

From Hoops to Hopes: Our Gym Serves the Community

Throughout the week our congregation hosts groups for men seeking to change their lives.

Rebound—Tuesdays

Rebound is a support group for recovering men of all ages started by Mr. Byron Thompson in 2008. Byron's vision was to give men in recovery an outlet from regular recovery meetings by hosting free recreational basketball at Plymouth Church on Tuesday evenings. Prior to playing a good game of ball, Rebound begins each Tuesday night with a meditation session which gives participants the opportunity to share what is on their mind. Byron says 2013 has been the group's best year due to success in attendance. A central goal of Rebound basketball is to create an atmosphere where individuals feel motivated to return and keep the group going strong. The Alano Foundation (1521 N. Prospect Ave.) generously funds Rebound. Byron Thompson and the Alano Foundation are wonderful examples of genuine and caring people using Plymouth's gym to help the wider community.

Pathfinders-Fridays

Pathfinders uses the gym on Friday nights for a group of young men 12 to 21 years old. The group meets for a topical discussion related to what it means to be a man. A UWM grad student and UWM undergrad student facilitate the group. After their group discussion the youth play basketball. Joseph Stanley, the social worker in charge of the group for Pathfinders notes, "It is an amazing group of young men. I am often there cooking and cleaning up; I am impressed at the discussions they are having. One recent group discussion carried on for more than 2 hours." The nature of the group may change in the new year as Pathfinders determines whether to continue the all-male group or move to a co-ed model depending on the needs of youth.



Rebound Meets at Plymouth on Tuesday Nights