



# MOMENTS



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## MATTER

### Remembering those who served on Veterans Day

DANIEL COLLINS, D.MIN., Martinsville Chaplain

Brigade Chaplain to 1st Brigade, 94th Training Division, US Army Reserves

Veterans Day is a federal holiday we observe each year on November 11th. Employees from different sectors see Veterans Day as a day to enjoy time off and have some fun. That just about sums it up, right? Wrong! Veterans Day means so much more than just a day off in mid-November.

“Veterans Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on November 11th for honoring military Veterans of the United States Armed Forces. It began, and now coincides with, other holidays, including Armistice Day and Remembrance Day, which are commemorated in other countries, marking the anniversary of the end of World War I. Major hostilities of World War I formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.”

Veterans Day is different from Memorial Day, when we honor those who gave their lives on the field of battle, and Armed Forces Day, when we honor those who are currently serving in the active or reserve armed forces.



I was watching a TV show once and a business owner on the show was talking about his company's annual Veterans Appreciation Day. He asked this question: “What price have I paid for my freedom?” Ask yourself that question as well: “What price have I paid for my freedom?” The answer for about 99% of the population is “None.” We all owe a huge debt of gratitude to the roughly 1% who gave up a lot of

freedoms and, in many cases, their lives, for our freedoms. That's why we celebrate Veterans Day.

I don't yet consider myself a Veteran as I'm still serving. I honor and remember Veterans, both living and those who have passed away. Both of my late grandfathers were World War II Veterans. My dad was a Vietnam-era Veteran. My late father-in-law was also a Vietnam Veteran. I've had the honor to serve with soldiers, airmen, Marines, sailors, and Coast Guardsmen (and women). Some of them are out of the military now, either retired or discharged. We owe a huge debt of gratitude to those who paid some price for our freedoms, including those living and who have passed away, who served in our nation's wars and in peacetime, and as BLUF (Bottom Line Up Front, an acronym we use in the Army).

By the grace of God, in about two years, I'll retire from the military and then I'll be considered a Veteran. Now and in the future, I'll honor those who paid for our freedoms. I encourage you to do the same. I encourage you, in accordance with the history of Veterans Day, specifically at 11am on the 11th day of the 11th month, to remember and honor those who paid some price for our freedoms.

# The benefits of gratitude


TRACEY ANDERSON, MA, MAR  
Bereavement Coordinator

During times of grief and suffering, it's easy to get down, depressed, and discouraged. To feel hopeless. This comes naturally to all of us as we are hurting. One way to help relieve these feelings is to focus on gratitude. Gratitude is feeling thankful for the good things in your life. At times, it may be difficult to see these good things when you're filled with so much hurt. Maintaining a sense of appreciation can change your outlook, ease your sadness, and give you a completely different outlook on life. Taking the time to look around to see the things that you're thankful for can change your attitude immensely. Take a moment to slow down and examine the positive things in your life. You can start a journal or make a list. Once you begin, you may find there's so much to be thankful for, and you'll begin to practice a life of gratitude.


Dr. Robert Emmons states that there are two stages of gratitude. The first is an acknowledgment of goodness in one's life. The second stage is recognizing the source of where that goodness originated. What kind of blessings do you have in life? Who are the special people in your life? Grief can be a time when you see who's there for you and who you can turn to in times of trouble. You can see that there are still good things in your world.

## **Gratitude reduces physical and emotional stress**

True appreciation calms the mind and body. Celebration relieves stress and makes you feel better. Let your guard down and deeply feel relief or joy for whatever has pleased you today. Take a moment to breathe, relax, and focus on what's important and good in your life.



Look at those small moments that made you smile. Every moment really does matter.



## **Gratitude promotes happiness**

Grief may make you feel dark and dismal, and it may seem difficult to find happiness. When you start to examine your heart and your life, to search for gratitude, it shows you that you do have reasons to be happy. You have many things and people to be grateful for each day. It's harder to feel angry and defeated when you're grateful. Thankfulness takes the focus off the negatives and begins to focus on the positives in your life.

## **Gratitude helps you focus on the present**

While you're going through grief, you become focused on the past and everything that you've lost. It's difficult to look at the present. You can't see the good things right in front of you. You're too busy longing for the past. There are so many things to be thankful for right in front of you. Sometimes you need help to see and appreciate those things and people who are there for you. Examine your day and the good things that happened. Look at those small moments that made you smile. Every moment really does matter.

