



S

SUMMER EDITION

CU PROGRAMME
APRIL TO JUNE 2019

A CU's purpose is to...

GROW: By meeting each week to pray and be changed together by His word. The more you're gripped by God's love for you – the more you'll support each other and be fuelled to...

GO: By sharing the love of Jesus through your lifestyle, chatting naturally about Jesus and putting on CU events that enable people to hear and explore more about Him.

“Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”
Colossians 3:17

G R
O W



Pray

After half-term, it might be hard to 'carry on as normal' with CU. Try to factor in one time each week where you can meet together and pray. You will be amazed how worth it it is. It could be in your normal meeting place – or over a bag of fries!



What about?

Each person in CU swaps their exam dates/deadlines with another person and commits to standing with them in prayer!



What about a GAP year?

What will you do when your course/studies end? Are you heading straight to Uni? Will the job hunting commence? Now is a good time to pray and think about one more option – a GAP year!

GAP years can be life-changing. How about carving out some time before you dive into the rest of life – to serve God and share Him in a powerful way with people? (Something exciting for the CV too!)

Here's a few options:

A UK GAP year:

www.yorkshirecamps.org.uk

Join the amazing team in the heart of the Yorkshire Dales as they seek to share the transforming love of Jesus with young people!

www.paismovement.com

A free Christian GAP year where you'll be trained and equipped to use your gifts to reach the world!

Abroad?

Fancy serving God and seeing another part of the world? How about:

www.crosslinks.org

www.latinlink.org.uk



Stressed

Everyone gets stressed, particularly when it comes to coursework deadlines and exams!

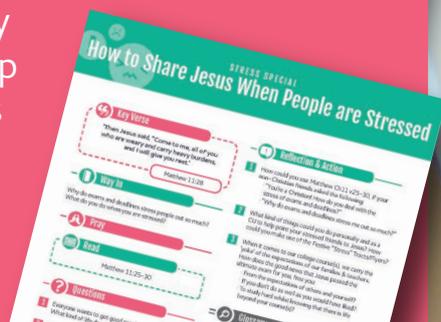
Here's a bunch of resources, aimed at helping you (and your friends and fellow students) to de-stress, by going to the Burden Carrier – Jesus!

Two User-Friendly Guides to help your CU cope with stress:

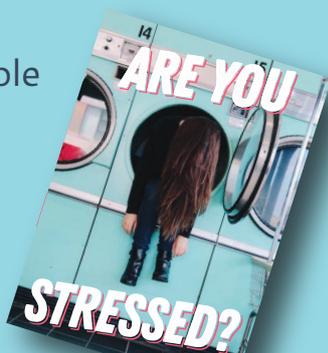
1. Daniel and Workload Stress
2. Workload Stress – Gems from Jesus



One User-Friendly Guide to help equip you to share Jesus when people are stressed!



"Are You Stressed?" flyer that points people to Jesus (order free: info@festive.org.uk)

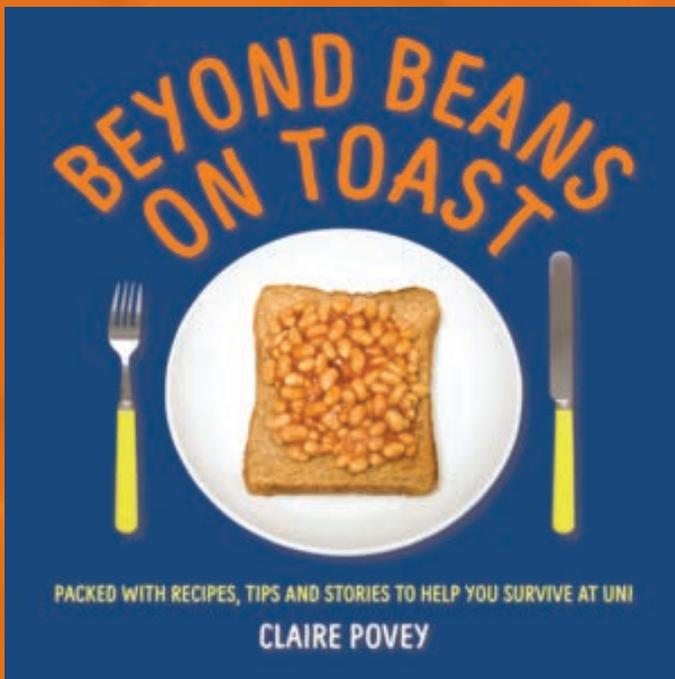


"Stress" Questionnaire



Check out our "Workload Stress Ideas" for more tips and ideas





GIVE AN AMAZING GIFT TO STUDENTS LEAVING FOR UNI...

Beyond Beans On Toast is an evangelistic survival manual for students who are heading to University.



IT'S PACKED WITH:



Delicious recipes trialed by a professional chef, with step-by-step photos making time in the kitchen easier.

Top Tips from what to take to keeping bugs at bay – including budget help from CAP!



Stories from students who share their own University experiences and tell of the radical encounter with Jesus that changed their lives forever!

Could you give a bundle away at a leavers assembly? Give two to everyone in CU (one to keep and one to pass on to an unbelieving friend?)

ORDER YOUR FREE COPIES OF BBOT ...and get loads more ideas of how you could give them away here:

www.festive.org.uk/beyond-beans-on-toast

A big thank you to everyone who sponsored these BBOT copies for student mission in FE!

Sample Term Planner

This is a sample term calendar based on a CU of 3 people.

Colleges (and Christian Unions) come in all shapes and sizes so we don't expect yours to look the same. It's here to stir ideas and show you what a balance of "Growing" and "Going" could look like!

Share jobs out across the term and enlist help from Christian staff members, chaplains or youth workers! Print off page 5 of this resource to plan your own CU term ahead!

WHEN	WHAT	TO DO
April 23rd	Daniel and Workload Stress Stressed Series	Bring Daniel and Workload Stress print outs from the "Stressed?" series. Order free "Are You Stressed?" flyer-tracts and Beyond Beans On Toast resources from info@festive.org.uk
May 30th	Workload Stress Gems from Jesus Stressed Series	Bring Gems from Jesus print outs from the "Stressed?" series
May 7th	How To Share Jesus When People Are Stressed Stressed Series	Bring the print outs for this week from the "Stressed?" series: www.festive.org.uk/students/resources
May 14th	<i>Pray, Publicity & Prep time!</i> Get ready for after half-term	Get ready for your 'Stressed' event if you're having one! Do you need to order Flyer tracts or get sweets in? Print off Questionnaires? Put up posters/hand out flyers? Make time to pray!
May 21st	"Stressed" Event!	Make sure you have lots of stressed questionnaires, flyers, Gospels and edible goodies to give away!
May 28th	HALF TERM	
June 4th	CU Prayer Time Revision & Exams	Read Philippians 4:6-7 as fuel for your prayers: Swap deadlines and exam dates – pray as a CU!
June 11th	CU Prayer Time Revision & Exams	Read Colossians 1:13-23 aloud. Listen to a Worship Song that fixes your eyes on Him. Respond in thanksgiving and prayer!
June 18th	Leavers event	Can you give away Beyond Beans On Toast at an assembly or through a leavers stall this week?
June 25th	End of Term Social!	Celebrate God's goodness and say goodbye to College leavers by going out for some grub/having a social!

WHEN	WHAT	TO DO
April 23rd		
April 30th		
May 7th		
May 14th		
May 21st		
May 28th	HALF TERM	
June 4th		
June 11th		
June 18th		
June 25th		