

Health Wise

Dear Family and Friends,

As we look towards 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 LIFE.

HOW CAN I BENEFIT FROM THE GIFT OF REMINISCENCE?

There are several different ways that you can benefit from this gift. You can consider REMEMBERING YOUR OWN LIFE STORY, RETELLING SOMEONE ELSE'S STORY (example, your children), or LISTENING TO ANOTHER PERSON'S STORY.

In order to TELL YOUR STORY or THE STORY OF ANOTHER, you only need to follow three simple steps:

1. Remember it
2. Record it (in writing or on audio / video tape)
3. Relate it to another person

If you are going to HELP ANOTHER PERSON IN THEIR REMINISCING, these suggestions may prove helpful:

1. Consider looking at pictures, letters, other remembrances to stimulate the flow of memories.
2. Listen attentively and thoughtfully.
3. Offer encouragement and support to the person reminiscing.
4. Encourage the person to share not only experiences, but more importantly their feelings.
5. Assist in recording the reminiscing, so that it can be used in the future.

I pray that the Lord blesses your reminiscing and you experience His peace and joy.
May we follow the advice of David, "Look to the Lord and His strength; seek His face always.
Remember the wonders He has done, His miracles..." (1 Cor. 16:11 – 12).

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