

A yellow spotlight graphic with a black beam and a grey base, pointing towards the text.

Northern Great Lakes Synod Youth Ministry Spotlight

Looking Beyond the Surface – a story about Tavia

Tavia Hult is just a few weeks away from completing 8th grade and already has an impressive list of accomplishments. She is a Student Council officer, member of the National Jr. Honor Society, volleyball player, equestrian, choir member, softball player - the list could go on, but you get the point. What you may not see from her many accolades and smiling exterior is that she was diagnosed with depression and anxiety last year. Through one of the roughest patches in her life, Tavia leaned on her faith and continues to go through life with God's help.

Tavia learned to let faith guide her way, even when the world around her feels like an abyss of negativity. She acknowledges that when she talks to God and asks for guidance, she is in a happier place with herself and with her surroundings.

Tavia's faith was nurtured at Bethel Lutheran Church in Menominee, where she was Baptized, attended Sunday School, and will soon be Confirmed. Tavia serves joyfully as a greeter and acolyte at Bethel and when she enters a room there, some of the younger members enthusiastically call her name and rush to give her hugs. She has also made connections with her larger family in

Christ through volunteering with the Lutheran World Relief Boxcar loading and participating in Conference-Wide Youth Events. Tavia met some of her best friends through the church, despite them going to different schools.



Tavia has a daily practice of providing a boost of positivity to at least three people every day. She makes an intentional effort to offer a kind gesture, words of affirmation, or a compliment to people she interacts with. She wants us to remember that everyone is fighting their own battles, and we can't always tell what is going on from the outside, but when we lean on God, we can all make the world a better place!