compassionate. Be the light that inspires others to walk in faith and love.

Lastly, I want to give honor and deference to all who attend our 2025 Young Adult Leadership Summit in West Palm Beach, Florida this summer. Your dedication to growing in faith and leadership deeply enriched our time together. I must also give a shoutout to my team who worked to plant the Summit, as well as every presenter. Finally, to everyone who chose to donate or sponsor young adults to attend the Summit **THANK YOU! THANK YOU! THANK YOU!**

YA's thank you for bringing your passion, insights, and spirit of fellowship to this gathering. It is through committed leaders like you that the body of Christ continues to be strengthened and guided in wisdom and love. May the lessons learned, and the connections made inspire and empower you in your calling to serve with humility and courage. I look forward to seeing the fruit of your leadership in your community and beyond.



Continued Blessings!

Dante' D. Buckson, Young Adult Representative

Eleventh Episcopal District Lay Organization - African Methodist Episcopal Church

REFLECTIONS FROM THE EKKLESIA YOUNG ADULT LEADERSHIP SUMMIT

SIS. JAQUAVIA YOUNGBLOOD, YAR FOR MT. OLIVE AME CHURCH TAMPA



This summit was a great opportunity to fellowship and get to know like-minded individuals of the same age.

We were able to learn more about each other personally and spiritually. We started with an Icebreaker bingo game that I was fond of because we had to match people with each description. I came in second place and won a chick fila gift card. Also, because that was my first convention I was given \$10 to buy something from one of the vendors that was present.

We were given a leadership guide that contains information, affirmations, prayers and sections to take notes. This is something I would like to take back to my home church and innovate it into monthly sessions with the young adults in my congregation. We were able to speak freely and share testimonies. We did a group activity that allowed us to build our own church. It was great hearing different aspects and attributes of the different churches that were created.

My Favorite part was the panel. Each panelist shared some good thoughts and remarks. They talked about how times are changing, and we need to get ahead of the change instead of playing catch up. They discussed ways to approach the deportation that is going on. They shared ways they could support instead of shutting out because it's not "our culture" being affected right now. Pastor Sha'leda Mirra stated that heaven will not have separated areas for different groups because everyone belongs to the same kingdom.

The church is supposed to be for the kingdom not the culture. I felt as if she was reading my mind and taking my thoughts when she answered the panel questions. I was eager to shake her hand and ask her to be my mentor after it was over. This summit sparked something in me and I'm sure it did for others.

"God needed me in that room"

Jaquavia Youngblood- YAR Mt Olive Tampa

REFLECTIONS FROM THE EKKLESIA YOUNG ADULT LEADERSHIP SUMMIT

SIS. TERI PARRISH-WILLIAMS, SOUTH CONFERENCE YPD DIRECTOR



In June, I had the privilege of attending the Ekklesia Lay Young Adults Leadership Summit, a transformative gathering that stirred hearts, shifted minds, and deepened our collective call to Kingdom service. In my opinion this wasn't just another event on the calendar, but it was an encounter that embodied the very essence of its theme: Inspiring the Extraordinary.

From the moment I entered the grounds of the hotel, it was clear that the Young Adult Representative, Dante Buckson and his committee, had planned under the weight of divine instruction. The weekend wasn't simply organized, it was ordained. Every detail reflected a consecrated intentionality: creating space for young adults to not only grow in knowledge, but to be transformed spiritually, mentally, and emotionally.

The atmosphere throughout the summit was charged with purpose. Presenters and panelists didn't merely speak; they ministered. Each word felt spirit-breathed, resonating deeply and igniting passion within myself and many other listeners. It was a moment for divine downloading. The programming was not only relevant but revelatory, equipping us as disciples ready to serve with integrity and impact. The integration of moments with God provided an opportunity for connectivity and oneness with HIM.

One standout resource from the weekend was the well-crafted Leadership Guide, which demonstrated a level of strategy and care that mirrored the weekend's spiritual depth. It served not only as a tool but as a blueprint for sustainable growth, offering practical insights grounded in prayerful discernment. Its thoughtful construction emphasized that effective ministry leadership doesn't happen by accident, but it is cultivated through vision. Perhaps the most powerful way in which we came to understand what true transformation looks like was through the powerful presentation delivered by Rev. Nathaniel Robinson entitled, "Evidence of an Encounter." It was the joy of shared testimonies, and the clarity many received about their next steps in faith and leadership.

As we departed from the summit, there was no doubt that something special had taken place. We left not the same as we came, inspired, yes, but also liberated, empowered, and commissioned to reflect Christ more fully in every corner of our lives. Ekklesia 2025 reminded us that when young adults are given space to lead, to listen, and to encounter, the result is extraordinary, not because of who we are, but because of whose we are. And as the summit so boldly affirmed: "Healthy leaders equal healthy ministries."

ROBERT'S RULES OF ORDER - QUICK CHEAT SHEET

THE PURPOSE OF ROBERT'S RULES OF ORDER IS TO PROVIDE A FAIR, CONSISTENT, AND DEMOCRATIC PROCESS FOR RUNNING MEETINGS.

