# Nancy's Newsletter




November - 2026

# Gratitude

~ From The Desk of Nancy DeAnne Land ~



Dear Ladies,

Blessings to you this month of November. I love this month because we get to celebrate THANKSGIVING! This is the time of year where "GRATITUDE" is so important. It's also the "Autumn" season and though the colors don't change much here in Arizona, the weather has cooled off (which makes me one happy girl!).

As I told you last month, I just love what this season brings and how it makes you feel. I also love the smell & tastes of Autumn desserts baking in the oven. Sarah is making "lemon bars" as I'm writing this, and oh do they smell good baking in the oven 😳! There's a calming effect this time of year, and this month is a wonderful time to feel "GRATITUDE" for everything God has blessed us with.

As far as autumn goes, even though we don't see the many colors here in Arizona, I want to say thank you to our Daughter, Sarah, who decorated our house with our beautiful fall/autumn decorations. They are gorgeous and I never get tired of looking at them. So thank you Sarah!

This month starts off with the "Daylight Savings Time Change" on November 1st for those who change time. We don't here in Arizona, but this means a 1 hour difference instead of 2 hour difference for our Daughter, Becky, & her family who live in Arkansas. . . and I'm happy about that!

I just noticed that November 5th is "Men Make Dinner Day" (YIPPEE!). . . So Honey get the BBQ grill ready! November 7th is "Book Lover's Day", and November 10th is "Forget-Me-Not Day". This day symbolizes true love, faithful friends, and an enduring connection that survives any kind of separation. Maybe on "Forget-Me-Not Day" you could make an extra effort to send a card, or a text, to let those you cherish know that they are thought of in a special way. For more special days be sure and check out my "Word Puzzle Page" this month.

November 11th is "Veteran's Day" (Previously called "Armistice Day" which was first celebrated on November 11, 1919). I want to say THANK YOU to all the men and women who have served and are serving in the Armed Forces. On the "Dennie" side of my famly (my Dad's side), we've had family members serving in the military since the days of George Washington. My Daddy (Tom Dennie) served in the Army during the Korean War. My older brother (Ray), served in the Air Force for 32 years until mlitary retirement, & my younger brother (Tommy) served in the Marines. My Daddy passed away almost 5 years ago and I will never forget all the stories he told me about his Army days. Being in Korea during the winter months was pretty harsh. God saved him from being killed many times too. We all get to enjoy "FREEDOM" today in the United States because of those who have and are serving, keeping us free. We owe them SO MUCH! All gave some, and some gave their ALL! To celebrate this special day at New Life Assembly, we will be having a special Veteran's Day service on Sunday, November 8th. The "Luke Air Force Base Honor Guard" will be presenting a "Flag Fold" and that flag will be given to one of our veterans. Also, each veteran in service with us will receive a special gift. As you celebrate this day, be sure to keep your prayers going for those still serving and for their families. There is a lot of sacrifice for family members of those serving in our armed forces.

On November 11th I also want to say "HAPPY 20th WEDDING ANNIVERSARY" to our Daughter (Rebecca) & Son-By-Love (Justin). I can't believe they are celebrating their 20th wedding anniversary already! How can it be 20 years has gone by this fast! They were married here at New Life in our old sanctuary (before our church fire) and their wedding was absolutely beautiful. Our precious Rebecca was one very beautiful BRIDE! My Honey and I are just SO PROUD of Justin & Becky. They have built their marriage and family on Christ and I appreciate their love for each other. They are wonderful parents and have blessed us with two of the most precious Grand-CUTIES ever (Abigail (age 15) & Alaina (age 11-3/4). Justin is a "Family Man" and he and Becky are always doing special things with the girls making wonderful memories. He works remote from home which gives him more time to spend with them. Christ is the center of their home and they are teaching that to their girls by example. They are (OVER)

active in church and each has awesome musical talent. I am grateful that God continues to bless them and has watched over them since their move to Centerton, Arkansas 3-1/2 years ago. Though our hearts truly miss them (and my tears still come), we know they are right where they need to be. Justin & Becky, on your special day together I want you to know you are loved beyond words. May God bless you with many more anniversaries to come, and may He continue to give you both the desires of your hearts. HAPPY 20TH ANNIVERSARY, we love you!



Another very special day in November was 40 years ago on November 19,1986 when our lives were changed for the better once again. Our youngest Daughter, Rebecca Anne, (pictured) was born by C-Section in Bakersfield, California weighing in at 8lbs. 6oz. We were pastoring our very first church in McFarland, California at the time. Oh Becky, there are just not enough words to tell you just how PROUD we are of you and the woman you have become. Your name means "captivating, with grace and favor," and you are just that! Your beauty is not only on the outside, but the inside as well. You're a wonderful Daughter, an amazing Wife, & one awesome Mommy! You've taught your girls great homemaking skills and you've spent time and effort in supporting the girls in ALL they do. You sure have one very busy schedule and I call you a "Supermom!" You have poured yourself into your family and we can see those benefits. Not only that, but you have worked a part time job with "Junior Achievement" this year which has required much from you. You were just "Employee of The Month" and are thought of very highly. Your dad and I have always been so blessed seeing you use your musical talents for God. You've been blessed with a great anointing of singing and leading Worship, and was the Worship Leader here at New Life when we moved here from Idaho 26 years ago at only 14 years old. You were a great bass player as a teenager and taught yourself to play. I'll never forget when we pastored in Idaho and you were just 12-13 yrs. old, you cleaned houses with a woman from church to make enough money to buy your first bass. After moving here, you worked at "Fantastic Sams Hair Salon" at 16 years old as the receptionist, cleaning up, and stocking supplies while still in school. Your beautiful SMILE lit up the place and the owner has told me many times since then you were the best receptionist she ever had! That makes a parent SO PROUD! After graduating High School, you went to PIMA Medical College and became a fantastic MA (Medical Assistant) and worked in a doctor's office until you were able to become a stay-at-home mom. I am in awe of just how hard you work for your family and make them such an important part of your life. When you were born, we gave you the nickname "PRECIOUS" and you are still that to us today! HAPPY 40th BIRTHDAY precious daughter! We pray that God would continue to bless you beyond what you ever thought possible! Though you are a 40 year old woman now, you will always be our "BABY GIRL!" We're so proud of you Becky, love you beyond words, & pray God will continue to give you the desires of your heart. HAPPY BIRTHDAY, we love you!

Thursday, November 26, 2026, is "THANKSGIVING." I love this holiday and all the things that Thanksgiving means. So many people bypass this holiday and head right into Christmas decorating. . . but I never want to forget the meaning and the message of "THANKSGIVING!" The dictionary describes "THANKSGIVING" as the act of giving thanks, "GRATEFUL" acknowledgment of benefits of favors, especially to God. It's a day set apart for giving thanks to Him. It's also a day we get to enjoy family & friends, great food, and some even enjoy their football time too. Sarah is our appointed "turkey washer" cause she can wash & clean a turkey like no one else! She does alot of the cooking these days and on Thanksgiving I will be helping her make our favorite dishes. But most of all, we will go around the table asking each one what they are "THANKFUL" for. Even though it's just us 3 this year and Becky & family can't be with us. . . It's still truly a special day to be filled with "GRATITUDE!"

