

## Belvedere Family Church: Happy Thanksgiving Up and Coming Family!!!

Stephanie Dias  
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To our Up and Coming Family,

Happy Thanksgiving! Today means a lot of different things to different kinds of people but I wanted to share a small message with you all today to get through this holiday.

Living a life of gratitude is a lifelong journey. It is something that we must work on continuously. We may not think about it all the time because we all have different circumstances, but being a little more grateful in life can actually be beneficial.

*According to Harvard Health Publishing*

"In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, have good experiences, improve their health, deal with adversity, and build strong relationships."

*"Chapter 4: A life of gratitude*

I have only one goal for my life. It is to find what I should do so that I can live with a more grateful heart today than yesterday. It is the goal of my life to have a heart which is grateful every day, in order to live endeavoring to be more grateful today than yesterday, and to be more grateful tomorrow than today."

*And finally some words from the Bible 2 Corinthians 4:15*

"All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God."

To sum all of this up, let's use today to be grateful and let's express that gratitude to the ones we hold close and love. We are living in tumultuous times and sometimes we might not know what to do within our lives. I know it's not easy, but maybe we can start with gratitude.



I am grateful for the community we have. For all of the leaders and parents that support UC. To all of our staff who put in their everything for you guys on the weekends. To our Core Staff who invest so much to create a wonderful program for you all. And finally to all of you guys at up and coming, beautiful children of God. We love you so much, I love you so much.

Happy Thanksgiving everyone, I hope you have a blessed day!

Stephanie Dias

Youth Pastor  
Up and Coming Youth Ministry