

Food4Thought

People Helping People's Monthly Newsletter

November 2022

WHAT ARE YOU GRATEFUL FOR?

Thanksgiving is coming. Time to think about and express all the things for which we are thankful.

Why do we have to have a national holiday for us to remember all that we have? Good news - We don't.

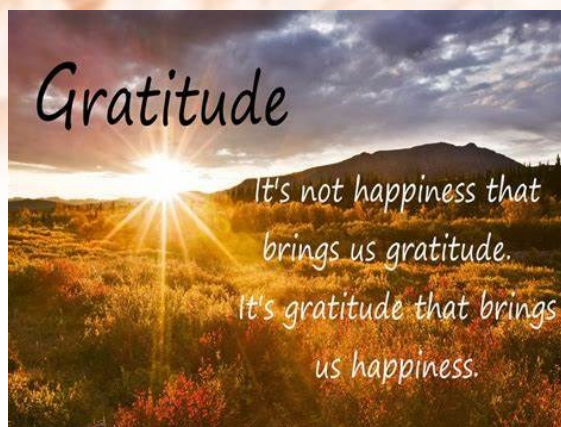
We can practice gratitude every day. It's one of the most powerful tools in our arsenal because it helps remind us of the good things that are already in our lives. Even better – gratitude can be contagious!

Being grateful can connect us to something much greater than ourselves – other people, nature, or a higher power. People who express thanks are usually more forgiving of others and less focused on themselves. They are more agreeable, more open, and less neurotic!

What can you do to reap the physical, mental, and emotional benefits of feeling thankful beyond just feeling so at Thanksgiving?

Tonight, before you go to sleep, think of the positive things that happened during the day. Research has found that people with an "attitude of gratitude" experience lower levels of stress.

Additional research has shown that patients with heart failure who completed gratitude journals, a tool that keeps track of the good things in our lives, showed reduced inflammation, improved sleep, and better moods.



For those struggling with depression or anxiety, just getting out of bed can be difficult. Try thinking of three things for which you are grateful. It may change your whole outlook for that day.

A good bedtime ritual may be to ask your children to think about something they're grateful for while also sharing what you are grateful for. Setting a good example by sharing what you're grateful for shows children the importance of the practice.

Have you neglected to thank someone in your life? Now may be a good time to write a letter explaining your gratitude.

All of these actions, however little, help shape a culture of gratitude.

Perhaps you have heard this saying?

Gratitude turns what we have into enough.

There are things that many of us take for granted — the roof over our heads, the food on our plates, the clothes on our backs, our good health. When we have those things, (cont. p. 5)

Weekend Blessings is supported by grants from the following:



**PEOPLE
HELPING
PEOPLE**
in Hernando County

www.phphernando.org
352-686-4466

We asked.....What are you grateful for?

For bright sunny days, like today, soft gentle rainy days, and happy hearts.

-Mary

For my wonderful daughters.

-CleoAnn

For health, happiness, family and friends.

-Doug

For faith, family, friends, a roof over my head, food to eat, my fur babies.

-Linda

For faith, family, friends, gifts.

-Anastasia

For still having a home and healthy family, for all the help and unity of this county, and that despite our hardship, we always have something to eat.

-Anonymous

For God, family, health.

-Lois

For a wonderful life, thriving family, the time I am given to help.

-Justin

For all my wonderful friends who prayed for me. I am well and very grateful.

-Joan

For waking up on this side of the top soil this morning, most of all I have God in my life. I'm grateful to have lived two life times in one life, grateful for three healthy children and a grandson, able to be helpful to other people, grateful for the people in my life, my apartment, food in the refrigerator, clothes on my back. I have an attitude of gratitude.

-Clyde

Family, love, pets, companionship, friends, health, meeting basic needs, forgiveness, compassion, kindness and empathy, community, service to others, community, peace, PHP.

-Angela

Grateful to live in an area where so many are focused on helping those in need!

-Burton

For my family and friends, for good health, and still able to help others.

-Phoebe

For life.

-Nancy

For our family that grew this year with the marriage of our daughter and our new son-in-law.

-Ardis

For a lifeful (life full) of memories, my family's laughter, the love of my loves.

-Kendra



**PEOPLE
HELPING
PEOPLE**
in Hernando County

www.phphernando.org
352-686-4466

We asked.....What are you grateful for?

That we yet again managed to escape the backlash of TS Nicole, but saddened and continue praying for those less fortunate regarding these storms; that PHP and our supporters were able to have a positive effect on over 500 children so far this month; that the weather is so awesome this month as the stifling and humid heat is slowly replaced with a cooler and fresher atmosphere; to see how many people still care despite circumstances that may sometimes overshadow the opportunities before us; to be a part of an awesome country, to have family and friends nearby, and to be surrounded by people helping people

-Tersia

For my husband Rick, and 2 sons, my parents, family, friends; living in America and having a home, food, electricity, and hot showers.

-Trish

Food, clothes,
family bird

-Jessica

I am grateful to live and work in such a caring community. Hernando is blessed to have so many selfless and genuine community partners who are here to uplift and serve others. I am grateful for our strong network and the ability to lean on one another.

-Angie

We are humbled by your kind words below. We could not do any of this without the support of our generous community - Hernando County!