My theme for this month's Newsletter is "GRATITUDE." Recently I read a story about gratitude from a woman named Jessica who was suffering from a serious illness that left her bedridden for months. She felt defeated and hopeless. Faced with significant physical challenges and emotional turmoil, she found it hard to maintain any sense of positivity. However, during her recovery process, she discovered mindfulness practices that encouraged her to cultivate gratitude.

Each day she began listing three things she was grateful for. . . no matter how small they seemed. . . like sunlight streaming through her window or her favorite book within reach, this mindset helped Jessica shift from

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"despair" to "HOPEFULNESS!" She realized that gratitude could coexist with pain and struggle.

Through this newfound perspective, Jessica not only recovered physically but also grew stronger emotionally. Her experience inspired others facing adversity as she began sharing her journey online through blogs and social media. I know for many of us, when our lives seem full of troubles, it is difficult to maintain an attitude of gratitude, isn't it? All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

So what then is "GRATITUDE?" Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

"GRATITUDE" is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even MORE good things into your life for which to be grateful for.

As I reflect back, It was November 10, 2021 that I had breast cancer surgery. I'll never forget on October 7, 2021 after having tests done, that my Gynecologist had called me and said "Nancy, I got your results and you have "BREAST CANCER!"🥵As soon as she got off the phone, I got a call from "MD Anderson Cancer Center" who already had an appointment booked for me the following week to see the Surgeon. It was a miracle in itself that I could even get an appointment that quick! As it turned out I had a "rare" form of breast cancer "Adenoid Cystic Carcinoma" and I was in "stage 2". Not much was known about this type of cancer. Surgery was scheduled. Before surgery, the Surgeon told me she would do her best to get everything she needed to get out, but after the pathology report, if she needed to remove anymore, it would mean going in for another surgery. Praise God, she got it all and no other surgery was needed! My Honey told me when I was diagnosed that "He would love me through it, and be there for me". . . and he was ❤️.

My 6 weeks of "Radiation Treatments" began a few weeks into December 2021 with 6 weeks of Radiation Treatments, 5 days a week. If that wasn't bad enough, my Dad who lived in California had passed away on December 20, 2021 from a heart-attack just before his 90th birthday. He had been placed in a private Care Home with Hospice care for 10 months. I was very close to my dad and was always a "Daddy's Girl." We had to postpone his burial in California until March 15, 2022 after I had recovered from the Radiation Treatments. We had moved my mom back to Oklahoma with my brother because she had severe Alzheimers Disease, and there she lived with my Niece. Mom rarely knew who I was. You might think "WOW, what a roller coaster to be on! " You're so right because not only all of this. . . but I ended up having "Endometrial Biopsies" checking for more cancer, and 3 surgeries for other things that year too. . . along with that, 2 eye surgeries because the narrowing in my eyes was so bad that I would have gone blind had I not had the surgeries. That wasn't the end either! . . . I saw a Cardiologist, and Liver Specialist and had test, after test, after test run. I was diagnosed with Stage 4 "Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) which was formerly called ("NON-Alcoholic Liver Disease). Being a diabetic didn't help either. A diabetic disease "TRIPLES" the effects of any physical issue happening to a body.

I have to admit, that was quite a roller coaster to be on, and at times I wondered if I'd even make it through.

Before I started Radiation Treatments, my youngest Daughter, Becky, gave me a "GRATITUDE JOURNAL". There were times I thought "What can I be grateful for during all this? ? ?" Many times I left Radiation Treatments crying because I was so overwhelmed. It was right then, as I began writing in my journal each day describing my journey that I saw God's FAITHFULNESS! I could be grateful for my family that loved me, the friends that cared, the beautiful weather, the gorgeous flowers blooming, for the encouraging notes I had received, for the many prayers going up for me, for the Christian music they would play for me during each Radiation Treatment. . . and for the opportunity during each Treatment to be able to share about God with the different Radiation Techs and other cancer patients while sitting in the waiting room. God opened door after door for me to share my faith, and to show others that I was God's hands extended by the little things I did to bless others.

Do you practice "GRATITUDE?" (Psalm 100:4) says "Enter His gates with thanksgiving and into His courts with praise. Be thankful unto Him and praise His name."

Go ahead. . . write them down. What or who do have in your life to be thankful for? (You can write them

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down on my Devotion page "Cultivating Gratefulness In Every Moment" on the lines provided for you.) There's just something about actually writing down what you're grateful for. Every now and then look back at what you wrote to be reminded of God's faithfulness through your journey.

None of us ever know what life will dish out to us. . . BUT GOD DOES! Your road might be quite bumpy. . . but I want you to remember that God is your "WAY MAKER" & "MIRACLE WORKER!" The past 5 years haven't been easy for me, and I continue to deal with side effects and a lot physically. Sometimes it seems like things are hitting me one after the other. . . but I continue to believe in the "FAITHFULNESS" and "GRACE" of God. I know He has a purpose and a plan for all of us! The bumps in our roads might be all different, but as the scripture says in (Jeremiah 29:11) "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (my very favorite scripture).

When you wake up each morning, whether it's clear or cloudy, the sun comes up too. The sunrise is a daily reminder of God's nearness. He hasn't fogotten about you. . . not even for a moment! He sees you right where you are!

* You might say "I'm not enough" . . . but God says "You are fearfully & wonderfully made."
* You might say "I'm a mess" . . . but Jesus says "I came to seek & save the lost."
* You might say "I can't do this" . . . but God says "You can do ALL THINGS through Christ who strengthens you."
* You might say "I feel alone" . . . but God says "I will never leave you nor forsake you."
* You might look in the mirror and see brokenness . . . but God looks at you and sees redeemed, chosen, loved, & the beautiful person you are!

Before I close, I want to say thank you for all the prayers that have gone up for my Husband (Pastor David Land) the past 2 months. Talk about a "bumpy road!" August 24th he had "Spinal Laminectomy" surgery done. There were complications from that so after 2 Emergency Room visits, he had a 2nd spinal surgery on September 2nd to repair those. Since then, he has had more complications and urological problems for which he just had a surgical procedure done on October 19th. He's had Physical Therapy the past month and was just released from that. He has more "Spine Surgeon" & "Urology" appointments to go to, so please be praying that his body will mend, nerves will heal, and his complications will end. He has been through enough! 🙏

This month of "THANKSGIVING" no matter how bumpy your road has been, let's have "GRATITUDE" for a faithful God who has been with you every step of the way. Bumps in the road will happen for sure, and they can seem overwhelming at times. . . but I want you to remember God's plans for you are GOOD! Even in the hard times we can see Him working! We can feel Him working! He never stops working for our good! (Psalm 28:7) says "The LORD is my strength and my shield; My heart trusted in Him, and I am helped; Therefore my heart greatly rejoices, and with my song I will praise Him."

