



# IP e-NEWSLETTER

Y's Men International June 2020



Dear Club Member,

Welcome to the June e-letter. I hope that these e-letters have kept you informed through the articles and updates with the variety of contributors that have been used throughout the year. In this last edition for me, we will read about the importance of our connections and partnerships with the YMCA and consider what the future might hold for us all.

## Transitions

YMI is at the beginning of a new chapter in our history. On 4 July, [during a special live-streamed event](#), we will welcome Jacob Kristensen as our new International President and the new team of IEOs and International Council Members for 2020/21. With this comes an atmosphere of excitement, a sense of anticipation and a wide range of expectations. While some of these expectations might be unrealistic or what we anticipate might not even happen, the excitement that God is doing something new is much more important than all our personal agendas.

With this will come difference, change, new activities and different ways of growing clubs and being club members. There will be different ways of how we respond faithfully to the mission of the YMI movement and express that in our communities. Something that we might be required to do, is maybe to let go of some of the things we hold dear. In the story of Moses leading his people to the promised land, he says to his people that he is prepared to let go in order to allow God to do new things through new leaders for new generations in new places. How do we become the people that we have been called to be when we are in uncharted territory and we are unsure of exactly what lies ahead of us? Are we equipped for the job? Do we have the right tools? Do we know what we are doing?

Let us honour the heritage and promise of the past in order that a new vision for our movement is fulfilled. We will be called to be bold and courageous in the days ahead as new opportunities arise. We are not called to stay in one place, in one time but to be a people on the move as opportunities that arise are taken up, adopted and embedded into our policies and practices.

As we look to the new leadership for new ways of fulfilling our mission, may we be encouraged that we are not on our own, that we are guided by the examples and achievements of others and importantly, by the faith that we share together. In Ephesians 1:6 we read,

“being confident of this, that he who began a good work in you will carry it on to completion...”. This has brought me a great sense of peace over the past year and I hope it will encourage you too in the coming year.



I am very thankful for the team of leaders who have been on this year's journey with me. IPIP Moon Sang-bong has been an inspiration and trailblazer for many of us, helping to shape YMI in ways that we hadn't thought of before. IPE Jacob Kristensen has graciously picked up where our previous IPE Poul-Henrik Hove Jacobsen finished suddenly last year. He will be a steadying and encouraging influence during his term. ISG Jose Varghese has shown energy and vision as he shapes the new ideas into practical applications and policies. IT Philips Cherian has been wise and measured in his advice and support to me and the team. Thank you too, to the 15 members of the ICM and to the ISD Service Directors who have played a valuable part in helping us work through this interesting and challenging year in surprising and successful ways. Blessings to all!

*IP Jennifer Jones*



## June Emphasis!

# YMCA Liaison

## Partnership Building with YMCA What would it mean to YMCA?

As a former YMCA staff member, I would like to share my experience of how much the YMCA is supported by YMI and the members in our local YMCAs. I was a staff member of local YMCA and busy handling community development as well as maintaining daily and seasonal programs which are the main responsibility for the YMCA staff. But we all believe that YMCA should be a part of the community and doing something for the community is also importantly expected. We may not need much help from YMI for our daily programs, but we need the connections and experiences of YMI members who are parts of the community. In order to involve people from community, in order to find key persons who work together in some community building projects, YMCA requires someone who supports and promotes the relationship with people in the community. The needs of each community may be different and when we find a common ground for working together between YMCA and the community people, the YMCA will be seen as a community-based organisation rather than a specialised organisation for youth or sport in the community. As I said within YMCA, 90% of the contents, could be a specialised organisation for the youth or fitness building or child care, etc. but that 10% of the YMCA makes the YMCA unique among many youth or health or child care organisations. Making efforts to build relationships with people in the community and doing something important for the community is the spirit and uniqueness of the YMCA. For this important image building, I think Y's Men's Clubs in the same area, town or community can be the key resource for the YMCA. I have learned this throughout my career as a professional staff of the YMCA.

After my retirement from YMCA in 2016, I have decided to work for partnership building between YMCA and YMI in

many parts of the world. First, we, both leaders of YMCA and YMI clubs in Japan, decided to meet occasionally to discuss what could be done together in Japan. We have found out that YMI could be most important partner for building a project which is important for the community. YMCA has been the well-established organisation and they may not need YMI in their regular programs. But 10% of the nature of YMCA is based on community needs and community people should be involved. If the YMCA is willing to be open to community people and willing to meet the real needs of the community, the partnership is beneficial to both YMCA and YMI.



YL ISD Kohei Yamada with wife, Marlene

During this time of COVID-19 pandemic, for however long it lasts, we need to find out new needs and recognise the difficulties people are facing with these new challenges. This could be a common ground for both YMI and YMCA to discuss and reach a new 10% project for the community. We need to work together for the sake of people in our communities who could be suffering from various new environments caused by COVID-19.

Once we build a good partnership between YMCA and YMI in a community, it would be an advantage for YMI, YMCA and for the community.