PHP has helped me and my family throughout the year. A gallon of milk here and there goes a long way. Or some bread for garlic bread. Thank you so much! God bless!

-Christine

For this very nice facility. We appreciate you and your good work.

-Ron

This facility is outstanding in every way...very appreciative of your cordiality and your accomplishments in our community.

-Gloria

For PHP and everything you do for the community.

-Nita

We have 7 children , 9 months - 15 years old. We always need food or milk. Without PHP, it would be hard to feed them. Very grateful!

-Denise

For a nice, clean place where we can see and feel the blessings that are given to others while we do art and have fun.

-Yolanda

For all of the plants outside that we see when we come in, for all the conversations we have here.

-Liz

The convenience of PHP...God is good. He led us to YOU!

-Esther

Coming to enjoy art with friends...the most joy is this clean and wonderful place called People Helping People.

-Christopher

I am grateful for the generous and loving volunteers that make it possible for People Helping People to provide food, education, healthcare and hope to those in need,

-Maureen



**PEOPLE
HELPING
PEOPLE**
in Hernando County

www.phphernando.org
352-686-4466

"The heart that gives, gathers"

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, or businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, organizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keeps us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

Thank you to those who contributed financially in October!

Alcoholics Anonymous
Anonymous (you know who you are!)
Anthony & April Artemisio
Linda Bixby
Blooms 4 Good Program
Jonathan Braden
Kelly Brown
Catherine Buonemani
Community Bag and Giving Tag Program
Murilene Cronk
Elks Lodge 2582
Dr Syed Waqar Hasan
Highpoint Lions Club
Jimmy & Christine Jamesson
Alison Kalvelge
Robert and Irene Keim
Robert W. Kwarren
MBS Home Loan, Inc.
Network for Good
PayPal Giving Fund
James M & Debra J Peary
PineGrove Village
Snowbird Club of Timber Pines
Aubrey Tolson
Patti Van Matre
Brooke Webber
Wesquantuck, LLC
Ronald & Dorothy Yarrington

Please mail your check donation to:

**People Helping People
PO Box 6182
Spring Hill, FL 34611**

Sunday Blessings November Meal Sponsors



Hernando County Fire and Rescue



Knights of Columbus



Thank you to all who provided in-kind donations during October!

Anonymous (you know who you are!)
Judy Brown
Dan
Discovery Point
Dollar General
June and River
Katy
Richard Kenney
Maggie & Jennifer
Anthony Marchione
Melody W
Joyce Morra
PNC Bank
Publix Serves
Rose
Sue
Sunlife/Dental Quest
Terlep Chiropractic
Wellington

***In-kind donations may be dropped off
M-F, 9am - 2pm at:
People Helping People
1396 Kass Circle
Spring Hill FL 34606***



**PEOPLE
HELPING
PEOPLE**
in Hernando County

***www.phphernando.org
352-686-4466***

What are you grateful for (cont. from p.1)

we expect they will always be there. But for many people in Hernando County, those things - the basic necessities of life - food, water, shelter - are not there.

With your support, PHP can continue to work hard to provide those necessities, beginning with food and then looking for other supportive services for the homeless, impoverished., and the working poor.

This beautiful Remembrance Prayer was recited by PHP board secretary Carol Sitroon at our Hoe Down for the Hungry last month (grateful for those who attended!)

"When I have food, help me to remember the hungry. When I have work, help me to remember the jobless. When I have a home, help me to remember those who have no home at all. When I am without pain, help me to remember those who suffer. And in remembering, help me to destroy my complacency, be the best in my compassion, and be concerned enough to help, by word and deed, those who cry out for what we take for granted."

Please mail your donation to:

**People Helping People
PO Box 6182
Spring Hill, FL 34611**

***Pantry item donations may be dropped off
M-F, 9am - 2pm at 1396 Kass Circle
Spring Hill FL 34606***

HELP Center Calendar

Our Calendar is online - view it here:
<https://phphernando.org/calendar>

Nature Coast Art League
9am Mondays

AA Meeting
8pm Mondays/Thursdays
7pm Tuesdays/Wednesdays

Showers available
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic
10am Tuesdays

Lunch offered
11:30am - 12:30pm Tuesdays/
Fridays

GED Classes
1:30-4:30 Tuesdays/Thursdays

Sunday Blessings
3:30 pm Sundays
A hot meal dining experience
for those in need

Mobile Food Distribution
10:30 am
LAST Wednesday of the month

Mobile Food Distribution

Wednesday, November 30

**We always need Volunteers to
help pack and distribute the bags
of food!**

To volunteer, call 352-686-4466

For those in need of food, please
line up in your car at **10:30 am**

Location: HELP Center
1396 Kass Circle, Spring Hill

*(Please be aware that we never know
what or how much the truck will be
bringing.)*

Gratitude Scavenger Hunt


Looking for a fun activity to do with your children while the turkey is cooking in the oven?

The Gratitude Scavenger Hunt is an easy activity to do with your children that may begin to instill an attitude of gratitude in them.


Or, you may even want to try it yourself.

Children learn what they see.....

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



www.simplesacresblog.com

Follow us on Facebook and Instagram to stay on top of the latest with PHP!



**PEOPLE
HELPING
PEOPLE**
in Hernando County

**www.phphernando.org
352-686-4466**