GOALS: KEEP ORDER, ENSURE FAIRNESS, PROMOTE EFFICIENCY, PROTECT RIGHTS AND CREATE CLARITY

BASIC PRINCIPLES

- ONE THING AT A TIME
- MAJORITY RULES, MINORITY RIGHTS PROTECTED
 - EVERYONE GETS A FAIR CHANCE TO SPEAK
 - THE CHAIR STAYS NEUTRAL

MAKING A MOTION

- MEMBER: "I MOVE THAT..."
- ANOTHER: "I SECOND THE MOTION."
- CHAIR: STATES THE MOTION
- MEMBERS: DEBATE/DISCUSS
 - CHAIR: CALLS FOR VOTE
- MEMBERS: VOTE → MAJORITY DECIDES

COMMON MOTIONS

- MAIN MOTION → INTRODUCES BUSINESS
 - AMEND → CHANGE THE MOTION
 - POINT OF ORDER → FIX A RULE MISTAKE
- CALL THE QUESTION → END DEBATE, VOTE NOW
 - TABLE → SET ASIDE TEMPORARILY
 - ADJOURN → CLOSE THE MEETING

VOTING METHODS

- VOICE VOTE → "AYE / NO"
- SHOW OF HANDS / STANDING
 - BALLOT (SECRET)
- ROLL CALL (NAMES CALLED)

KEY PHRASES

- "I MOVE THAT..." → PROPOSE BUSINESS
- "POINT OF ORDER!" → CORRECT PROCEDURE
 - "DIVISION!" → REQUEST COUNTED VOTE
- "I MOVE TO ADJOURN." → END MEETING

THE LINK



YOUNG ADULT SPOTLIGHT



THIS QUARTER WE ARE PLEASED TO SPOTLIGHT MS. RAVEN GAINOUS

Raven is an active member of New Bethel AME Church in Lakeland, Florida.

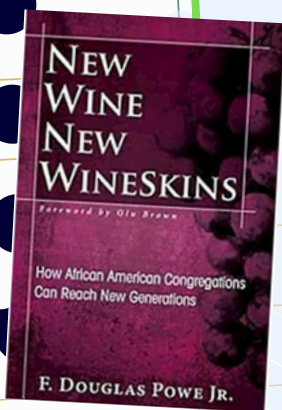
She was honored during the 2025 Connectional Lay Biennial as the "Young Adult of the Biennial." Ms. Gainous

serves as the Young Adult Representative for the West Coast Conference Lay Organization, and was also just re-elected President of the Eleventh Episcopal District RAYAC.

May God continue to bless her ministry.

Congratulations Raven!!!

CHECK THIS OUT!



Book of The Quarter

NEW WINE NEW WINESKINS by F. Douglas Powe Jr.

Song Of The Quarter

"New Thing Coming" by Elevation Worship



WORDS TO LIVE BY!

Great leaders understand that the right ATTITUDE will set the right ATMOSPHERE, which enables the right RESPONSE from others.

BREAST CANCER IN BLACK MEN AND WOMEN AGES 18–35

BREAST CANCER IS OFTEN SEEN AS A DISEASE AFFECTING OLDER WOMEN, BUT IT ALSO IMPACTS YOUNG ADULTS – INCLUDING THOSE IN THE BLACK COMMUNITY. WHILE RARE AT THIS AGE, DIAGNOSES BETWEEN 18–35 CAN BE MORE AGGRESSIVE AND PRESENT UNIQUE CHALLENGES.

KEY FACTS

- Black women under 35 are twice as likely to be diagnosed with aggressive breast cancers compared to white women.
- Black women have a 40% higher death rate from breast cancer overall.
- Young Black women are more likely to be diagnosed at later stages.
- Black men account for 1 in 100 breast cancer cases, but are more likely to die from the disease than white men.
- Common aggressive subtype: Triple-Negative Breast Cancer (TNBC) is more prevalent in Black patients.

WHY YOUNG BLACK ADULTS ARE AT RISK

- Genetics and family history (BRCA1/BRCA2 gene mutations)
- Limited access to early screening
- Misdiagnosis or delayed diagnosis due to age bias
- Health disparities and systemic inequities
- Environmental stress and lifestyle factors

WARNING SIGNS (DON'T IGNORE)

- A new lump or thickening in breast or chest area
- Nipple discharge (especially bloody)
- Changes in breast shape, size, or skin texture
- Pain in breast or underarm
- Swelling or skin dimpling (“orange peel” skin)

Men can have symptoms too. Any new chest lump should be checked.

WHERE TO GET SUPPORT

- 1.) Sisters Network Inc. – Support for Black women with breast cancer
- 2.) The Chrysalis Initiative – Advocacy for Black breast cancer patients
- 3.) American Cancer Society – Screening resources
- 4.) Black Men's Health Project – Men's health education



Breast cancer doesn't have to be a silent killer in our community. Awareness, early action, and advocacy save lives.

Protect your health. Check yourself. Speak up. Get screened!

DECLARATIONS FOR CHRISTIAN LEADERS

- I WILL NOT BE DISTRACTED BY WHAT GOD NEVER ASSIGNED ME.
- I CHOOSE DISCERNMENT OVER BUSYNESS.
- I ONLY SAY YES TO WHAT ALIGNS WITH HEAVEN.
- I WILL NOT MISS DIVINE TIMING CHASING COUNTERFET CONNECTIONS.

Consecration Map

Bible verse:

Thoughts on the verse:

Prayers and Petitions:

Reflection: