

Natural Healing Express Weekly

Column 304 Happy THANKSgiving

Wow, it's that time of the year again – already! Here we are diving into the holidays and I am still not positive everything that needs to be “winterized” (including me) is ready to take on this cold weather.

So, where's the beach? I need a warm “time out” before Snow-magedden hits again. Who is with me?

And not to mention, time enough to knit about 14 more hats, sweaters, scarves, socks and mittens that can be layered. One further announcement, albeit pleasantly and graciously stated; to my neighbors who are all giddy and dancing around like Christmas elves by their palace on wheels --- you are so very funny packing shorts, flip flops and lawn chairs in your driveway for all of us stuck in for the winter to witness!! Rub it in. See ya in April you lucky snowbirds...

Now that I am done “cranking” on the season, let's take a look at what Thanksgiving is all about, and then, of course, add semi-serious and opinionated commentary. The intent of this article is to get us to a place where we can be truly grateful for all we have and not to obsess about what we have not.

Here's a quick history lesson regarding that first Thanksgiving. It was held at Plymouth, Massachusetts, between the surviving passengers on the Mayflower and English-speaking Indians and their families. If you recall, about half the original members on the ship passed away either on the voyage or during their first year in the new country. Needless to say, all the transition was rather difficult on many families, so this coming together event, our Thanksgiving, was celebrated hardily. It was the first successful harvest for the pilgrims, symbolic of survival with thanks going to God.

Just picture in your mind what the hardships must have been like to even get to that first Thanksgiving Day table; disease, malnourishment, grieving, new land, hostile neighbors, bad undergarments, etc. And we scream when the cable goes out during football. Give THANKS for them, their resolve, technology, spanx and DVR or whatever else floats your boat.

We live in a country, despite our political differences, where we have the right to live free and vote because our forefathers earned it. If you don't think this is reason enough to kiss the ground you walk on, flip on any news channel and see how folks live outside the US, where persecution and murder are legally justified for religious, political and cultural differences.

Another way to find things to give thanks for is to just look around. Load up the car and take a drive around Stephenson, Carroll and JO Daviess counties to see our many points of historical significance.

There are many examples pertaining to the Black Hawk War, the Civil War, Trade on the Mississippi and the founding of our counties which take their place in our National Tapestry.

And, PLEASE pass this knowledge on to your kids and grandkids; don't assume someone else is going to teach them everything about our place in history. Our local area is special and something to be proud of.

Our teachers are doing their best, but when a student comes home with a history project, jump in and make it come alive. You have access to so many resources in the area and you are making a difference for the student which makes a difference for our future. The ground on which you traipse is sacred, and many sacrifices have been made to keep it free. Give thanks for the opportunity to drive your car, teach, and to be able to live God's country -- Northern Illinois and Southern Wisconsin. And Iowa on good days.

And, as for that family, enjoy things as they are now. In a moment, they can change. Try to remember when you're aggravated that most things are small and solvable. In the long run, much of what gets under your skin now won't matter. Eat the pie, be happy and giggle. God has an enormous sense of humor, that's why he put you in YOUR family. Remember, how you RELATE to the issue IS the Issue!

Give Thanks that your family tree "branches."

One practice we have gotten into the habit of during this holiday is for everyone to go around the table, couch, or bar stool and say aloud one thing for which we are thankful. The results may vary; some bordering on moronic, but some are sweet and beautiful. These times are what memories are made of.

Maybe it's something you might like to try at your gathering. Give Thanks that you actually have someone to share your opinions with, as we are not promised tomorrow.

We want to send a shout out, hugs and love to those dear friends of ours who have been going through tremendous losses lately. We are sad for your loss and grieve with you.. There are a lot of names to share here, but one in particular is our dear Sweet Paula who lost her hubby and her mother within hours of each other. Godspeed! You will see them again someday..

If you find yourself alone during this holiday, there are many, many opportunities in our community to serve. Serving is a great time to think outside yourself and do good for others. If you have your health, a little money in your pocket and some food in your belly, you already live better than 90% of the people in this world. Give Thanks you are an American and can celebrate, on your terms, this Thanksgiving Day.

From the Natural Healing Express Family to you and yours, we wish you a wonderful holiday!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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