## Gratitude confirms you're not alone in your efforts

When you begin to look around and see all of the people in your life, you start to feel grateful. You realize you have the support you need and have true friends, family members, and others who make your life better and richer. Also, you know who you can trust during those difficult moments in life. You realize you're not alone during your journey of grief.

Melodie Beattie stated, "Gratitude

unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity ... Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

It's so easy to lose focus on how blessed your life is when you're feeling sorry for yourself. Taking those moments every day to look

at what you're thankful for can change your outlook. Taking time to thank those who have made a difference in your life can change your outlook. It can help you to find happiness, purpose, and joy even during those dark moments in life. Take a moment and try to find things that bring you joy and happiness, things you truly appreciate. Learn the practice of gratitude. It can truly change your life.

## WORD SEARCH

Find words from Tracey Anderson's article. Good luck!

R	N	C	T	W	Q	T	K	T	C	H	H	V	F	S	D	G	W	C	I
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P	K	Z	I	Q	E	N	I	C	Y	L	O	H	L	I	X	N	E	H	O
D	K	C	C	T	H	A	N	K	F	U	L	N	L	L	K	Z	E	F	K
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A	I	L	B	L	Q	P	A	V	E	C	F	L	S	O	C	F	L	T	A
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X	E	Y	N	O	I	S	I	V	C	Q	U	L	A	D	N	L	P	P	P
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B	E	C	W	C	T	K	X	X	L	V	O	G	I	F	F	T	Y	Q	Z
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O	O	K	A	R	A	T	P	N	L	R	V	H	L	I	U	M	W	O	S
D	E	S	S	E	L	B	J	S	L	R	R	V	F	T	M	V	H	Z	Y
X	Z	R	X	B	P	V	D	V	P	X	H	T	F	R	U	J	K	U	E
B	K	E	X	A	C	A	Q	A	J	V	U	I	Z	A	T	O	F	C	B

RELIEF  
THANKFUL  
PEACE  
PRACTICE  
BLESSED  
OUTLOOK  
GOODNESS  
SUPPORT  
FULLNESS  
CELEBRATE  
VISION  
LIFE



# Family Thanksgiving recipes — too good not to try

SHANNON ROBERSON, BC

## Mama's sweet potato casserole

Lois Martin

### Ingredients

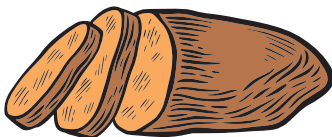
3 cups sweet potatoes, cooked and mashed  
1 ½ cup sugar  
2 eggs  
1 teaspoon vanilla extract  
1 ½ cups of milk

### Topping

⅓ cup butter  
⅔ cup brown sugar  
⅓ cup flour  
1 cup pecans, chopped

### Instructions

1. Preheat oven to 350 degrees
2. Combine potatoes, sugar, eggs, vanilla, and milk
3. Pour into a 9 x 13 casserole dish
4. Sprinkle with topping, cover, and bake for 30 minutes or until brown



## Aunt Lois' broccoli casserole

Lois Martin

### Ingredients

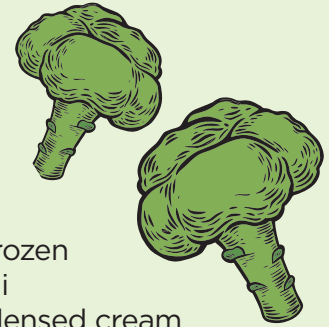
2 - 16 oz packages frozen chopped broccoli  
1 - 10 ½ oz can condensed cream of chicken or mushroom soup  
1 cup Velveeta cheese  
1 teaspoon minced onion  
1 cup mayonnaise  
2 eggs

### Topping

1 roll Ritz crackers  
¼ cup butter

### Instructions

1. Preheat oven to 450 degrees
2. Cook broccoli according to package directions and cover the bottom of a baking dish
3. Combine soup, cheese, onion, and mayonnaise until cheese is melted
4. Beat the eggs and temper with a small amount of the cheese mixture
5. Add eggs to the cheese mixture
6. Coarsely crush crackers and mix with melted butter
7. Top casserole with the cracker mix and bake for 15-20 minutes, or until brown



