

Hello, friends,

A big thanks to those who joined us at Sholom Park last Friday for our meeting. Ingrid shared some relaxation techniques then led a meditation walk around the park. The weather held out and the park was beautiful. Thank you, Ingrid, for keeping us focused and reminding us to *breathe*.

Following the walk, we had a short meeting with just a few announcements:

- A reminder about the Wreaths Across America program for national cemeteries. This will be on December 18, from 11:30 until the wreaths are laid. If you are interested in sponsoring a wreath or going with us to distribute wreaths, please let me know. This is open to all, not just Suddenly One members so if you know of someone who might be interested, please tell me. I'm attaching a flyer explaining more about this. We will finalize details at the December meeting.
- Thanksgiving is here, and for those of you who will be staying in town, I encourage you to not spend it alone. Find a fellow group member and go for a Thanksgiving meal, share a meal at home, or take a day trip to get away. Please don't be afraid to reach out if you feel alone or if you know of someone who will be alone.
- The latest membership roster is attached. For those of you who don't have email addresses, Ingrid Crane will deliver this message and any attachments to your home. If you don't plan to return to the group, or don't want to receive this information, please let me know, and I'll remove you from the list.
- The big announcement: two of our members have left the group because they feel they don't meet membership requirements. They are no longer Suddenly One but have become Suddenly Two. Yes, that's right, two of our members married each other! Ken Murphy and Mary Halsey were married in his garden earlier this month. Let's wish them all the best, and hope they keep in touch with us from time to time.

I plan to develop a calendar of events for our group for 2022, so I'm looking for ideas of things that we can do together or in smaller groups. If you have suggestions, please don't keep them to yourselves. Not everyone will be interested in every event, but we can start somewhere.

The next meeting will be **Friday, December 10th at 10:30, in the Card Room of the Orchid Club**. The holidays may be extremely tough for some of us. Sometimes turning our attention to others in need can help with our own pain. With that in mind, I've invited Diane Church to talk to us about one way we can do this. She is the founder of the Oak Run group *Giving Back to the Community* and can give us ideas on how we can stay busy while helping others in need. This can be anything from sewing or knitting, filling bags with necessities for homeless shelters, volunteering to drop off items around town, or helping to furnish an apartment for someone who is leaving a bad situation. She has endless ways to help others. I hope you'll support this or any other group or organization that is trying to help our community, and I hope you find some peace and fulfillment in doing so.

To all of you, I thank you for being part of this group, and I hope you find some comfort during the holidays. It's okay to feel sad, but it's okay to feel happy, too. Try to find some joy.

Thank you, and I hope to see you next month.

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