**Dear Friends,**

As we look forward toward Thanksgiving we are humbled by the bountiful harvest which our Lord provides.This month I would like to consider **the gift of memories,** and **how we can use reminiscing to enhance our lives.**

How can I benefit from the gift of Reminiscences?

There are several different ways you benefit from this gift. You can consider **remembering your** **own life story, retelling someone else’s story** (i.e. your children), **or listening to another person’s story.** This yearmany of us will be far away from our loved ones or zooming to see them so it might be nice to reminisce about other Thanksgivings together. Memories can bring laughter thinking about the turkey that didn’t quite turn out the way it was suppose to or a misunderstanding about the time to eat. I’m sure you can think of many other epic events to talk about with your family.

I hope that all of us stay safe from the Covid 19 virus and practice social distancing during the holiday season.

I pray that the Lord richly blesses your reminiscing and you experience His peace and joy this Thanksgiving.

Doris Branson R.N., Parish Nurse