# CROSSWORD

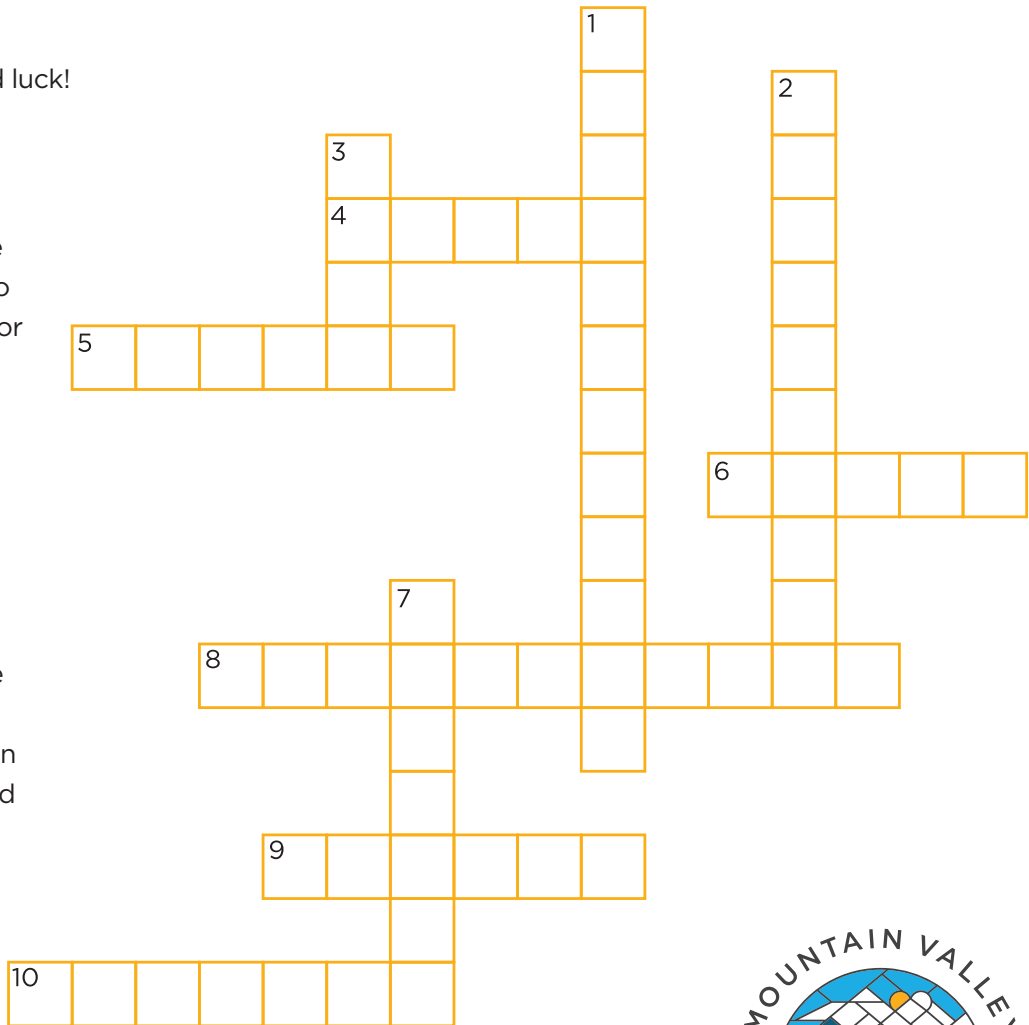
Clues from our Q&A. Good luck!

## ACROSS

4. The seeds of an oak tree
5. People you are related to
6. Respect; show respect for
8. November 11th
9. Traditional holiday bird
10. The act of reuniting/  
coming together

## DOWN

1. The fourth Thursday  
in November
2. A symbol for abundance  
and nourishment
3. Another word for autumn
7. Someone who has served  
in the armed forces



	4		6		8			
1		8	7		3	4	6	2
7	6	5	2		9	3		1
		7		3			9	6
	2		4	7		1		8
	5		1					
5	3						1	4
				6		9		
9			3					

## SUDOKU

The rules for Sudoku are simple: A 9×9 square must be filled in with numbers from 1 to 9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either.



