



**Heather Bellamy**  
xRhythms leader

“So, we’re building an army of media communicators to engage a teenage generation. And I’m thrilled to introduce to you our fabulous first nine bloggers and vloggers! Unplanned and surprisingly the first nine are all women. But how good is that. It’s the girls who are rising to the challenge to reach their generation! As these nine multiply to 90 or 900, we’re expecting loads of guys too! So if you know someone who has the voice and call to reach a generation and could take their place beside these nine, then I want to hear from you. There’s plenty of space in the XR Army! Email [heather.bellamy@crossrhythms.co.uk](mailto:heather.bellamy@crossrhythms.co.uk).”

OK, to get to know these media warrior ladies we asked them three questions: What will you communicate to today’s teenagers? What is your heart for the teenage generation? And what does God mean to you?

Here’s what they had to say...



**Joy Attmore**

**I love to write** about real life experiences I have found God in. My blogs are honest and raw, and don’t shy from talking about hard things. I am passionate about living a life led by love, one that is pure and set apart for God, and I desire to give my all to encouraging others to have a heart fully sold out and laid down for God and His Kingdom.

**My heart** for this teenage generation is that they would grasp hold of the power of truth and love and that it would light a fire in their bellies. And that they would know who they are and whose they are, and that confusion would fall away and they would be known for steadfastness, righteousness and purity.

**God is my foundation.** He is everything I live for. To me, God means love. He means freedom and hope restored. God means safety and family and a vision for life beyond what I can see with my natural eyes. He is why I am alive. He is my joy.



**Alice Tomkinson**

**I will be writing** about anything the younger generation are currently living amongst: social media, self-esteem, relationships, sex and the worldview on themes such as faith, money, gender and vanity. My passion is to speak in a way that’s relational, gritty and authentic, and will cause them to read and think “yeah, me too!”

**I love the teenage** generation and it is my role and passion to share my experiences, lessons, stories and wisdom, hopefully as a way of empathising, relating and guiding them. I want to help a younger audience feel they’re not alone, and that they have a voice, whatever the circumstances they’re in.

**God means everything** to me. I spent many of my teenage years feeling very alone in a busy and loud world, but then one day I realised just how much hope there is in God. He has shown me such love in my darkest days. He’s my father, friend, saviour and world. My life has changed in ways I didn’t think possible since choosing Jesus and welcoming him into my everyday life.



**Holly Cooke**

**I’m a recent art Grad** who majored in fashion communication. My testimony is one of bullying, self-loathing, isolation and mental health, but alongside this is healing, growth, lessons and love. These are topics that I will be speaking about openly and honestly in blogs and vlogs; discussing the issues that are part of everyday life for the 21st century, social networking obsessed teen – friendship, bullying, mental health, following your dreams, being yourself, social media, school, relationships, self-esteem, fitting in.

**My heart** for young people is for them to realise that even the smallest acts can make the biggest difference to our world. They may view themselves as small or insignificant or too young, but my heart is that they will come to realise that no matter who they are or where they’re from they are worthy and their small acts of kindness and love really can change this world.

**God has been a constant,** unwavering presence in my life and world; completely unchanging and consistent. No matter how rough the storms of life have become, God has been a firm, strong and steadfast presence.



**Emily Parker**

**As a lover** of overflowing bookcases and the smell of new books, I am looking forward to interviewing authors of newly released books, not only to talk more about the themes they cover but to hear the author’s story too. If I’m not curled up with a book then I can usually be found being transported into a different world via film, so I will be writing reviews for newly released films and highlighting the themes and stories within them.

**In a world full of many voices** and differing opinions, I want to see more young people encouraged to engage with the views of today and to be able to have access to a Christian perspective. I want to see more young people work out what they do and don’t believe, and to live a life running into the destiny God has paved out for them.

**As a teenager** who didn’t want to go to church, following the death of one of my best friends, God showed me that despite the uncertainty of what life can bring, there can and will always be good that comes from the depths of pain. He shows me a new way to look at life daily, encourages me to be me and reminds me of what love is and what love can be. Life with God is an adventure full of love, mystery and excitement.



**Katherine O'Shea**

**As a teen I wasn't a Christian**, most of my friends weren't and no one in my family was. I understand what life is like for teen girls outside of church who don't know God. I'm passionate about injecting hope, worth and love into the lives of those who don't yet know God and challenging what the world says about relationships, boundaries and achievement. As a trained actor/director, I will also blog on theatre and the arts.

**I would love to see** a generation of young women who know their individual worth outside of boyfriends, friends, looks and likes. I want to see teens discovering the fact that they are eternally loved and treasured. I would love to see young people dreaming, creating and expressing themselves, free from social anxiety and self-consciousness.

**God rescued me.** He turned my mourning into dancing, my sorrow into joy. Jesus introduced me to what love, freedom and safety is. He is my father and realising that changed everything. I am nothing without God.



**Viki Taylor**

**I am passionate** about empowering teenage girls to live life with joy & peace, speaking into issues around confidence and rejection, based on my own experiences! As well as this, I am passionate about encouraging students to do mission, living out their calling in their day-to-day! With a BSc in Psychology, I will focus on mental health & relationships.

**My heart** for the teenage generation is that they will know they are accepted, loved and it is enough just to be themselves. The world teaches us that we have to do something to be accepted, but I want to teach that they can act out of a place of being accepted and known, to step out in faith and confidence to be who they are called to be.

**To me, God means** a good good Father, acceptance, being known, loved and cherished.



**Jess Simm**

**I will be writing** about new changes, issues surrounding social media and the influence it has on a teenage generation. I will also talk about mental health and body image issues.

**My heart** for the teenage generation is self-acceptance and love. For them to discover who they are, and once they've found it, to do everything they can to keep their individuality alive.

**God to me** is the ultimate everything. My father, forgiver, healer, restorer, provider and friend.



**Beckie Littler**

**In my blogs** I will be writing about everyday challenges like depression, loneliness and relationships with friends and parents. I am passionate about people being themselves and being authentic. I believe we are all made unique for a reason and if we tried to be like everyone else the world would be a very repetitive place.

**My heart** is that teenagers would be respected within their community because they are full of potential and are the next generation of leaders. We need to encourage that potential and self belief.

**God is everything.** It may be a cliché but without God I wouldn't be the woman I am today. I am very excited to see where God leads me in the future.



**Jess Barlow**

**I write my blogs** from my experiences: things I have faced and battled. To be proof that it is possible to overcome even the darkest of places. I struggled with mental health issues from a really young age, and so am passionate about helping the younger generation through my story.

**My heart** is to help raise a generation who know their worth! A generation who aren't afraid to be themselves, who love themselves unconditionally and who love one another.

**To me, God is** literally my life saver. If I didn't get saved when I did, I honestly don't think I'd still be alive today. And I will be eternally grateful for the love and grace my heavenly Father shows me every day. I no longer fear my hard days because I know he is right by my side.

**These are the first volunteers in the XR army! Will you cheer them on? Will you pray for them? Will you get behind them and share their passion to see a teenage generation encounter God?**