As I close, I wish you all a very blessed Thanksgiving this month. May we all come before God with a heart full of "GRATITUDE" for the precious gift of life, for each breath, each heartbeat, each second. In every moment, may we recognize what God has done for us. Let's have "GRATITUDE" that Christ chose us to walk in purpose alongside Him. May we never take that for granted. I hope this celebration of Thanksgiving be the best you've ever had.

Remember Ladies (and my faithful men readers), you are SPECIAL!

Nancy DeAnne Land






# The Power of Being Grateful

"In everything give thanks; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:18)



**When you are hurting, it might seem like the last thing you want to do is to be "GRATEFUL." Yes, it's a difficult thing to do, but being grateful is very powerful. No matter what has been done to us that is unjust, God will bring justice and has promised to even give us double blessings for our former trouble (Isaiah 61:7) says "Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours."**

**We all have things to be grateful for, no matter how many difficulties we might be facing. Focusing on what is good in your life will really help because what we focus on becomes larger than what we don't focus on.**

**Focusing on, thinking about, and talking about your pain and the injustices done to you only make them seem larger and more impossible to deal with. I can promise you from God's Word and my experience, as well as the experience of many others, that God won't let you down! He will bring justice; He will pay you back for what you have lost or missed out on in life if you have given your life to Him. No one can tell you exactly when that will happen, but while you wait, be grateful and know that God's timing in your life will be perfect.**

**Not only is being grateful a good and powerful thing to do, but it is also God's will that we do so. You may not feel like being grateful, but do it on purpose and do it often. It will make you feel better, and your joy will increase because you are focusing on something positive.**

**You can even be grateful for things that have not happened yet, believing that He is faithful and that the reality of His promises will soon be seen in your life. You can be grateful that God is working in your life, and that His justice is on its way to you. You can be grateful that your past doesn't have to define you, because you know that He has a good future planned for you. (Jeremiah 29:11) "For I know the plans I have fo ryou," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."**

**Most people want to see something happening before they believe it is true. . . but God requires that we believe and trust in His Word even before we see the answer to our prayer. (John 11:40) says "Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?"**

**Gods Word also says "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Philippians 4:6). Be sure to notice that He said, Pray with thanksgiving. Anyone can ask God for something they want, but spiritual maturity is required for someone to be grateful before they get what they want.**

**Ladies, I can assure you that God is working in your life right now! You may not feel anything or see anything changing, but in time you will. You have many victories that are on their way to you, so don't give up! God may deliver to us "little by little," but each little victory is one step closer to total victory. Remember His timing is always perfect!**

*(Daily Devotions/Joyce Meyer)*









# Cultivating Gratefulness In Every Moment

*"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18)*

**As women, we often juggle countless roles. . . caregiver, professional, friend, mother, daughter, or spouse. . . each pulling at our time and energy. In the whirlwind of daily life, it's easy to focus on what's going wrong or what we lack. Yet, God invites us to a transformative practice and that's "GRATITUDE."**

**Cultivating gratitude shifts our perspective, helping us see His hand in both the ordinary and the extraordinary. It's not about denying life's challenges but choosing to thank God for His presence, provision, and promises, no matter the circumstance.**

**Gratitude is a powerful act of faith. When we thank God for small blessings. . . a kind word, a moment of peace, or even a lesson learned through hardship. . . we open our hearts to His joy. This joy becomes our strength, grounding us in His love.**

**Consider the woman who pauses to thank God for the sunrise during a stressful morning or who finds peace in His faithfulness despite uncertainty. Gratitude turns our eyes from what we lack to the abundance of God's grace.**

**I encourage you today to take a few minutes today and write down three things below that you're thankful for, no matter how small. It could be a warm cup of coffee, a supportive friend, the beauty of the season, or God's strength in a tough moment. Then at the end of the day, reflect on how focusing on gratitude shifted your perspective. Try to make this a daily practice, and then when challenges arise, you can look back and see how God brought you through each one and that you did and can find many things to be grateful for.**

1. _____

2. _____

3. _____

**Always pause to thank God for His presence because He is with you always. . . He sees you right where you are!**

**HERE'S A CHALLENGE FOR YOU:**
**Share one thing you're grateful for with a friend or family member today. Let your gratitude spark encouragement in someone else's life, reflecting God's love through your words.**

*(Christian Women Daily Devotions)*



# How Can I Be "GRATEFUL" When I Don't Feel "GRATEFUL?"



Sometimes being grateful means choosing to see what is instead of being blinded by what isn't.

It's a tough choice in some moments. Brutal, actually. But it's worth fighting through.

The last couple of years have been no walk in the park for me. I still have days where what's missing in my life feels like a huge, gaping hole. Everywhere I look, it feels like the hole is in the center of my vision.

But then I'm faced with a choice. I can stare deep into the hole, or I can direct my gaze away from that hole and refocus on something else. . . like rolling out cookie dough with my granddaughters. I can pause to admire their precious faces and When I do this, I'm once again reminded that there is so much more to this one incredible life than the sum total of our heartbreak and adversity. And the same is true for you, friend.

No matter what we've been going through lately, we can thank God for the gift of this day. Because here's what Im learning: God gives us "GRACE" for each day.

The words of "Matthew 6:34" says "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

In my Bible, the heading above Matthew 6:25-34 also says, "Do Not Worry." It's no coincidence to me that this verse, the last verse of this entire section, warns us against looking to tomorrow. It's almost like the writer is communicating to us: "This is the last thing I want you to remember. Take hold of these words."

As I've personally reflected on these verses, I've realized that where I sometimes get in trouble with this whole idea of "GRATITUDE" is when I try to carry today's stress with tomorrow's worry and the fear of what's going to happen six months from now! . . . all with today's "grace." That's when it all feels like too much to bear.

It's not that we don't want to plan for the future and be discerning about how to handle what's going to be our next responsibly. . . That's wise and good. . . It's just that we don't want to become so stressed, fearful, and full of anxiety about tomorrow that we miss the grace and goodness of this beautiful day.

You might say, "How do I know God will give me grace for tomorrow? Im so glad you asked. Look at (1 Peter 5:10-11) which says "And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen."

See, my friend? He is the God of all grace. Not some of it. All of it! So knowing this, we can receive both the grace and the gifts of today without missing one minute of it's unexpected treasure. We can celebrate every bit of joy that is waiting to be found. We can choose to believe that "gratitude" isn't something we have access to only when our lives are perfect. No, choosing "gratitude" right in the middle of what's hard isn't denial. It is choosing to do only what can be done today.

