

# WELLSHIRE FAMILIES NEWSLETTER

## PRAYER

Thanksgiving is not a religious holiday, but provides a good opportunity to focus on our blessings from God. Let's spend November cultivating a spirit of gratitude. Say,

Dear God, we know from the Bible, all things come from God, through God, and return to God.

We thank you God for:

A smell I am grateful for: \_\_\_\_\_

Something yummy I am grateful for: \_\_\_\_\_

An animal in nature I am grateful for: \_\_\_\_\_

Someone I love I am grateful for: \_\_\_\_\_

[Insert your own prompts or see additional prompts on page 3.]

We praise you God for all your blessings. Amen.

## MARK YOUR CALENDAR

<b>November 15</b>	Club 45 (4:00—5:00pm)
<b>November</b>	Make Family Advent Wreath (info forthcoming)
<b>November 26</b>	Thanksgiving Day
<b>November 29</b>	First Sunday of Advent Wellschire Sunday Drive (11:00)

## FAITH CONVERSATION

### GRATITUDE TREE

Spend time each night in prayer and discussing what you are grateful for that day. Write or draw it on a leaf and hang from your gratitude tree. By month end your tree will be overflowing.

You will need several colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, and a vase

Step 1: Cut out leaves from the colored paper. See page three for a template. Punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

Step 2: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.

Step 3: Have you (or your child) draw or write things that you (or your child) are grateful for on the leaves. You can use photographs if you'd like.

Step 4: Hang the leaves from the branches, and behold your gratitude tree!

## FAMILY/PARENTING RESOURCES GRATITUDE

### GRATITUDE

God has given us much to be thankful for. Even in difficult times, gratitude can still frame our days, making us stronger and more able to face challenges. Cultivating a spirit of gratitude has proven to lower stress, lead people toward a more optimistic worldview and a stronger ability to overcome obstacles and face adversities.

### GRATITUDE IS A LEARNED BEHAVIOR

If we teach our children gratitude they will be happier, more confident, and compassionate. But how do we teach them gratitude? The most important way is to model gratitude yourself.

### SHOW YOUR GRATITUDE

Show your gratitude for your child's thoughtful actions and let them see you show gratitude to others. Finally, let them see you show gratitude to God.

### PSALM 148

Read Psalm 148 together. This psalm calls for the whole universe to praise God—people, animals, rocks and hills, and even the wind. Close your eyes and try to imagine everyone and everything in creation joining together to praise God.



## HOPE GARDEN

Did you grow your Hope Garden this year? If you have them, send me pictures of your harvest.

## SNUGGLE UP

Wellshire Children and Family ministry has released 8 episodes of Snuggle Up Bedtime Bible Stories. Spend 6 to 7 minutes each week snuggled up with your children, listen to a Bible story and wonder at the love of God. If you need a copy of the *Story Bible, Growing in God's Love*, please contact Kendal Mullins and she will get you a Bible.

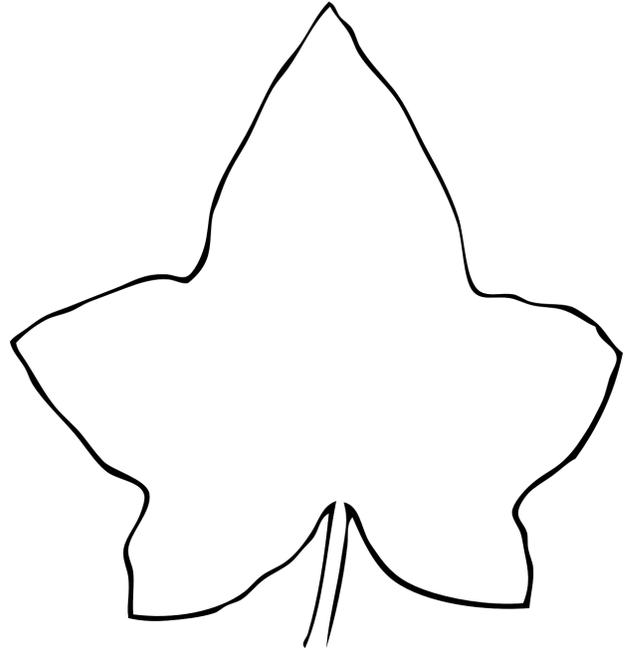
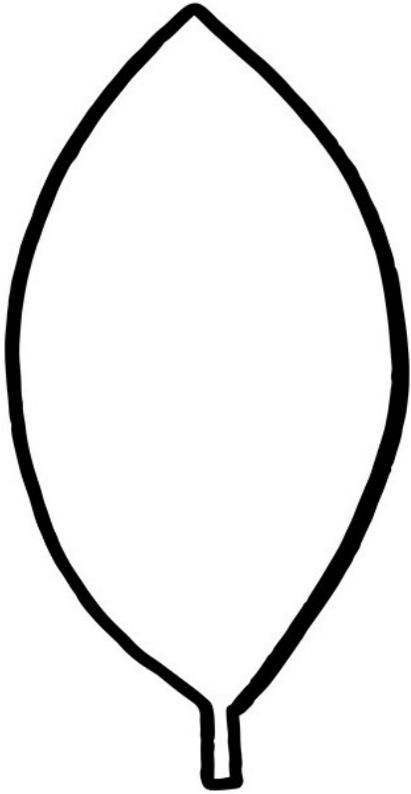


## CONTACT INFO

Kendal Mullins  
 Director of Faith Formation  
[kmullins@wpcdenver.org](mailto:kmullins@wpcdenver.org)  
 cell: 303-875-6810



# WELLSHIRE FAMILIES NEWSLETTER



## GRATITUDE PROMPTS

Someone in the house.

Something I wear.

A talent I have.

Something I love about myself.

Something I learned to do.

Something about the town I live in.

A toy I own.

A favorite way I can move my body.

A person who works in my community.

Someone who helped me this week.

My favorite park and why.

The place I feel most cozy.

The friend I am most thankful for.

Something I learned to do.

A time I was able to help someone.

My favorite place to play outside.

A favorite way to get around.

Something unique about my family.