

## Happy Fall, Y'all!

September 2026

Wow—there is so much to pause and **praise God for** this summer! Between life-skills groups, Bible studies, Rebalance classes, mentoring, and our epic peach fundraiser, it has been a full and joyful season of ministry. **7,200 boxes of peaches were sold in just six weeks!** Thank you to everyone who volunteers, prays, buys peaches, and supports this ministry in any way. **God is using every “yes” to make a difference in the lives of young people.**

One of my biggest highlights of the summer was completing our first two **Rebalance** classes at West Central. Rebalance is a new program designed to help teens who have experienced difficult circumstances build healthy coping skills, strengthen relationships, and learn how to manage big emotions. This month, Noah, Ben, and I will also launch Rebalance at Liberty Middle School and the Moorhead Alternative Learning Center. **Please pray for patience and wisdom as we meet brand-new students—that they would find healing, hope, and a place to belong.**



Staff & Volunteers  
at the Peach Stand

Of all the stories from this summer, I want to share **B's story. B is a young mom who** participated in both Bible study and Rebalance this summer. From the beginning, she leaned in. During our roundtable discussions about honesty, emotions, boundaries, and forgiveness, her pencil moved quickly across the page as she took notes. She listened closely, asked questions, and encouraged the other girls. “Breathe.” “Lock in.” “Remember to journal.” “You got this.” Her words became little reminders of hope around the room. It was beautiful to watch B grow—not only in her own confidence and coping skills, but also as someone willing to cheer others on.

Many of the teens we meet at Youth for Christ have experienced trauma, instability, or very difficult circumstances. Sometimes, even after a stressful situation has passed, their bodies and brains can remain stuck in survival mode—making it difficult to manage emotions, make wise decisions, or reach their goals. **Rebalance interrupts that cycle.**

My fav: Rebalance helps me with calming my self without freaking out and also helped with me thinking before I speak (most of the time)

During each 2-hour class, we combine three important things: **fun and connection, calming techniques, and meaningful peer-to-peer conversations.** Through games, teens laugh, move, and build relationships. Throughout the activities, we practice simple breathing and calming skills that can help when emotions feel overwhelming. Then, during roundtable discussions, we talk honestly about the life skills needed to grow and thrive. Something amazing is happening. Some teens initially came for the fun gym games. As trust and relationships grew, they got curious about other YFC programs. Now, some have joined Bible study, asked for their own Bible, and started meeting one-on-one for mentoring. Praise God!

When we asked B for feedback after Rebalance, she shared, “I feel like the group really helps our whole pod practice working together. The group calms everyone down and has a positive impact on pod dynamics. I enjoyed learning all the coping skills such as: mustache breathing, butterfly tapping, and visualization. I also enjoyed spending time together as a community. I appreciate how the leaders were engaged and supportive. We need more opportunities like this.”

**God is the author of the greatest comeback stories in history. When the pen is in His hands, the possibilities are endless.** B's story illustrates God's faithfulness unfolding in real time. Reaching three generations at once. This summer, the girls in B's Bible study asked to dig deeper into Jesus' parables and discover how each lesson applies to their own lives. As B's faith began taking root, it started producing fruit. One afternoon, B received a Bible storybook for her young son. I wish you could have seen her face. Her eyes lit up, and her excitement was impossible to miss as she talked about reading it to him during their next visit.

B had also been praying earnestly that God would heal her relationship with her mom and give her the courage to share her new faith with her. Then, during her last furlough, her prayer was answered. With warm tears rolling down her cheeks, B shared the news: **her mom had gone to church with her—and even bought a Bible for herself.** Now they are both reading God's Word and talking together on the phone.

Never underestimate the difference you make or the lives you touch. B, her mom, and her son normally live hours away from the Fargo-Moorhead area, but God brought B to West Central this summer—to be encouraged, empowered, equipped, and most importantly, to encounter the love of Jesus. What looked like an unwanted detour at a detention center became an opportunity for a **divine reset.**

At Youth for Christ, we have one simple and powerful mission: **we want every young person to be seen, heard, known, and to experience the life-changing love of Jesus.** When you pray, donate snacks or Bibles, buy peaches, volunteer, or partner financially, you are helping create opportunities for teens like B to learn, grow, heal, build meaningful relationships, and encounter Jesus. **You are part of this story. And God gets all the glory.** Thank you for being prayer warriors and faithful supporters of YFC's mission.



*One of the Summer Bible Study Groups*

**Please keep praying that young people would be curious and courageous—that the seeds of faith planted each day would take deep root and grow into lasting relationships with Jesus.** Please also pray for wisdom and patience as we launch Rebalance in two new schools this fall. Chad, the YFC team, and I are praying for you! Please call, text, or write and let us know how we can be praying for you.

If you feel called to join the financial support team, you can give online (simple, secure, tax-deductible): <https://redriveryouthforchrist.givingfuel.com/giving>

**Select ND - (Natasha Deplazes) in the fund dropdown or return the enclosed envelope.**

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to donate.*



**Natasha (Tasha) Deplazes**

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*\*Note: Names of kid's are changed or omitted for privacy purposes.\**