And since today is what we've been given, we can enjoy even the mess. . . Receive the blessing. . . Dance it out at least one time. . . Fill in the gaps with prayer. . . And make it a goal to go to bed with smiles on our faces, waking up to a brand new start. And then tomorrow, we can choose it all over again.

PRAYER: Dear Lord, You made me. You know me. I need Your help when I am weak. Help me see that even the smallest moments really do contain opportunities for gratitude. Give me the courage and the grace to do what pleases You. I want to do Your will and experience more of You in this season. In Jesus' Name, Amen.

*(Proverbs 31 Ministries/Lysa TerKeurst)*

# GRATITUDE Is a Lifestyle



"In everything give thanks; for this is the will of God in Christ Jesus for you." (1 Thessalonians 5:18)

**Many people are not naturally "GRATEFUL" people. It is easier to thank the stranger who held the door for them, repeatedly thanked the teacher who helped their child learn math, or thank their family for once again forgiving them for burning supper. But a general sense of, "Oh, how blessed I am," doesn't come naturally for many. Shamefully, many find it easier to think of the things they "don't have", OR, "how life could be much better" than the one they have now with their many blessings.**

**Most people find it easy to show gratitude when someone has done something kind, helped them, or at the very least cut them some slack. But having a general sense of "gratefulness" is much harder. Can you relate to one of these situations?**

**We have no problem thanking the server for bringing us our meal, but we neglect to give God glory for the ways He provides for us daily.**

**We thank the plumber for fixing our leaky faucet, but don't thank the Lord for providing the money to make the repairs.**

**We thank our boss for the bonus, but we don't remember to lift up praise to the Lord for providing us with gifts and talents and the opportunity to work.**

**A few years ago, during the month of November, I participated in a "GRATITUDE CHALLENGE." Every day, we had to write down 5 things we were thankful for, no repeating items, and each couldn't relate to the other. Easy, right?**

**I did pretty well the first week, but turning into week two, I was struggling. Truthfully, I was embarrassed that I couldn't think of five unique things each day to be grateful for. The problem was not that I didn't have enough to be grateful. Instead, I had so much that I couldn't even see how the Lord had blessed me in the ways He had.**

**My sense of blessing and gratitude was focused on what I could see. . . the stuff around me. . . the people. . . and the tangible items that made my life better. In my narrow focus, I'd forgotten about the source of these gifts.**

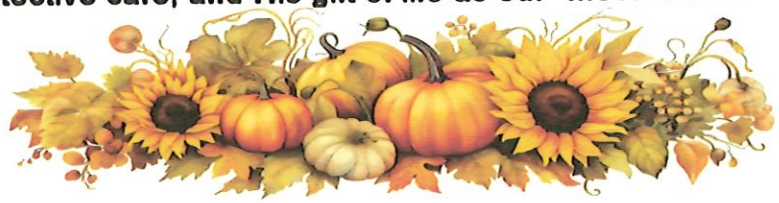
**When I think about (1 Thessalonians 5:18) which says "In everything give thanks; for this is the will of God in Christ Jesus for you". . . it is easy to wonder how we can be thankful for our circumstances, especially if we only look to the things we "can see" that are good in our lives as a measure of our gratitude.**

**Think about it, what this verse shares is that gratitude is a lifestyle, a heart's position. . . not items or actions. Yes, we can be grateful for people and stuff, but a thankful heart doesn't depend on our circumstances or the things that we believe make our lives better.**

**When we focus on our eternal blessings, living with the knowledge that no matter what is going on, God has our best in mind, it's easy to wake up each day overflowing with gratitude. Yet, far too often, we allow something as silly as a cold cup of coffee to determine our thankfulness for the day.**

**This month as we gather with our families in the upcoming holidays, we should think more deeply about what we are grateful for. Let's move past the trivial, and instead embrace the many blessings, God's protective care, and His gift of life as our "most- thankful for things" this Thanksgiving.**

*(Crosswalk.com/Laura Bailey)*



# An Attitude of Gratitude Even in The Quirky Times



*"I will bless the LORD at all times: his praise shall continually be in my mouth." (Psalm 34:1)*

**Gratitude often brings to mind thoughtful inscriptions on cards, or perhaps a day dedicated to Thanksgiving where families gather and list things they feel grateful for. But beyond the formalities, theres a quirky side to gratitude that many overlook. A surprising thank you can pop up in the most random things in life.**

**Imagine, for instance, expressing gratitude for those moments when you realize you have enough toilet paper stockpiled at home right before it runs out. It's these little, often neglected, occurrences that brighten our day and even make us laugh.**

**In life's hustle and bustle, its easy to forget to express gratitude for the amusing situations that highlight the imperfections of our daily lives. These hilarious slip-ups have a unique way of reminding us that life isn't just about the grand moments but also the funny, seemingly insignificant things that make each day special. After all, wouldn't expressing gratitude through a well-timed joke or a humorous memory be a great addition to any gratitude journal?**

**Have you ever had a moment when a simple stumble turns into an unexpected delight? It's surprising how life's little mishaps can transform into gratitude-worthy experiences.**

**A prime example is that time you rushed out of the house, only to realize you forgot your lunch on the kitchen counter. Initially frustrating, this oversight led to the discovery of a quaint deli that you went to for lunch where you met someone who would later become a close friend. It's these charming turns of events that remind us to be grateful for the funny way things sometimes pan out.**

**Take, for instance, the scenario where you mistakenly texted the wrong person (and I've done that!). At first, it feels awkward and embarrassing, yet it occasionally sparks a renewed connection with an old acquaintance, reviving memories of good times. This form of mistake is a gentle reminder of life's unpredictability and the hidden joys within it.**

**And then there's that one time you stocked up on an unnecessary amount of toilet paper thinking it was on sale, only to realize otherwise. While initially regretful, this abundance of supplies came in handy during unexpected shortages, turning it into a blessing in disguise. Such experiences echo how mundane errors can lead us to feel grateful for our abundance and good fortune.**

**I read a story about a woman who woke up one morning, looked in the mirror, and saw that she had only three hairs on her head. "Great" she said, "I think I'll braid my hair today." So she did and had a wonderful day.**

**The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmm," she said, "I guess I'll part my hair down the middle." So she did and had a wonderful day.**

**The 3rd day she woke up, looked in the mirror and saw that she had only one hair left on her head. "Wow," she said, "Today I get to wear my hair in a ponytail." So she did and had a wonderful, wonderful day.**

**The 4th day she woke up, looked in the mirror and saw that there wasn't a single hair on her head. "Thank God!" she exclaimed. "I was running out of things to do with my hair!"**

**An "ATTITUDE-OF-GRATITUDE" is everything! It can make or break our day. As we enter this season of "GRATITUDE," lets also acknowledge the funny moments in life that make it memorable. Let's cherish those quirky instances that bring joy and amusement, no matter how trivial they may seem. Being "GRATEFUL" can uplift spirits, enhance the love shared among family and friends, and become part of our story for years to come. "GRATITUDE" isn't just for the serious moments. . . it's also for the times that make you laugh, turning life's little mishaps into memories worth keeping.** *(Worthy Devotions)*

# Many Ways to Express Gratitude

## This Thanksgiving and Every Day

Gratitude isn't just for Thanksgiving. It's for all the people, moments, and things that make life meaningful.

