

LIFE notes

*LIFE prides itself on helping those in need and for being the champion
for those who cannot speak but who enrich our lives
and every day make us a little more ... human.*

Giving Thanks Edition

*"It has seemed to me fit and proper that thanks should be solemnly,
reverently and gratefully acknowledged as with one heart
and one voice by the whole American People."*

President Abraham Lincoln



November 8, 2022

Dear Friends:

As we prepare to gather with our families and friends a few weeks from now for our Thanksgiving feast, indulging on turkey, cranberry sauce, pumpkin pie, and other delicious food and drink, I would ask that we all take a moment to reflect on the true significance of the holiday.

It is generally believed that the first Thanksgiving commemoration occurred in 1621, when Pilgrims in Plymouth, Massachusetts, and the Wampanoag people, Native Americans to that area of New England, sat down to share the completion of the harvest season. Then there were several days of eating – geese, ducks, venison, maize, and other vegetables.

But it wasn't until more than 200 years later when Sarah Josepha Hale, the editor of a popular magazine of the time called Godey's Lady's Book, urged President Lincoln to declare a national Thanksgiving Day to promote unity. He did so on October 3, 1863, proclaiming a "National Day of Thanksgiving" a few weeks later. Of course, in the more than a century and a half since, the holiday has been observed annually on the fourth Thursday of November.

But whether it was that first feast when it became a national celebration, or today, the holiday is more than about stuffing ourselves. Rather, the real meaning of Thanksgiving is exactly as the name reflects: Giving Thanks for the blessings in our lives.

With that in mind, here is what I'm thankful for:

- First and foremost, my family: I am thankful for my children, grandchildren, and great-grandchildren. I am so proud of the people they have become and will become as they grow. Each is making a mark, a difference, in this world with their intelligence, creativity, passion, compassion, and good deeds. They are the loves of my life.



"Lois' Food4Kids"

Thanks to you Lois' Food4Kids distributes 4,000 backpacks filled with food every week!

- Of course, I'm tremendously thankful for my furry family – my dogs and cats, who give me the greatest gift of all: unconditional love!
- I am incredibly grateful for my friends. The legendary playwright Tennessee Williams once said: "Life is partly what we make it, and partly what it is made by the friends we choose." My life has been all the richer and more meaningful because I have been blessed with so many extraordinary friends.
- I am profoundly thankful to our nation's veterans and disabled veterans- the brave men and women who have fought and defended our country so that we can celebrate Thanksgiving, and every other holiday, in freedom.
- Last but not least, I am grateful for the organizations we have partnered with in helping the most vulnerable in our society. Most recently, these have included American Humane and Palm Beach County Food Bank, both of which fulfill the teaching: "To save one life is to save an entire world."

Over the past three decades, LIFE has accomplished so much because we have done it together – from building the American Veterans Disabled for Life Memorial to giving a summer camp experience to thousands of underserved Florida children; from providing a clean water system to an impoverished village in Guatemala to helping victims of female mutilation in Africa; from saving dogs, cats and other animals who were abandoned or lost in extreme weather disasters to helping refugee children fleeing the war in Ukraine; from providing veterans suffering from PTSD with lifesaving service dogs to providing hungry children with healthy, nutritious meals when they are not in school.... All of this and so much more.

So, as I get ready for Thanksgiving, I want to say, "Thank You," and I wish all of you a happy, healthy, and blessed Thanksgiving.

With much love and a grateful heart,

Lois

SAVE THE DATE

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**GLOBAL SUPERSTAR
PAUL ANKA**

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RITA RUDNER**

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THE BREAKERS, PALM BEACH**

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or visit www.life-edu.org

Proceeds benefit:
Disabled Veterans through American Humane's
"Pups4Patriots" Program and South Florida youth through
Palm Beach County Food Bank's "Lois' Food4Kids" Program





29th Annual "Lady in Red" Gala
SUNDAY, MARCH 26, 2023 • THE BREAKERS

LIFE'S JOURNAL CONTRACT



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PROCEEDS BENEFIT DISABLED VETERANS THROUGH AMERICAN HUMANE'S "PUPS4PATRIOTS" PROGRAM AND SOUTH FLORIDA YOUTH THROUGH THE PALM BEACH COUNTY FOOD BANK'S "LOIS' FOOD4KIDS" PROGRAM.

PLEASE SEND PAYMENT AND COPY NO LATER THAN **FEBRUARY 28, 2023** TO:

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