

ASHEVILLE WARD RELIEF SOCIETY

November 28 - December 25

Temple Trip

A group of relief society sisters will be attending a session at the temple on January 5th at 9am. If you wish to attend the same session or plan to participate in other ordinances, you will need to make a reservation online. You can contact Mary Lou Davies for more details about the trip.



Ward Christmas Party

Don't forget about our ward Christmas party, which is taking place Saturday (December 4th) at 5pm at the ward building. Please bring a dessert to share.



Sharing Missionary Moments

The beginning of our lessons will be devoted to sharing "Missionary Moments." Please come with an experience in mind, that you can share if you feel prompted to do so.

BIRTHDAYS



Nov 29- Becca Calton &
Laura Perry

Dec 1- Lee Lowe

Dec 3- Catherine Higgs &
Tracy Wall

Dec 5- Betty Oliver

Dec 6- Cynthia Derchak &
Holly Stone

Dec 8- Maria Rocha
Armenta & Wanda
Workman

Dec 9- Shannon Perry

Dec 11- Patricia Coffey &
Kathryn Metcalf

Dec 14- Laura Bowen

Dec 17- Lisa Boblett

Dec 18- Sandra Arthur &
Erika Sujo

Dec 20- Juliana Barber

Dec 22- Jena Wright

Dec 23- Janice Garcia

“As we continue to face tumultuous times full of apparent reasons to lose hope, I instead invite you to look for ways to be grateful and to express that gratitude towards others. As you do so, your attitude of gratitude will strengthen the hope in Christ you feel, no matter the trials you face.” -President Nelson

thankful

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” (Philippians 4:6-7)



“Let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.” (Colossians 3:15)

“He who receives all things with thankfulness shall be made glorious” (D&C 78:19).

3 Gratitude-Centered Practices

1. Gratitude Jar – Decorate a jar or box. Leave little strips of paper and a pen next to your jar and make a goal to write down a specific number of gratitude “items” per day, which you will put in your jar/ box.
2. Gratitude Object – Pick a specific object, which will serve as a reminder to think of things you are grateful for. It could be a necklace, a piece of fabric, or even a little stone. Carry that object around with you each day, and think of something you are grateful for every time you notice/ touch/ feel your gratitude object.
3. Gratitude Prompts- Write out specific gratitude prompts in your journal and reflect on them each day. (“I am grateful for three things I: hear, see, smell, touch, taste; for three: friends, family members,” etc.)