### For Yourself

Be grateful for who you you are and how far you've come.




* Your growth
* Your kindness
* Your strength
* Your unique journey
* Taking care of yourself

### For Other People

Be grateful for the people who love, support, and inspire you.



* Their love
* Their support
* Their kindness
* Their presence in your life
* The little things they do

### For What Has Changed

Be grateful for how life has shaped and strengthened you.



* Lessons learned
* Challenges that made you stronger
* New beginnings
* Personal growth
* Different perspectives

### For Material Things

Be thankful for the things that bring comfort, help, and joy.



* Your home
* Your family
* Comfortable bed
* Good food
* Clothes to wear
* Everyday conveniences
* Autumn beauty

### For Emotions

Be grateful for the feeling that remind you what matters most.




* Joy
* Peace
* Hope
* Love
* Resilience
* Calm
* Gratitude

### ForThe Little Things

Be grateful for the small, everyday moments that make life so special.



* Sunrise
* Laughter
* A kind word
* A hot cup of coffee
* A quiet moment
* Time with loved ones



# Dear Self

## Your Birthmonth

Jan - Through the hardship
Feb - Whenever you feel helpless
Mar - Whenever you feel troubled
Apr - When you're having a hard time
May - Even if it feels tiring
Jun - Through the challenging times
July - If you are struggling
Aug - In times of giving up
Sept - When things get overwhelming
Oct - Everytime you're feeling down
Nov - Whenever it seems hopeless
Dec - If things don't go your way

## Last Digit of Your Phone Number

1 - Always remember that
2 - Stand strong still because
3 - Do not lose hope for
4 - Be reminded that
5 - Let hope arise
6 - Hold onto your faith
7 - Keep in mind that
8 - Be hopeful because
9 - Do not forget that
0 - Keep your head high because

## 1st Letter of Your Last Name

A - Life will get better before you know it
B - The help you need is now on it's way
C - You'll be in a better situation in no time
D - Everything will fall into place soon
E - You are not alone in this battle
F - Toubh times don't last, tough people do
G - In time, you'll receive everything you need
H - Good things take time, trust the process
I - The sun will always shine after the rain
J - The miracle you're waiting for will happen
K - Your prayers wll be answered
L - Your greatest day is yet to come
M - Eventually, you'll end up where you need to be
N - You're alive for a reason
O - All your hard work will pay off soon
P - God woke you up with a purpose today
Q - You are going to do great things in life
R - Life may be tough, but so are you
S - You have many beautiful reasons to live
T - Hard times teach the best lessons in life
U - There is a solution to your every problem
V - What's coming is better that what has passed
W - God hears you, just be patient
X - You're made to triumph in life, so keep going
Y - Everything you've been through will mold you
Z - Life is more than your current situation



# THANKSGIVING

## *Finish My Phrase*

(Let's see if you can "FINISH THESE PHRASES" with the same word, words, or phrases that Nancy Land used. Fill in the line with what word you think would match hers, then you can look on the back of the page for her answers to these words. See if your answers match. . . and NO CHEATING!)

| | | | |
|---|---|---|---|
| Apple | ---------- | Happy | ---------- |
| Turkey | ---------- | Give | ---------- |
| Giblet | ---------- | Grateful | ---------- |
| Gobble | ---------- | Family | ---------- |
| Home | ---------- | Be | ---------- |
| Thanksgiving | ---------- | Black | ---------- |
| Sweet | ---------- | Left | ---------- |
| Cranberry | ---------- | Pumpkin | ---------- |
| Bobbing | ---------- | Cyber | ---------- |
| Wild | ---------- | Pilgrim's | ---------- |
| Fun | ---------- | Corn | ---------- |
| Yeast | ---------- | Mashed | ---------- |
| Drum | ---------- | Wish | ---------- |
| Pecan | ---------- | Cornbread | ---------- |
| Center | ---------- | Table | ---------- |
| Football | ---------- | Baked | ---------- |





# THANKSGIVING

## Finish My Phrase ANSWERS

(Let's see if you can "FINISH THESE PHRASES" with the same word/words/phrase that Nancy Land used. Fill in the line with what word/words/phrase you think would match hers, then you can look on the back of the page for her answers to these words. See if your answers match. . . and NO CHEATING!)

| | | | |
|---|---|---|---|
| Apple | *Pie* | Happy | *Thanksgiving* |
| Turkey | *Leg* | Give | *Thanks* |
| Giblet | *Gravy* | Grateful | *Heart* |
| Gobble | *Gobble* | Family | *Time* |
| Home | *Sweet Home* | Be | *Kind* |
| Thanksgiving | *Day* | Black | *Friday* |
| Sweet | *Potatoes* | Left | *Overs* |
| Cranberry | *Sauce* | Pumpkin | *Pie* |
| Bobbing | *For Apples* | Cyber | *Monday* |
| Wild | *Turkey* | Pilgrim's | *Feast* |
| Fun | *Times* | Corn | *Bread* |
| Yeast | *Rolls* | Mashed | *Potatoes* |
| Drum | *Stick* | Wish | *Bone* |
| Pecan | *Pie* | Cornbread | *Dressing* |
| Center | *Piece* | Table | *Cloth* |
| Football | *Game* | Baked | *Ham* |

**TOTAL CORRECT ANSWERS OUT OF 32 _____**

## Looking Good. . .

**PUMPKIN**. . . it's the superfood of the season: 1/2 cup of pumpkin supplies 100% of your daily vitamin A and 10% of vitamin C needs. And 1 oz. of roasted pumpkin seeds delivers 3 grams of protein, 1 gram of iron, & 23% of all the magnesium you need in a day.

**So Go ahead and eat that Thanksgiving pie: A recent review of studies found that certain spices -- including cinnamon, cloves and ginger, may be able to inhibit the body's production of compounds that accelerate wrinkles, sagging skin and aging.**



## Habits That Will Bring You JOY

Joy

1. **DO SOMETHING YOU LOVE EVERY DAY-** Whether it's taking a bath, reading a book, praying, walking, sewing or something else, take at least 20 minutes every day to do what you love to do. Invest in your JOY.

2. **SURROUND YOURSELF WITH JOYFUL PEOPLE -** Connect with people who give you joy, those who build you up, and make your heart sing. Carefully distance yourself frrom those who bring you down with criticism or negativity.

3. **BE KIND TO YOURSELF -** Quit the negative talk. Forgive yourself for the recent & the distant past. Remind yourself that you did what you did with the information & the needs you had at the time. You did what you did, you did your best, and now let go of it!

