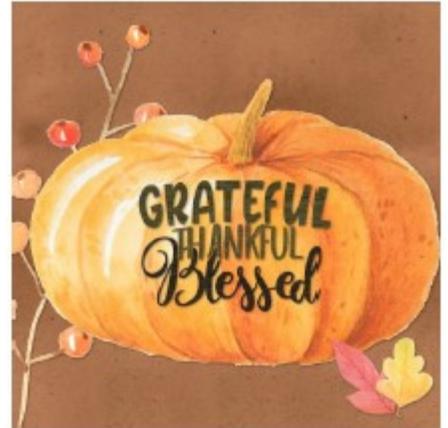


PARISH NURSE:

THANKFULNESS



Thankfulness comes from the Latin word *gratus*: according to the dictionary it means a warm friendly feeling of gratitude. Being thankful is feeling relieved and pleased. Thanksgiving is November 25 and became a national holiday in 1683. Every day we should be Thankful for all that we have. What are you Thankful for? Thankfulness is contagious. Thank-fulness improves relationships, contentment, it feels good, and cultivates humility. Thankful-ness helps keep us healthy by having a positive value in helping people cope with daily prob-lems. Gratitude and optimism can help boost our immune system. We need to focus on what we have instead of focusing on what we don't have.

The bible is full of passages on gratitude and thankfulness. Everyday we get to choose thankfulness and receive the benefits. When we actively practice thankfulness, we become more of who God wants us to be. Be thankful for what you have. What is Gratitude: it unlocks the fullness of life. It can turn a meal into a feast, a house into a home, and a stranger into a friend. Gratitude is a state of being, where you feel appreciation from deep inside you. We have our physical gifts, intellectual gifts, and emotional gifts we receive from God. Each one of us have so much to be Thankful for. How many people write in a Gratitude or Thankful journal? If we write down each day what we are thankful for it, allows us to be aware and focus on what we have to be Thankful for. I am Thankful for each member of United Lutheran Church. God Bless you all. Happy Thanksgiving.

Give Thanks to the Lord for he is good, his loves endures forever. Psalm 106: 1
Your Parish Nurse: Charlotte Spencer

Congregational Care

UPDATE ON COVID-19 VACCINATIONS:

Covid 19 updates: Pfizer is waiting for the update for children 5-11 from the FDA and then the CDC. There are now booster recommendations for all three vaccines. The vaccines are highly effective in reducing the severity of severe disease, hospitalization, and death.

VOLUNTEER DRIVERS WANTED

Looking for volunteer drivers to transport members to doctor/dentist appointments or pick up groceries. If interested, contact the church office to have your name placed on the list.