

NOVEMBER 2023

Chilly and windy, November is here and so is the start of the holiday season. It is also cold and flu season. Please take care of yourselves by getting plenty of rest, drinking lots of water and eating nutritionally. Seft care is important. It isn't selfish.

If you take care of yourself, you can remain strong and healthy to be of service to others that may need you. During the this is important as many people experience difficulties during this time. For some it is loneliness because they lost a loved one earlier in the year. It is the first Thanksgiving without their husband or wife.

Your life may be filled with joy and happiness but let's check in with each other. One of our Auxiliary Brothers or Sisters may need a shoulder to cry on or a hug. Be there for each other with a phone call or card in the mail; an afternoon coffee break or an evening cocktail together.

Embrace the true meaning of Thanksgiving and give your time and attention to someone who is in need. Knowing that someone cares about them could change their day for the better.

This holiday season lets all strive to spread love and joy to all of our Brothers and Sisters and make it a true season of giving.

I wish you a bountiful Thanksgiving and a joyous Christmas. May God's love and blessing shine upon you all.

With love and loyalty,
Terri Steller
Dept. of Oregon Chaplain

(If you are in need, I am here for you. Please feel free to call or text me at 541-279-7135. Make sure to leave a message as I still work.)