4. **HUG SOMEONE -** Hug someone every day. Hug your child, your spouse, your parent, your sibling, your friend. . . HUG AWAY! 'Oxytocin boosts' all around. Same goes for SMILES. The more you smile, the more you spread JOY - It's contagious!

## TIP TALK

*(From Better Homes & Garden, Food Network, & Good Housekeeping Magazines)*

**56%** of people share holiday leftovers with pets. **BE AWARE** that many food such as avocados, chocolate, citrus, grapes, raisins, nuts, onion, garlic, & chives can be **HARMFUL** to dogs & cats!



GO WITH GRATITUDE. . . **Experts say giving thanks actually increases happiness. "Gratitude is the antidote to negative emotions & taking things for granted." It makes you feel more positive about life in general & affirms the goodness in life, ourselves and others, which paves the road to a happier mindset. Here are a few tips to get you started:**

* **WRITE LETTERS: A note of thanks will boost both your and the recipient's mood & help you realize this is something that provides JOY.**

* **FALL ASLEEP HAPPY: As you drift off each night, think about 3 things you appreciate, such as an important person, highlights of the day, or something you have to look forward to.**

* **FOCUS ON LITTLE THINGS: We tend to get caught up in the major areas of life, but expressing thanks for sunshine after a rainy day or a kind person at the grocery store can easily restore a strong sense of gratitude.**




You're never too old to color! Here's a "NOVEMBER" coloring page for you. I hope you'll take a few moments out of your day to enjoy some coloring time. There are some great health benefits of coloring. They are:

* REDUCES STRESS & ANXIETY
* INCREASES FOCUS & CONCENTRATION
* REDUCES DEPRESSION
* MAKES YOU FEEL HAPPY & RELAXED
* PROVIDES A "DIGITAL DETOX" FOR BETTER SLEEP

# November

| N | F | I | R | E | P | L | A | C | E | S | W | A | R | O | P | U | K | M | U | M | E | H | T | N | A | S | Y | R | H | C | L | R |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Q | A | S | C | W | I | M | U | T | I | P | L | C | I | G | Z | W | E | A | L | D | R | T | L | L | O | G | E | A | C | J | M | E |
| A | M | T | D | C | B | N | I | O | P | M | W | N | I | S | Q | C | P | N | E | B | E | P | T | I | N | A | C | S | R | E | F | M |
| D | I | N | I | K | L | A | S | H | O | L | I | D | A | Y | D | E | C | O | R | A | T | I | O | N | S | T | Y | O | P | O | V | E |
| Z | L | S | E | O | G | K | C | L | A | N | K | S | G | L | A | N | T | H | U | Y | N | M | P | R | Y | O | P | X | O | P | E | M |
| A | Y | S | C | U | N | G | H | I | J | U | N | D | C | J | V | P | E | O | S | Q | E | T | O | Y | L | H | C | T | R | U | Y | B |
| H | D | I | W | R | T | A | I | P | L | A | I | W | Z | Q | O | Y | N | N | Y | A | D | E | C | N | A | R | B | M | E | M | E | R |
| E | L | P | U | F | A | L | L | C | O | N | T | I | N | U | E | S | H | O | O | P | E | R | V | I | S | A | P | E | L | P | I | A |
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Veterans Day
National Adoption Month
Topaz
November
Football
Thanksgiving
Fall Continues
Election Day
Children's Book Week
Colder Weather
Chrysanthemum
Remembrance Day
National Bible Week
Hurricane Season Ends
Fireplace
Pumpkin Pie
Holiday Decorations
Turkey



HOLIDAYS & SPECIAL DAYS IN NOVEMBER:

1 - Daylight Savings Time Change (Not for us in Arizona)
Cinnamon Day
Nat'l Author's Day
2 - Deviled Egg Day (I call them Angel Eggs)
3 - Housewife's Day
Sandwich Day
Pumpkin Toss Day
U.S. General Election Day
4 - Check Your Blood Pressure Day
Use Your Common Sense Day
5 - Men Make Dinner Day (Yippee! Honey get the grill ready!)
6 - Nacho Day
7 - Book Lovers Day (Also in August)
Chocolate with Almonds Day (Sounds like an "ALMOND JOY" day to me!)
8 - Cook Something Bold Day
9 - Chaos Never Dies Day (You've got that right!)
10 - Forget-Me-Not Day
USMC Day (Marine Corps was created on Nov. 10, 1775
11 - Veteran's Day (Previously Armistice Day celetrated in 1921)
Our Daughter & Son-By-Love (Becky & Justin Eaton's) 20th Wedding Anniversary
12 - Chicken Soup for the Soul Day
Nat'l French Dip Day
13 - Caregiver Appreciation Day
World Kindness Day
14 - World Diabetes Day
Nat'l Pickle Day
15 - Clean Your Refrigerator Day
16 - Nat'l Fast Food Day (began in U.S. 1950's)
17 - Electronic Greeting Card Day
Homemade Bread Day
Take a Hike Day
18 - Apple Cider Day
19 - Our Daughter, Rebecca Anne Eaton's 40th Birthday (1986)
It's Okay to Have a 'Bad Day' Day
20 - Beautiful Day
22 - Go For A Ride Day
23 - Eat a Cranberry Day
National Cashew Day
26 - HAPPY THANKSGIVING (Began in 1863)
27 - "Black Friday' (Let the SALE'S begin!)
Buy Nothing Day (What!!!)
28 - French Toast Day (Began in 17th Century)
30 - Cyber Monday




## LEFTOVER MINI TURKEY POT PIES

(Leftover turkey has never looked as good as it does in these Mini pot pies. Hope you'll give them a try.)



2 pkgs. crescent rolls
2 Tbsp. unsalted butter
1 pkg. frozen vegetable medley
1 cup leftover turkey gravy
2 cups leftover turkey
Salt & pepper to taste

1. Preheat oven to 400 degrees. Grease a muffin tin, and place 1/2 crescent roll in each cup. Press around each muffin cup to cover entire bottom.
2. Melt 2 Tbsp. butter in large skillet. Add the frozen vegetables & saute` until thawed (about 5 minutes).
3. Add leftover gravy & turkey to the skillet. Saute` for 4-5 minutes, until warm. DIVIDE mixture evenly in muffin tin cups.
4. Unroll 2nd package of crescent rolls. Repeat the process from STEP 1, creating a top crust & sealing the crust in the muffin tin.
5. Cover with foil and bake for 30 minutes. After 25 minutes, remove the foil & continue baking 5 min. Remove from oven & let cool for 5-10 min. Serve & ENJOY!

