



As we recover from Thanksgiving dinners with family, enjoy the vibrant fall leaves carpeting the ground, and settle back into routine after summer, we're reminded that even in life's busy rhythm, **it's important to slow down, breathe deeply, and notice the precious moments.** Practicing gratitude daily is both essential and easily forgotten in our too-full lives. When meaningful words become trendy buzzwords, we can lose sight of the depth and significance they carry.

When I reflect on giving thanks, on what it truly means to *express* gratitude, I'm reminded of Ann Voskamp's reflection on the Greek word ***Eucharisteo*, meaning thanksgiving.** In Luke 22:19 we read, "*And he took bread, gave thanks and broke it, and gave it to them ...*." In the original language, "he gave thanks" reads "eucharisteo." When broken down - the root word, "*charis*", means grace, and the derivative of that "*chara*", means joy. **Joy, then, is an inseparable part of thanksgiving!**

Author Brené Brown's research on gratitude and joy echoes this truth. She writes, "***the most effective way to cultivate joy in our lives is to practice gratitude.*** The key word here is *practice*. It's not just about feeling grateful, it's about developing an observable practice. So often we think that joy makes us grateful, when in reality it's gratitude that brings joy."

At Youth Unlimited, we see this lived out every day. **Gratitude rooted in grace and expressed through joy is what fuels our community.** Staff who show up faithfully, volunteers who pour out their hearts, and youth who are learning that they are deeply valued and loved. **True gratitude, as Jesus modeled, begins with grace and blossoms into joy.** When we practice gratitude, not just feel it, we enter into the same faith-filled rhythm of thanksgiving that brings life and hope to our souls. Grace gives birth to gratitude, and gratitude grows joy. Each time we choose thankfulness, we reflect the very heart of God, turning ordinary moments into sacred expressions of faith, grace, and joy.

**Do you have a gratitude practice,** or time set apart, to cultivate an attitude of joyful thanksgiving? If this is something you're interested in trying out, **there's a pdf attached** that you can use to start cultivating a gratitude practice of your own.

With Joy,  
Julianne Boos  
Office Administrator



This year's **Mission in Motion** was an incredible day of movement and impact! ✨ Together, we raised over **\$19,000**, which will allow **47 youth** to attend a year of programming and experience opportunities that bring hope and belonging.

👟 A big shout-out to the 46 participants who ran, biked, and walked a combined 650 km to support vulnerable youth in Edmonton.

Thank you to everyone who gave, participated, and cheered us on—you made this happen!







## Welcome To Our New Team Members!

👋 We're thrilled to welcome two new faces to our team:

- Jolene — Manager for The Cellar Youth Centre
- Harsh — Youth Support Worker at The Core Youth Centre

We're excited to see the energy and heart they bring to their roles as they support youth and build community!

## 🔴 Big News! 🔴

We've been selected as finalists for a Field Law Grant and we need **YOUR** help to win! This grant would launch our **Gear Unlimited merch store**, giving youth paid work experience and a chance to develop real-world entrepreneurial skills. 💪

All it takes to help? **Your vote!** 🗳️

No registration needed,  
and all it takes is 5 seconds!

[Click HERE to Vote](#)



## ***Save the Date: Giving Tuesday is Coming!***

Mark your calendars for **Giving Tuesday on Dec 2**— a global day of generosity that will contribute to our **Another Day Campaign**, aiming to **raise \$105,000** to provide an additional day of programming at each of our centres.

Stay tuned for more details on how you can get involved to make an even bigger impact this year!

If you're someone who prays, we'd love to invite you to pray for a few of YUE's specific needs:

- The Cellar Youth Centre is in need of a vacuum
- We've submitted 2 City of Edmonton grants and we're praying for favourable outcomes

We're also looking for donations for youth of new toques, socks, and gloves for our youth centre care closets.

Thanks for being a part of our community!



**Our mailing address is:**

Box 42051 Millbourne RPO

Edmonton, AB

T6K 4C4