

THE JOURNEY

JOURNAL



November 2021 Edition

Welcome to the November 2021 Edition of The Journey Journal! In this issue you will find: Prayer, holidays in November and Origami. Have a blessed Thanksgiving!

Images for Focused Relaxation





Pray With US

Usually the first thought we have when we think of November is "turkey day"! Yes Thanksgiving is just around the corner and we are reminded to be thankful for the many blessings that we receive each and every day. One of life's challenges of course is to be thankful or grateful everyday, not just on Thanksgiving!

A friend sent me this quote today that I want to share with you. Brother David Steindal-Rasy says " The root of joy is gratefulness. It is not joy that makes us grateful; it is gratitude that makes us joyful..."

Do you have an attitude of gratitude? What are you grateful for? Think about these questions then when you have the answer be sure to share your thoughts. You see, too often, we, in our hearts are grateful for someone but we do not take the time to tell them. Today, do just that, let the people who you are grateful for know how you feel.

God is so merciful and worthy of our thanksgiving and praise. Have you paused to thank Him? Psalm 136:1 (ESV) declares, "Give thanks to the LORD, for he is good, for his steadfast love endures forever." Regularly giving thanks to God not only helps us fully realize how he is working in our lives, it gives us new perspective-- our mind is renewed, and our attitude is improved.



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Psalm 16:7-9

I will bless the Lord who guides me;
even at night my heart instructs me.

8 I know the Lord is always with me.

I will not be shaken, for he is right beside me.

9 No wonder my heart is glad, and I rejoice.

My body rests in safety.

Each moment that God blesses us with the gift of life we can choose to have the attitude of gratitude and live each moment filled with joy -- simply because God is good.

Have a Blessed Thanksgiving,



A Month of Holidays

November is full of holidays, both serious and fun. Of course everyone thinks of Thanksgiving, Election Day and Veterans Day. Enjoy these November holidays. Here are a few ways you might celebrate the holiday or honor people in your life.

Family Stories Month - share stories with family members and caregivers. Tell a memory of cooking your first big dinner for company, high school graduation or first day at a new job.

Hospice and Palliative Care Month - please share with us what we are doing well and what we can do better. Like us on Facebook. We are grateful to be in your life.

Sherlock Holmes Weekend, November 5 -7 - the first novel by Sir Arthur Conan Doyle was A Study in Scarlet written in 1887. There are several movies and TV series based on the Sherlock Holmes character. Dig into the mystery.

Veteran's Day, November 11 - Journey will be honoring Veterans with A Salute to Veterans at 2pm, via zoom. Please join us on the zoom link: <https://us06web.zoom.us/j/89600526788?pwd=K2JJUmFWdmllTUgrWFNYOFJwc25QZz09>

World Origami Day, November 11 - origami can be a great way to relax and practice meditation - see page 6 for instructions to make an origami cat.





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... more November Holidays

Thanksgiving November, 25 - an American national holiday. In 1621, the Plymouth colonists and Wampanoag Native Americans shared an autumn harvest feast that is acknowledged as one of the first Thanksgivings.

Random Acts of Kindness day November 26 - traditionally thought of as black Friday, when sales go from red to black in the ledger. Recently, black Friday shares the holiday. What random acts of kindness can you share. Here are a few idea: send a hand written card to a friend, compliment someone on a good job, or give someone a call just to say hello.

Hanukkah begins November 28 - the Festival of Lights, celebrated for eight days.



Journey Hospice - www.journeyhospicenj.org

Origami



Step 1: start with a square piece of paper.



Step 5: Form the ears by folding the left and right corners of the triangle up at an angle.



Step 2: fold paper in half by folding the bottom corner to top corner.



Step 6: fold a portion of the top corner down.



Step 3: fold in half again by folding left corner to right corner.



Step 7: turn the figure over.



Step 4: unfold.



Step 8: draw some eyes and whiskers!