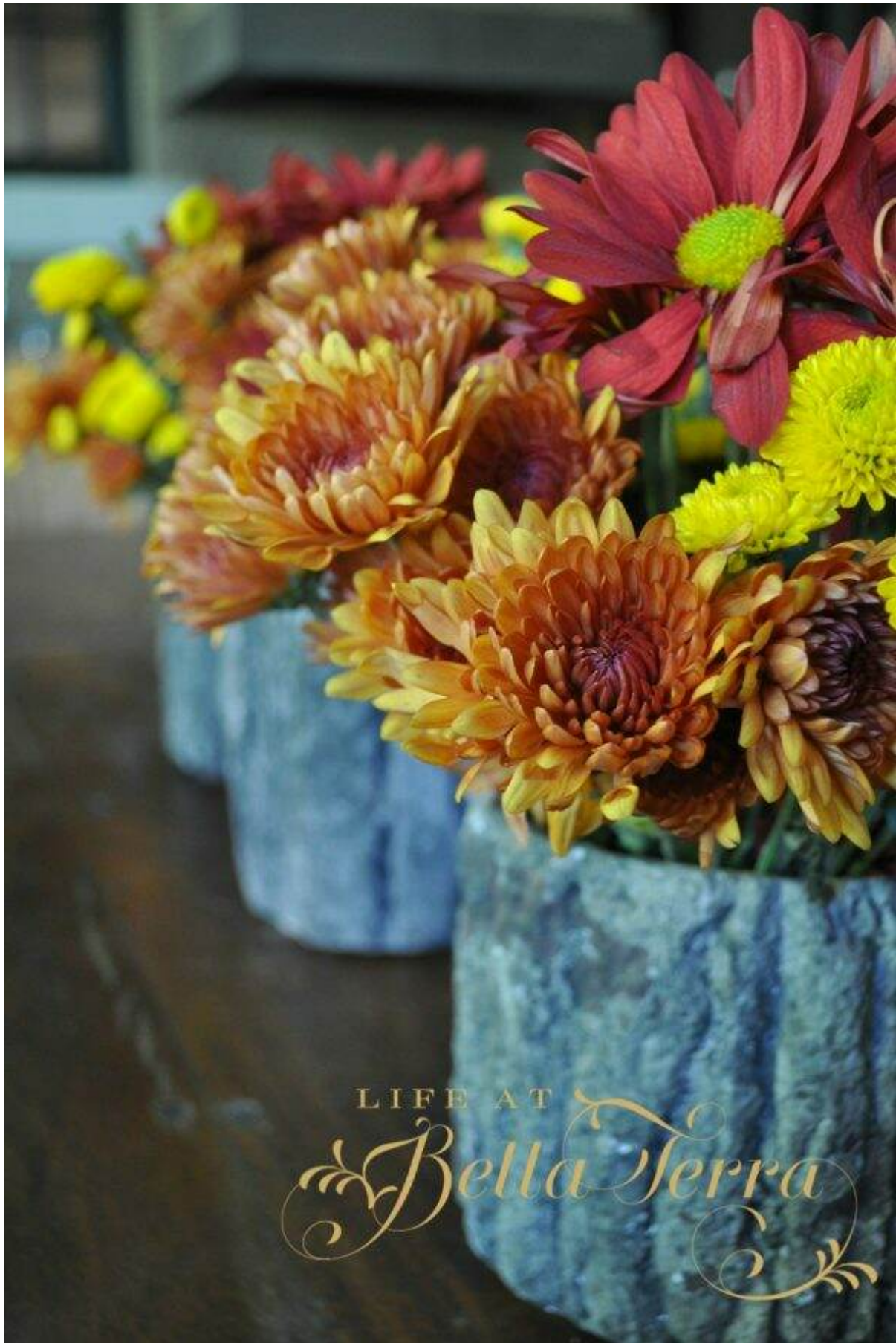


# Giving Thanks



LIFE AT  
*Bella Terra*

During this time of year, I feel the struggle between the slower pace of autumn and the frenzy of the upcoming holidays. The rhythm of the seasons, the changing of the temperature, and the harvest are all reasons to stop, reflect, enjoy and to give thanks.



I long for the days where the start of Christmas was the day after Thanksgiving. The retail push gets earlier and earlier every year. Even though I do understand those wanting to be



the first to share their Christmas design, decor and all things to buy, I miss the slower pace of just enjoying November. To see a previous post on my love for November, click [here](#).



Photo from my sister, Susie

I love Thanksgiving because there are no gifts, just family, friends, food (and football if you like). Planning for the meal, creating a beautiful table setting and breaking bread together, makes it an extra special holiday. A time to reflect on the previous months of the year, a time to reflect on the blessings of life, a time to gather.



# Thankful for my Community

Just a few days ago, our local police commander put out an appeal for turkey donations, as our food bank is short for Thanksgiving this year. A few members of our neighborhood board donated money and yesterday, my son and I went to Costco to buy frozen turkeys.



Unfortunately, when we arrived in the meat area, there is a sign indicating a maximum of 5 turkeys per customer. After speaking with a manager and the head of the meat department, we packed 16 turkeys into the shopping cart and headed to check out.





When we arrived at the police station, the reaction from Officer J.B. Klima is pure joy when he saw the trunk of my car filled with turkeys. It is heartwarming to see a big refrigerated truck in the parking lot of the police station filling with turkeys.





I am grateful to live in a neighborhood where people take an active role in caring for others and step up when there is a need. And what a fun experience for me to share with my son!



# Thankful for My Health



## Hiking in Colorado

During a year when health is top of mind for everyone, I am so grateful for my health and vibrance. Much of it has to do with genetics, but also I do try to take care of myself (for the



most part). Naturally, there is always room for improvement, but having a positive attitude, remaining connected, eating correctly and exercising helps the situation.

There are many things you can do to feel better, look better and not get sick. If you haven't read my blog post on [10 Tips on Aging Well](#), please do. Also, with flu season around the corner, please check out my [10 Tips to Stay Healthy](#). I wrote this before the pandemic, but it still applies. Together, let's commit to a healthier 2021.

## My Family and Friends



My family is my life. Raising 3 rather amazing children (if I don't mind saying so) and having a life partner who supports me and all my interests, is the fiber of my being. On Thursday, everyone will be home for Thanksgiving and I am so excited to share time together.





Unfortunately, both my parents are gone, and my siblings don't live nearby. But when we connect through phone calls and emails, I look back on my childhood fondly and am happy to have many years of fun memories with them.

What would we do without our girl friends? Last Saturday I spent a spontaneous day with my friend, Barb and it was balm for the soul. It's been hard to really laugh this year, but we did and boy, it was exactly what we needed!

## **Thankful for You**





I can honestly say that I love writing this blog. But often, after I press the SEND button, I have a moment of anxiety thinking that no one will read it, and no one will like it. However, you are the best subscribers anyone could have. Your kind comments and feedback are the food I need to just keep writing. Hearing that you've made one of my recipes or tackled



a DIY project is music to my ears.

Plus, I am always so thrilled when you refer this blog to someone else. We all need to pull together, share beauty, and keep each other's spirits up. An unexpected gift is that I have made many new friendships through blogging.

So as we approach Thanksgiving (with or without Christmas decorations), let's take a moment and be still. Know I am thankful for you and grateful for all that God has given me. Sending warm hugs to you!

*Mary*