

Cancer Answers

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Being Thankful

With all of the crazy that surrounds the holidays, beginning with Thanksgiving, the real meaning of these celebrations often is lost. Considering that many of you are also dealing with cancer, surgery, treatment, side-effects and general malaise - the thought of being thankful might leave a bitter taste in your mouth.

I thought it fitting this month as the United States focuses on Thanksgiving that I take the opportunity to give my thoughts on being thankful. You may not even be aware of it, but take a moment to ask yourself - have you gotten swallowed up in an entitlement mentality? Are you and I entitled to more than we have? We read in the Bible: "For we brought nothing into the world, and we can take nothing out of it". That means that everything we have ever had, have currently, or will ever have is a gift. Yes, we may work hard for it; we may suffer for it - but, it is still more than we had when we were born. It may sound too simplistic yet that is exactly where we can get tripped up in an entitlement mentality. When we consider that we were born with nothing and will leave with nothing, then we realize that we are not entitled to anything. We came empty-handed yet were given much to fill our hands...much to be thankful for.

Most all of us have roofs over our heads, enough to eat, can pay most of our bills, and live in a nation where we have good healthcare facilities and treatment options available to us. It's easy to lose track of all of that in the day-to-day grind of surviving cancer and feel we deserve more than that. We don't. As humans we experience pain, illness, health, loss, gain, struggles and victories - the key is to ponder what we have in addition to what we experience and realize that we have MUCH to be thankful for.

I attended a seminar this past weekend about emotions and the definition they used for emotions was "energy in motion". I really like that definition because it means that we can change the motion of our energy. Did you know that our emotions follow the path of least resistance when responding to situations? This means that based on past experiences and responses to the same, or similar situations, we will respond to current situations. However, research shows that 21 days of practicing a different, healthier emotional response to these situations and the "path" along which the emotions used to travel from past experiences will begin to shrink. It is like a path around your local lake - if you, and everyone else, do not walk down that path during the summer time the weeds will soon begin to grow into the path and eventually completely cover it.

When we begin to respond with thankfulness and joy for what we have our lives change. We find more things to be thankful for; we feel more fulfilled; we realize how blessed we are, and we have a new energy we thought we had lost forever.

If your time is plentiful - be more thankful and giving...

If your times are lean - be thankful and graciously let others bless you!

This and That

HOW TO OBSERVE THANKSGIVING

a Thanksgiving Poem - author Unknown

Count your blessings instead of your crosses;

Count your gains instead of your losses.

Count your joys instead of your woes;

Count your friends instead of your foes.

Count your smiles instead of your tears;

Count your courage instead of your fears.

Count your full years instead of your lean;

Count your kind deeds instead of your mean.

Count your health instead of your wealth;

Count on God instead of yourself.

CORNUCOPIA APPETISERS

Ingredients:

Tortillas (Whole Wheat or Ezekiel 4:9)

Toothpicks

Small veggies - try peas, baby carrots, baby corn ears, grape tomatoes, and cornichons (or any small pickle)

organic ranch dressing for dipping

Instructions

1. Cut each tortilla in half. Roll it into a cone with the rounded edge at the open end. Secure the cone with a toothpick, then fill it with small veggies. Serve with ranch dressing

MY THANKSGIVING PRAYER FOR YOU

I pray that each of you will wake up feeling strong and energetic to enjoy whatever your particular family Thanksgiving traditions are.

I pray that you will find at least one thing in your day to treasure for the rest of your life. Begin a journal this year that you can add more treasures to in coming years.

I pray that those you are surrounded by will be healthy, happy and helpful.

I pray, most of all, that you will take time to reflect on what you are thankful for and offer thanks to God for He is good.

Blessings, Joy and Peace to you till next month