

## A SEASON OF EQUIPPING

This fall has been a full season of gearing up in all sorts of areas! Strengthening our foundation is crucial for delivering quality programs and services for our youth and families, and we want to be able to serve our community well. Here are some ways we've been doing this:

### Planning

Our board, staff, and Community Advisory Committee have been hard at work on our a new 3-year Strategic Plan, equipping Inner Hope for the future!



L: Community Advisory Committee; R: Some staff minds at work!

### Training

Training events this fall included:

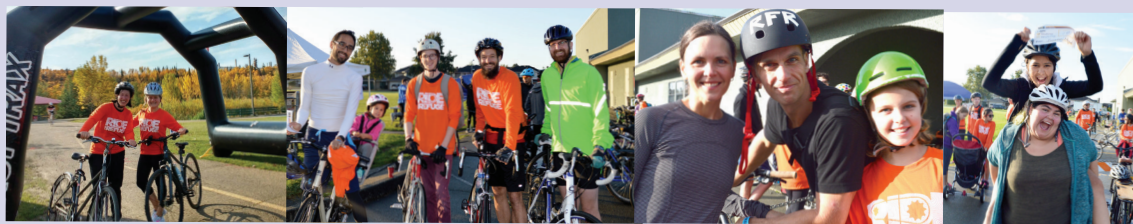
- Mental Health Workshop
- FASD & Trauma Workshop
- Cultural Competency Workshop
- Fall Volunteer Training



Some of our staff at the FASD & Trauma Workshop.

### Fundraising

Our biggest fundraising event, Ride for Refuge, was our most successful one yet! We had 10 teams of 63 riders and walkers, participating from Vancouver, Fort Langley, Edmonton, and Prince George. Including a \$10,000 match, we netted \$30,000, thanks to the support and generosity of partners like you. These funds equip us to continue walking alongside youth and families!



## GO PAPERLESS

Help us save on printing costs and be good stewards by receiving our updates electronically! To get our newsletters by email, send us a note at: [office@innerhope.ca](mailto:office@innerhope.ca)

## JOIN OUR PRAYER TEAM!

Partner with us in prayer, one of the most pivotal and foundational ways you can support us. To receive our monthly prayer letters, visit: [www.innerhope.ca/pray](http://www.innerhope.ca/pray)

Inner Hope Youth Ministries' mission is to walk alongside youth and families in East Vancouver nurturing hope, belonging and transformation through support, discipleship, life skills, and housing.

- support
- discipleship
- life skills
- housing

promoting positive community engagement and loving youth, young adults and families in practical ways guiding children, youth and youth adults in a relationship with their Creator mentoring youth and young adults to develop the skills needed to build their futures offering safe, stable and supportive homes for youth, young adults and their children

## WAYS TO PARTNER

We're currently in need of:

- 4 male mentors (we have a waiting list of youth!)
- 2 Sunday drivers
- 1 monthly workshop cook (make 1 meal/month)
- 1 tutor
- 1 social coordinator (1 event/month)

contact

[volunteer@innerhope.ca](mailto:volunteer@innerhope.ca)  
for details/if you're interested!

Become a Friend of Hope! By joining our monthly donor team, you help provide greater stability, increasing our impact.

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**INNER HOPE**  
youth ministries



## SPOTLIGHT: DESTINY

"I began my journey with Inner Hope when I was 15 and the year was 2013. I first started in the Boundless program and met my mentor, who was my mentor for 3 years and is my friend today. She guided me through my life experiences and disciplined me into the person I am today. She even got me into a leadership program that resulted in me going to Rwanda. Those were two life-changing experiences! I have also lived at The Home twice in my life. The first time I lived there briefly, and then came back to live there in 2016. The Home has taught me to have stability, structure and good social dynamics in a home. Inner Hope has been a big part of my life and I am very appreciative for everything they have supported me with." - *Destiny Hunter, participant*

## Hope, Peace, Joy, and Love: A Note from Jenny

How does a teenager experience hope when their mom is living on the streets addicted to drugs, and they know fentanyl is killing people, and the cold of winter is coming? How does a child experience peace when their father is violent and recently attacked their mom in their presence? How does a young mom who has been homeless for over a year experience joy when landlords don't want to rent to young Aboriginal parents, and the unfinished, dark basement they are staying in is starting to lead to depression? How does a young person experience love when their own mother abandoned her, and the boyfriend that she thought would love her walked away?