*(Pinterest.com)*

## LEFTOVER CORN & CHEDDAR MASHED POTATO FRITTERS



1 cup day-old mashed potatoes
1 cup leftover corn kernels OR canned corn
1/4 cup chopped green onions
1/3 cup shredded cheddar cheese
1 large egg (beaten)
1/2 cup all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/8 tsp. pepper
1/4 cup vegetable oil for frying

*(Pinterest.com)*

1. Heat oil in a non-stick frying pan over medium-high heat until it's hot.
2. Combine ALL remaining ingredients in a bowl & mix well. SLOWLY drop rounded spoonfuls of mixture into the oil & flatten the potato mixture slightly.
3. Cook 2-3 minutes per side, allowing them to turn golden brown. Remove when done & drain on paper towels to remove excess oil. Serve & ENJOY!

(NOTE: If using an AIR FRYER, spray fritters on each side with buttery PAM, then bake at 400 degrees for 12 minutes.)

## LEFTOVER TURKEY & STUFFING CASSEROLE



4 cups leftover stuffing (or you can use "Stove Top" & follow box instructions)
3 cups chopped cooked turkey
1 (14.5 oz.) can green beans (drained)
1 (10.5 oz.) can Cream of Mushroom soup (undiluted)
3/4 cup of a can of french fried onions

1. Preheat oven to 350 degrees. Spray a 2.5 quart baking dish with Pam.
2. Press stuffing on the bottom & up the sides of the baking dish.
3. In medium-sized bowl, mix together the turkey, green beans & undiluted soup. Then spoon this mixture into the stuffing-lined baking dish. Top with 3/4 cup french fried onions.

*(Pinterest.com)*

## TURKEY WRAPS



2 flatbread or large flour tortillas
1 cup shredded leftover turkey
1 small tomato (diced)
2 slices bacon
4 slices of cheese (your choice)
Ranch dressing OR Mayonnaise

*(Pinterest.com)*

1. Shred your turkey. Then dice tomato, cook bacon, & cut cheese into thin pieces.
2. Lay out your tortillas or flatbread. Add in your turkey, tomatoes, cheese, & bacon. Add a dab of Ranch dressing OR Mayonnaise to your wrap.
3. Roll up the tortilla OR flatbread to make the wrap. Serve & ENJOY!

## LEFTOVER TURKEY CRANBERRY QUESADILLAS



2-3 Tbsp. prepared cranberry sauce
1/4 cup diced or shredded turkey (or deli turkey)
1/2 cup shredded cheese (your choice)
1 (10" to 12") flour tortilla
1/2 Tbsp. unsalted butter

1. Heat a large skillet over medium heat. Lightly butter one side of the tortilla & place butter side down into hot skillet.
2. Spoon cranberry sauce onto 1/2 of the tortilla & spread it over half. Top with 1/2 of the cheese. Then spread turkey meat evenly over cheese & top with remaining cheese. Then fold tortilla in half so the filling is covered & the buttered side is now up.
3. Cook for 2-3 minutes per side, until tortilla is golden. Remove from skillet & cut into pieces. Serve & ENJOY!

# Seasoned With LOVE



## BEST EVER PECAN PIE



(Nancy Land's Recipe)

9" pie crust (Store bought or homemade)
3 eggs (lightly beaten)
3/4 cup light KARO syrup
3/4 cup light brown sugar
3 Tbsp. butter (melted)
dash of salt
1 cup coarsely chopped pecans
1 cup pecan halves

1. Preheat oven to 350 degrees. Place pie crust in pie pan & form a fluted or decorative edge. Then CHILL crust while you make filling.
2. In bowl mix together well eggs, Karo syrup, sugar, butter, & salt.
3. Spread coarsely chopped pecans in bottom of pie crust. Pour egg mixture over chopped pecans (SLOWLY). Arrange pecan halves on top of cover mixture.
4. Bake at 350 degrees for 1 hour or until firm. Cool pie and serve with whipped cream or Cool Whip. ENJOY!

## KENTUCKY DERBY PIE


(Pinterest.com)

1 cup sugar
1/2 cup flour
2 eggs slightly beaten
1 stick butter (melted)
1 cup pecans (chopped small)
1 cup chocolate chips
1 tsp. vanilla
1 unbaked 9" pie shell (bought or homemade)

1. Preheat oven to 325 degrees.
2. Mix sugar & flour well. Add eggs, butter, & vanilla. mix well. Then add pecans and chocolate chips. Mix well again.
3. Pour into pie shell and bake 55 to 60 minutes or until golden brown & a toothpick inserted in the middle comes out clean. Serve & ENJOY!

(NOTE: If your crust starts to get too brown before the middle is cooked, just cover the pie with foil & continue baking.)

## PUMPKIN CRUNCH


(Pinterest.com)

1 box yellow cake mix
1 can (16 oz.) can pumpkin puree
1 can evaporated milk
3 large eggs (lightly beaten)
1-1/2 cups sugar
4 tsp. pumpkin pie spice
1/2 tsp. salt
1 cup pecans (roughly chopped)
1 cup melted butter (OR, you can slice thinly instead)
Cool Whip for topping

1. Heat oven to 350 degrees. Spray a 9"x13" baking pan with PAM.
2. In large bowl, mix pumpkin puree, evaporated milk, eggs, sugar, pumpkin pie spice, & salt. Pour it into the prepared pan.
3. Sprinkle dry cake mix evenly over the pumpkin layer. Then sprinkle chopped pecans over cake mix. Then drizzle melted butter evenly over the top (or you can use thin sliced pieces of butter instread).
4. Bake for 55 to 65 minutes, or until the top is golden brown. LET COOL at least 1 hour so it can set properly. Refrigerate after fully cooling. Cut and serve with Cool Whip. (Refrigerate any leftovers.) ENJOY!




SHAKE IT UP. . . (Canned pumpkin is not just for Thanksgiving pies! Keep an extra can on hand to make this delicious milk-shake.)

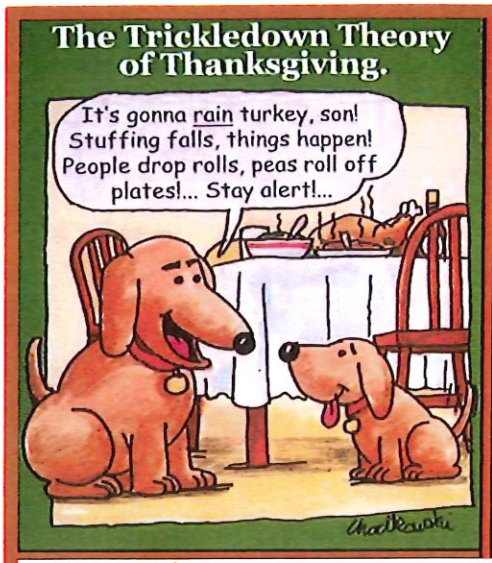
Combine 3 scoops vanilla ice cream with 1 or 2 Tbsp. canned pumpkin, 1/4 tsp. cinnamon, & 1/4 cup milk in a blender & blend until smooth. Pour in glass & top with whipped cream, then sprinkle top with cinnamon to serve. (Serves 2) ENJOY!

