

Sunday, November 21, 2021



Thank You, LORD!



...Serve the Lord with Gladness...Psalm 100

As the Thanksgiving and Advent Season get into high gear, I want to **thank you** for your faithfulness to the Ministries of the church. Each hand and act of kindness you extend throughout the year makes a gigantic gift. *I wish each of you the joy of the seasons as you help keep the flame burning bright here at GSUMC.*

- Amelia

- Angel gifts are still available in Office Reception area and Lobby. Please return with tag and unwrapped.
- UMW bags are still available as well. Pick them up Sunday. Tags of items inside the bag
- **Don't forget that after the holidays we mail card fronts to St. Jude's Children's Ranch.**



A note from Ronald McDonald House in Mobile: What a wonderful donation of tab tops! Not only is the amount of money we will receive from recycling them very much appreciated, but also the amount of effort and the caring that it took to save them all. Thank you for thinking of the families who stay at Ronald McDonald House. **Without your help we wouldn't be able to fulfill our mission of providing a supportive home environment to families with seriously ill and injured children being treated at area hospitals.** On behalf of our guests, please accept our heartfelt thanks for your kindness and thoughtfulness.

#GIVING TUESDAY Most charities have matching monies on Giving Tuesday. This year it is Nov 30. Check out your favorite charity that you would give to and do so on that day. **UMCOR** is one of those charities.



FEEDING TIPS FOR CAREGIVERS · Offer one food at a time. Too much food on a plate can be confusing and overwhelming. · Eat with your loved one. Model eating behavior and have pleasant conversations during meals. Talk about the smell and enjoyment of each food. · If chewing or swallowing are a problem, prepare soft, chopped or bite-size like cottage cheese, scrambled eggs, applesauce, etc. Watch for choking hazards like small hard objects (grapes, raw carrot pieces). Make sure dentures are in

place and fit well. · Keep table settings simple to avoid distractions. Don't worry about messy eating. · Serve finger foods like sandwiches (in quarters), carrot or cheese sticks, fruit slices. · Optimize appetite for meals by offering opportunities for physical activity and avoid constipation with plenty of fluids and fiber. · Offer small, frequent meals rather than three large meals.

God Bless,

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