The Bible says, "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers" (1 John 3:16). And so, every day, Inner Hope staff and volunteers lay down their lives: taking a youth shopping when they are given a youth housing

*"This is how we know what love is: Jesus Christ laid down his life for us."*

apartment because their parents can't provide for them, holding a child or youth while they sob after a violent incident, modeling the unconditional love of Christ through committed relationships. Inside are some stories from our young people highlighting how they experience hope, peace, joy and love because of Inner Hope.

- *Jenny Shantz, Executive Director*

check inside for our

*christmas gift catalogue*

for tangible ways you can get involved and help us provide hope!

*stay tuned for friendship month?*

what makes you feel loved?

*details to come for february's friendship event!*

## WHAT'S INSIDE:

A Christmas Advent from Inner Hope!

## ON THE BACK:

Recapping the Fall: A Season of Equipping

P.O. BOX 74084, RPO HILLCREST PARK, VANCOUVER, BC V5V 5C8 • [WWW.INNERHOPE.CA](http://WWW.INNERHOPE.CA)

DIRECTORS: JENNY SHANTZ • 604.767.1357 • [JENNY@INNERHOPE.CA](mailto:JENNY@INNERHOPE.CA) & DIANA SQUIRES • 778.558.5385 • [DIANA@INNERHOPE.CA](mailto:DIANA@INNERHOPE.CA)



## a glimpse into Christmas at Inner Hope...

Special occasions and holidays are an incredible opportunity for building and growing relationships, and Christmas is no exception! Celebrating the birth of Jesus and gift of Emmanuel, God with us, is also a special opportunity to share Christ's love with our community. Here's a peek into our calendar for December:

**12/9** Boundless  
Christmas Party

**12/15** Post Secondary  
Christmas Party



Last year's Post-Secondary Christmas Party at The House!

**12/16** The Home  
Christmas Dinner

**12/17** Sunday Lunch  
Christmas Party

## love

"I get to meet a bunch of new friends and hang out with Mark at paintball. [What makes me feel loved is] having a mentor that's reliable and follows through on things. Having so many people looking after you if you need help. I feel supported."

- Austin (Boundless youth)



## peace

"Inner Hope has brought peace to my life by providing me with a home for me and my son so I'm able to be live with him and have him be in my life more than I was in my father's life. That brings a lot of calmness to my life and a lot of my anxiety is gone."

It gives me peace too to know that my son is just in the next room and that I'll always have him with me."

- Phillip (Parental Suite Resident)



# Inner Hope's Christmas Advent

With the coming of the Christmas season, we've been thinking about the advent themes of hope, peace, joy, and love, and how we reflect them here at Inner Hope. We asked some of our young people how they experience those themes through Inner Hope, and hope you are encouraged by their responses!

## hope

"There's been multiple times where I felt hopeless and life was not going the way I wanted. Inner Hope helped to remind me that my goals were still achievable. I

remember when I lived in a third floor building as a single mom and about to have my second child. Getting two little ones and a stroller up two flights of stairs was not going to be possible. You let me live with you for a few months and then advocated for me to get a housing transfer. I'm looking at my baptism photo right now. My life has been so dysfunctional that I never thought I would be in a place where I could accept God's acceptance of me."

- Liz (Mom, Community Advisory Committee member and past resident)



## joy

"Inner Hope has spread joy to me by accepting me, as I am, it really makes me feel included and engaged to Inner Hope and my home."

- River (Home Resident)

merry christmas  
from inner hope

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

- Romans 10:13

From all of us at Inner Hope, may this season be full of joy as we celebrate Emmanuel!

