# A Season of Thanksgiving

*"Give thanks to the LORD, for he is good; his love endures forever."*
— 1 Chronicles 16:34

As we gather in this beautiful season of Thanksgiving, may we pause to reflect on the many blessings God has placed in our lives. We are thankful for our church family, for the friendships we share, for the hands that serve, and for the hearts that welcome others with love and kindness.

Thanksgiving reminds us that our blessings become even more meaningful when we share them. Through fellowship, caring, and service to one another, we continue to strengthen the bonds that make Countryside Presbyterian Church such a special place to call home.

May this season fill your hearts with gratitude, your homes with peace, and your lives with the joy of knowing God's love is always with us.

*Wishing you and your families a blessed and joyful Thanksgiving!*

*With gratitude and Christian Love,*

**Pauline Thorsen, Membership Chair**

Countryside Presbyterian Church
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# Living Alone, But Not Alone

Many of us value our independence, and living alone can be comfortable, fulfilling, and something we very much enjoy. But living alone also means that it is important to have a few simple safeguards in place — especially as we grow older.

**Establish a daily check-in.**

Choose one or two family members, friends, neighbors, or church friends and establish a regular time to check in. It can be as simple as sending **"Good morning!"** every day. Agree ahead of time about what the other person should do if the expected message or call doesn't come.

**Don't rely on only one person.**

Consider having two or three people who know your routine and how to reach one another. If your primary contact is away or unavailable, someone else can still check on you.

**Keep emergency information easy to find.**

Have a clearly marked list containing emergency contacts, medications, allergies, physicians, and other important information. Let a trusted person know where you keep it.

**Make sure someone can get into your home in an emergency.**

A trusted family member, neighbor, or friend should know how emergency help can gain access if you are unable to answer the door. Whatever arrangement you choose, make sure it is secure and known only to people you trust.

**Keep your phone nearby.**

A telephone cannot help much if it is in another room when you fall or suddenly become ill. Make it a habit to keep your cell phone with you, especially when moving around the house or going outside.

**Consider an emergency alert device.**

For some people, a wearable medical-alert button or a watch or phone with emergency features can provide additional peace of mind.

**Let someone know when your routine changes.**

If you're going away, sleeping late, visiting family, or won't be making your usual morning call, tell your check-in partners. Otherwise, caring friends may understandably become concerned.

**Know your neighbors.**

Even one trusted neighbor who knows that you live alone can become an important part of your safety network

**And Perhaps Most Important — Stay Connected**

There is another lesson in all this that goes beyond safety.

Our church is more than a place where we gather on Sunday morning.

**We are a community of people who care about one another.** Sometimes caring means bringing a meal, offering a ride, sitting beside someone who is grieving, or simply noticing when the morning text doesn't arrive.

If you live alone, please don't think of asking someone to check on you as giving up your independence. Think of it instead as allowing someone else to care about you.

And if you know someone who lives alone, perhaps this is a good time to ask:

**"Would you like me to be your check-in person?"** It takes only seconds to send a text: **"Good morning. I'm okay."** Those few words can bring reassurance to someone who cares about you — and someday, they could make all the difference.

> *"Therefore encourage one another and build each other up, just as in fact you are doing."*
>
> **— 1 Thessalonians 5:11**

May we continue to be a church family that notices, checks in, reaches out, and cares for one another — because while some of us may live alone, **none of us needs to be alone.**

**Submitted by the Worship and Music Committee, Warren Janes Chair**

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