# Grief support groups

## NORTH CAROLINA

### STOKES COUNTY

#### November 4th @ 6pm

Slate Funeral Home  
132 E Dalton Rd, King, NC 27021  
Melissa McCollum: (336) 679-2466

### SURRY COUNTY

#### November 14th @ 11:30am

Central Cafe  
304 N Main St, Dobson, NC 27017  
Jessica Simandle: (336) 583-8589

#### November 14th @ 11am

Mountain Valley Elkin office  
968 N Bridge St, Elkin, NC 28621  
Tracey Anderson: (336) 526-2650

#### November 25th @ 10am

Mountain Valley Pilot Mountain office  
129 Veterans Dr, Pilot Mountain, NC 27041  
Jessica Simandle: (336) 583-8589

#### November 28th @ 6pm

Mountain Valley Elkin office  
968 N Bridge St, Elkin, NC 28621  
Tracey Anderson: (336) 526-2650

### YADKIN COUNTY

#### November 7th @ 11am

SECU Hospice Care Center  
243 N Lee Ave, Yadkinville, NC 27055  
Melissa McCollum: (336) 679-2466

#### November 12th @ 6pm

Oak Grove Baptist Church  
8087 Windsor Rd, Hamptonville, NC 27020  
Melissa McCollum: (336) 679-2466

#### November 21st @ 6pm

SECU Hospice Care Center  
243 N Lee Ave, Yadkinville, NC 27055  
Melissa McCollum: (336) 679-2466

### WILKES COUNTY

#### November 18th @ 6pm

Reins-Sturdivant Funeral Home  
270 Armory Rd, North Wilkesboro, NC 28659  
Tracey Anderson: (336) 526-2650  
Melissa McCollum: (336) 679-2466

## VIRGINIA

### HENRY COUNTY

#### November 6th @ 2pm

King's Grant Retirement  
350 Kings Way Rd, Martinsville, VA 24112  
Shannon Roberson: (888) 789-2922

#### November 12th @ 10am

The Community Fellowship  
2674 Virginia Ave, Collinsville, VA 24078  
Shannon Roberson: (888) 789-2922

### PATRICK COUNTY

#### November 21st @ 2pm

Stuart Church of Living Water  
101 E Blue Ridge St, Stuart, VA 24171  
Shannon Roberson: (888) 789-2922

### GRAYSON COUNTY

#### November 18th @ 2pm

Mt Olivet Community Church  
Community Building  
(gray building next to church)  
6926 Carrollton Pike, Galax, VA 24333  
Jessica Simandle: (888) 789-2922

## No RSVP needed

Please attend the group nearest you.  
Meeting dates and times are subject to change

For more information, please call  
the group's bereavement coordinator



Mountain Valley  
**THANKS**  
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United Fund of  
Stokes County

United Fund  
of Surry

United Way of  
Wilkes County

Yadkin County  
United Fund

Yadkin Valley  
United Fund



**Activity page  
solutions**

*Celebration  
of  
Life*



You and your family and friends are invited to  
**CELEBRATE YOUR LOVED ONE**

You're welcome to attend  
the memorial service nearest you

**TUESDAY, DECEMBER 3RD • 6 - 7:30PM**

**Reins-Sturdivant**  
270 Armory Rd  
North Wilkesboro, NC

**THURSDAY, DECEMBER 5TH • 6 - 7:30PM**

**Pleasant Grove Baptist Church**  
3982 Clingman Rd  
Ronda, NC

**First Baptist of Stanleyville**  
851 Ziglar Rd  
Winston Salem, NC

**Dobson First Baptist Church**  
204 S Crutchfield St  
Dobson, NC

**Oak Grove Baptist Church**  
8087 Windsor Rd  
Hamptonville, NC

**Oak Level Baptist Church**  
7720 Oak Level Rd  
Bassett, VA

**Mt Olivet Methodist Church**  
6926 Carrollton Pike  
Galax, VA

**Light refreshments will be served**  
Please bring a photo of your loved one or other special item  
to place on the remembrance table prior to the service

Please call with any questions: (888) 789-2922



*The Humble Hare*

BENEFITING MOUNTAIN VALLEY HOSPICE SERVICES

705 West Pine Street  
Mount Airy, NC 27030  
(336) 789-1230  
Mon - Sat, 10 - 5

38 East Cheek Street  
Sparta, NC 28675  
(336) 372-4545  
Tues - Sat, 10 - 5

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SCAN  
for the Moments Matter  
newsletter survey!