**YMI Liaison to YMCA, ISD Kohei Yamada**



## INSTALLATION OF IP, IEOs & ICMs

There will be no physical meeting of the International Council in 2020. Therefore, the traditional installation of the international officers will be hosted online on 4 July 2020. Club members, friends and family from across the world are invited to this live event, which will be streamed on the Y's Men International Facebook page (<https://www.facebook.com/YsMenInternational>) and on our website - <https://www.ysmen.org/live/>.

## WHY I WORK FOR THE YMCA

### Marion Modra

Simon Sinek came to prominence with a TED talk – **Start with Why**. The reason: “Leaders realised that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. **Start with Why** shows that the leaders who've had the greatest influence in the world all think, act, and communicate the same way — and it's the opposite of what everyone else does.”

The YMCA as a movement started with **Why** – long before it was fashionable. “From a base of Christian values, we provide opportunities for all people to grow in body, mind and spirit.” And that is what I love about working at the YMCA. Let me tease this apart with some examples.

**For all people** – there are plenty of gyms and sports clubs across Australia but few of them welcome ALL people. When you walk into a Y, you are greeted with a smile and ‘what would you like to do today?’ You don't need to look a certain way, or dress in certain active wear – you just need to show up and you are welcome. And there will be something for you that is engaging and fun. I have the privilege of leading our Community Strengthening team – youth empowerment, disability, aged care, community centres – and to see the transformation ‘for all people in action’ is amazing. One man in his 30s came to the community centre with a support worker because his mental health was poor, his anxiety high and his weight had been climbing. He couldn't go to a regular gym because of the anxiety. Over time, he became more confident and was able to greet the staff, and in coming more frequently, his weight came down. He found his smile and walked taller. Then he was able to join our recreation centre under a regular membership and now attends daily. He has grown in body, mind and spirit as his confidence has returned.

**BODY** – well this goes without saying in the recreation centre space. But I am reminded of the 85-year-old who came to a balance class at our community centre. She had an invitation to her granddaughter's beach wedding, and was terrified that she might fall. Working with our exercise physiologist helped her to improve her balance and by the wedding was able to wear her new outfit with heels. She confidently walked the length of the beach to the amazement of her daughter, the mother of the bride.

**MIND** – it is predicted that in Australia there will be more deaths this year from suicide than from COVID-19. A terrible prediction and one that highlights the mental health crisis we face in our current context. The YMCA has understood the importance of having a healthy mind to the individuals' overall wellbeing for well over 150 years. We work in this space every day. In a country location, there is a program that gets alongside a young person with a mental health plan, involving them in physical exercise – it's called *social prescribing* – and

## COMING UP SOON!!

- Installation of Officers at all levels of YMI
- Special Installation on 4 July online
- ICM online 8-9 August

the outcomes are better than taking a tablet. Then there is the example of the young man who was heading to jail because his emotional dysregulation led to violent outbursts. Through boxing and a committed coach, he is back in school and has an apprenticeship.

**SPIRIT** – the spirit is the seat of character, the hope and the joy that makes life worth living. It's also imperative for resilience. During the months of shut down and isolation we saw daily examples of people who were suffering in spirit. The recent US riots and unrest over long held inequity are also a manifestation of spiritual disease. When we truly care about the whole person, and connect with them, we see their spirit healed and strengthened. I've seen young people who felt disconnected and unworthy grow in spirit through the Y, its staff and programs, to become strong, independent and contributing adults. The Youth Parliament program is one place where I see this happening! One of my own team was a previous participant and his growth through the program has allowed him to develop in spirit, having the resilience to adapt to unemployment, relationship breakdown and now, new career opportunities.

**From a base of Christian values**– for me this is the most important. I am aligned at my core with the mission because I believe that we are all broken, damaged and without worth but for the grace of God. The same values that founded our democracy, built our rule of law and govern our communities are the values of the Y. That's worthy of my time, my heart and my energy. It's something that will last, a legacy - and being part of something far bigger than myself is part of my **Why** for loving my job at the Y.

**Marion Modra**

Manager: Community Strengthening  
YMCA South Australia

*P.S. Marion attended IC 18 in Yeosu, Korea*



Marion Modra with Jennifer and Russell Jones

## REGIONAL CONVENTION IN TAIWAN in May



Great to see the 44th Regional Convention of Taiwan held in person in May 2020

## Photos from 2019-2020



Thank you for reading my e-letter throughout the year. Let's continue to make this world a better place in these challenging times. Thank you too for choosing to have me as your International President, it has been a most rewarding and interesting experience. Continue to have vision, faith and hope for the future where we can be **"on the move"** together!! I'm sure I'll catch up with many of you sometime, somewhere.

Regards and blessings, **IP Jennifer Jones**

I can be reached using the contact form on our website - [www.ysmen.org](http://www.ysmen.org)

PHOTO on front page: View from Granite Island, Victor Harbor, South Australia