



# HAPPY THANKSGIVING

ETERNAL GEMS YOUTH NEWSLETTER

## The Season of being Thankful

BY MAGDALINE OBENOFUNDE

Hi Readers,

Happy Thanksgiving! Since it is the season of being thankful, I

Hope your week will be filled with positivity and love.

Being thankful develops a positive mindset, especially when we practice it every day. It just makes you happy. Being thankful helps you to think more about other people's feelings — this is called empathy (being able to see things from another person's view). Being thankful also helps you to get through life's tough times, because you can easily call to mind all of the good things in your life. We grow in the direction of what we regularly focus on—daily gratitude improves your well-being dramatically. Gratitude is more than saying thank you. It's about acknowledging the value of your experiences—thankfulness requires genuine appreciation. Thankfulness is more than celebrating a delicious dinner with your family. It requires taking the time to pause and reflect your many blessings, before Thanksgiving Day is over. Don't let your sense of gratitude fade. Train your brain to remember the positive. A habit of gratitude will improve your mental and physical health.



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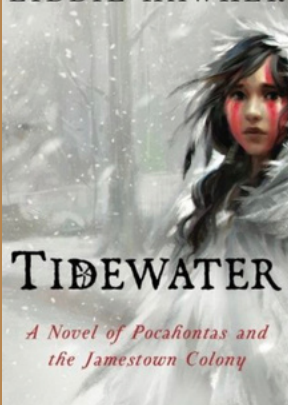


"Everyone has inside of them a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is."

– Anne Frank



LIBBIE HAWKER



## BOOK OF THE WEEK

In 1607, three ships arrived on the coast of Virginia to establish Jamestown Colony. One girl's life—and the lives of her people—are changed forever. To Pocahontas and her people, the Tidewater is the rightful home of the Powhatan tribe. To England, it is Virginia Territory, fertile with promise, rich with silver and gold. As Jamestown struggles to take root, John Smith knows that the only hope for survival lies with the Powhatan people. He knows, too, that they would rather see the English starve than yield their homeland to invaders. In the midst of this conflict, Pocahontas, the daughter of the great chief, forges an unlikely friendship with Smith. Their bond preserves a wary peace—but control can rest only in one nation's hands. When that peace is broken, Pocahontas must choose between power and servitude—between self and sacrifice—for the sake of her people and her land.





# OREO TURKEY'S

Decorating an Oreo to look like a turkey is much easier than it seems. Don't have candy eyes? Get creative and use Reese's Pieces or chocolate chips. White chocolate hardens quickly so make sure to have everything else ready to go when you start melting your chocolate!

## INGREDIENTS

- 1/2 c. white chocolate chips
- 1 tbsp. coconut oil
- Red food coloring
- 40 candy eyes
- 20 Oreos
- 20 butterscotch chips
- 1 c. candy corns

## DIRECTIONS

1. In a microwave-safe bowl, add white chocolate, coconut oil, and a few drops of food coloring. Heat in microwave in 30-second intervals until melted. Transfer melted chocolate to a small zip-loc bag or pastry bag and snip a small hole on the end.
2. Dot the back of candy eyes with melted chocolate and place two on each Oreo. Dot the back of butterscotch chips and place one each Oreo to create a beak.
3. Pipe a red line beside the beak to create a gobbler. Create feathers by stuffing four candy corns into the filling of the Oreo, point side down.



## ADVICE COLUMN

### "I think I caused someone trauma. What should I do?"

I personally believe the best thing you can do is apologize and ask them what they want you to do. Maybe they'll say give me space. Maybe they'll want you in your life again. I think it really shows what kind of person you are when you are willing to admit your wrongs and be completely honest about it. Also, I know you are probably suffering because of this as well, so don't forget to also apologize to yourself for the mistake you made, and take care of yourself. Becoming a better person takes work, and it will be much easier when you are nice to yourself. I really admire how you want to make up for your mistake, that's a good sign! Take care.

## Riddle time

- Q. What are unhappy cranberries called?  
A. Blueberries!  
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- Q. What's blue and covered with feathers?  
A. A turkey holding its breath!  
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- Q. What's the key to a good Thanksgiving dinner?  
A. The turKEY!



"OH GIVE THANKS TO THE LORD, FOR HE IS GOOD; FOR HIS STEADFAST LOVE ENDURES FOREVER!"

1 CHRONICLES 16:34  
NEW INTERNATIONAL VERSION



WE MUST GIVE THANKS NOT ONLY DURING THE HOLIDAY SEASON, BUT EVERYDAY. BE THANKFUL FOR ALL THE PEOPLE IN YOUR LIFE, INCLUDING GOD. FOR HIS LOVE NEVER FAILS AND HE NEVER GIVES UP . IF GOD IS FOR YOU? THEN WHO CAN BE AGAINST YOU? SO NEVER FORGET TO GIVE THANKS TO HIM. HE DOES SO MUCH FOR US AND HIS LOVE IS NEVER ENDING!