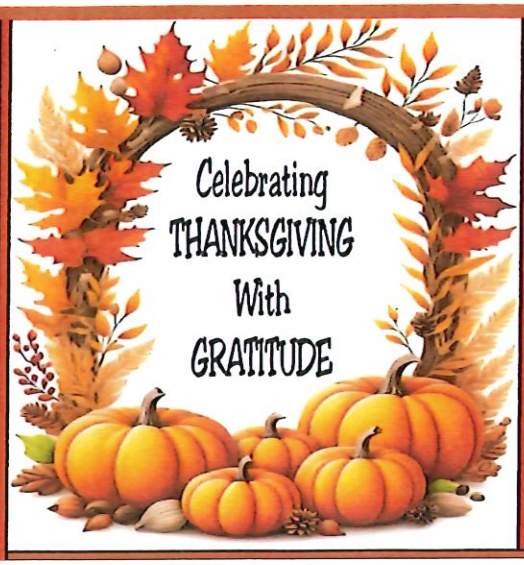
## NESTLE TOLL HOUSE CHOCOLATE CHIP PIE

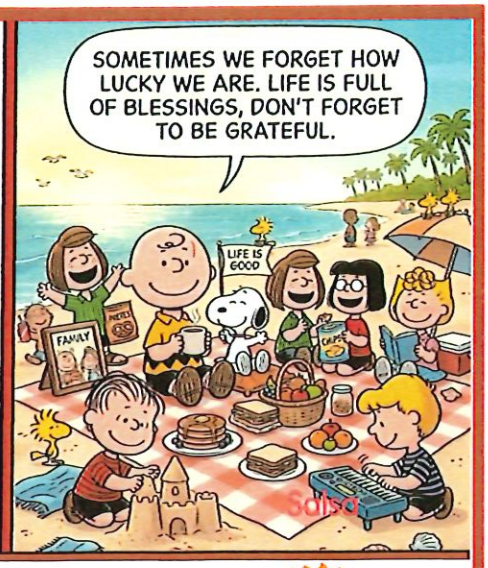


2 large eggs
1/2 cup all-purpose flour
1/2 cup sugar
1/2 cup packed brown sugar
3/4 cup butter (softened)
1 cup Nestle Semi-Sweet Chocolate Chips
1 cup chopped nuts
1 (9-inch) frozen deep dish pie crust (thawed)
Whipped cream

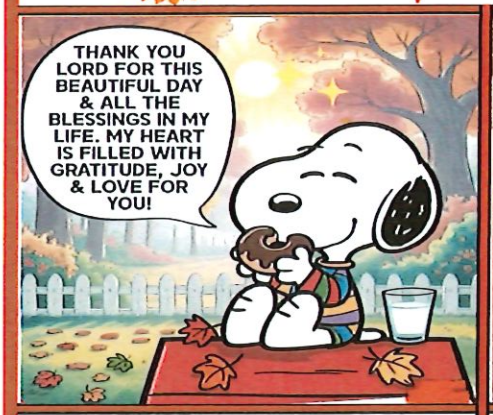
1. Preheat oven to 325 degrees.
2. Beat eggs in large mixing bowl on HIGH speed until foamy. Beat in flour, sugar, & brown sugar until combined. Beat in soft butter until smooth. Then stir in chocolate chips & nuts.
3. Spoon mixture into pie shell. Then bake in preheated oven until a knife inserted in center comes out clean (about 55-60 minutes). Cool on wire rack. Serve warm with whipped cream. ENJOY!

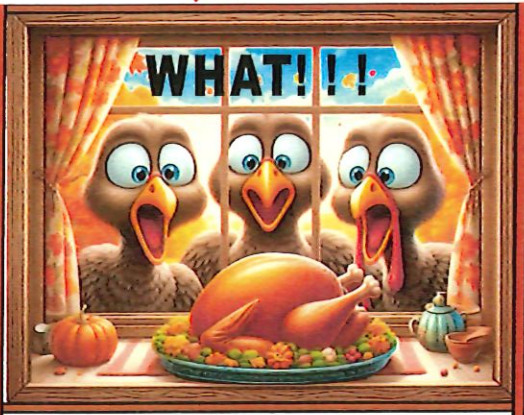


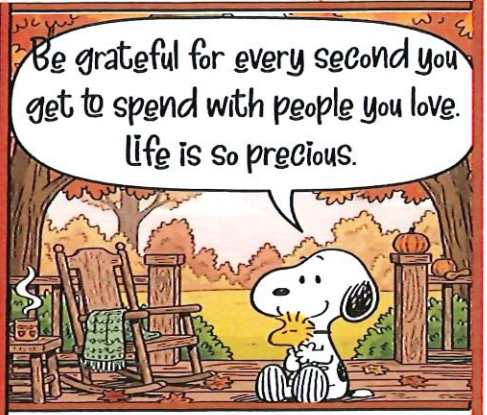




"A Cheerful Heart Is Good Medicine" (Proverbs 17:22)



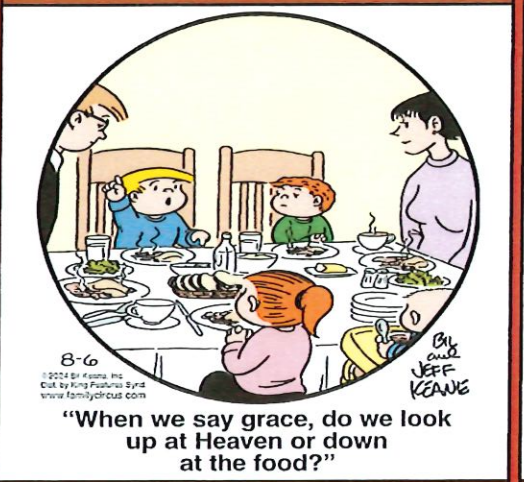



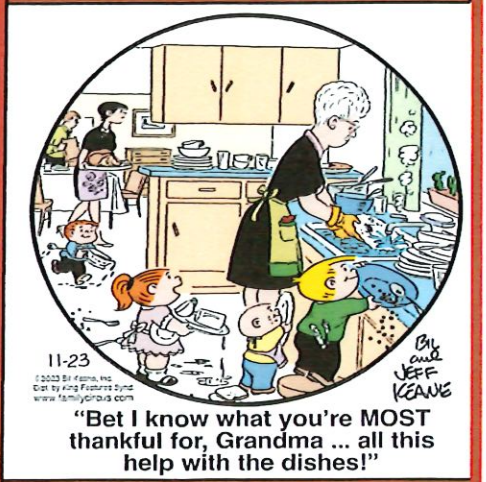




"Are you all ready for us to be thankful yet?"




"When we say grace, do we look up at Heaven or down at the food?"




"Bet I know what you're MOST thankful for, Grandma ... all this help with the dishes!"