+ November 2024 grief support group schedule

**Family Thanksgiving recipes**

**The benefits of gratitude**

**Remembering those who served**

INSIDE:

to Moments Matter, our bereavement newsletter

# WELCOME

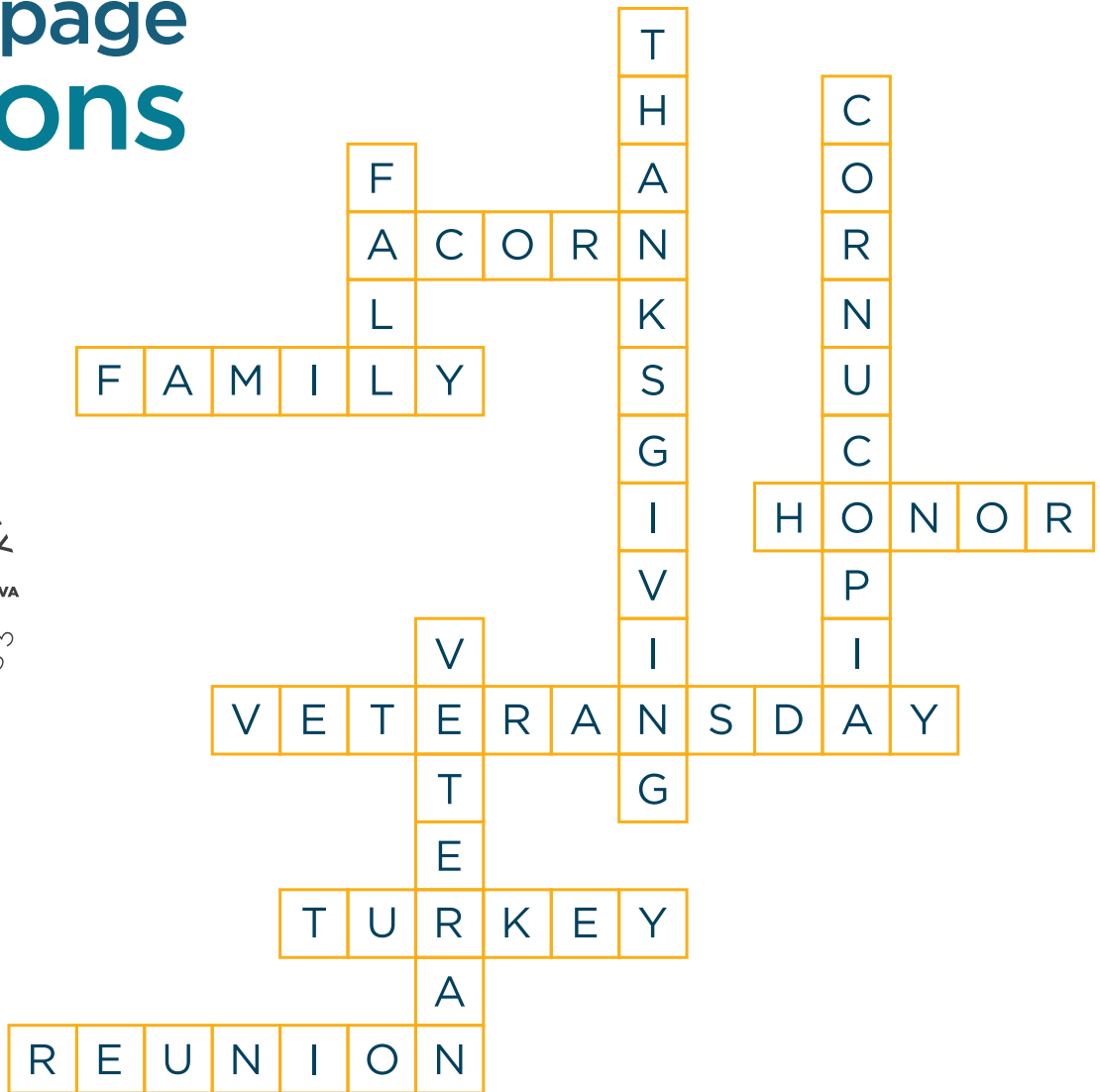


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Dobson, NC 27017

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# Activity page solutions



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