



181 Mercy Lane  
Hamptonville, NC 27020  
704-539-5449

**Well of Mercy**  
**Well Blessings & Peace**

### **Marinating in Gratitude**

I love the month of November because I tend to marinate in gratitude with all the visual reminders of Thanksgiving. I read a book a few years ago that was a game-changer for me, *The Gratitude Diaries* by Janice Kaplan. It changed the way I operate and the way I see things. Shortly after reading the book, I was in some of the worst, excruciating physical pain of my life due to kidney stones. It was worse than child labor, but my thoughts were oddly as follows:

- 1) I'm grateful there's a hospital close to where I live.
- 2) I'm grateful for health insurance and money in savings.
- 3) I'm grateful for medications to make this pain tolerable.

4) I'm grateful for the scan of my body to determine what's wrong.

What could have been one of the worst or scariest moments of my life was transformed from fear to gratitude, which truly can rewire the brain and the pain we feel—both physically and emotionally.

During this season of *giving thanks*, we encourage you to not only be grateful for the pleasant events and people in your life, but also express gratitude for the positives around the difficult situations (or people). It is often the grit that creates the pearl and being grateful during the process makes the journey all that more enjoyable. Blessings and Peace on your Thanksgiving.

*Meg Robertson*

Community Connections Director

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## UPCOMING RETREATS & WORKSHOPS

### [Reflections and Intentions: Vision for the New Year](#)

As you look back through 2021, with the gift of compassion, you will be invited to reflect on what worked and what did not. There will be an opportunity to reflect with gratitude on gifts received and gifts given while setting intentions for the year ahead.



January 11-13, 2022

2-night stay

**\$280**

Includes meals

12 spaces

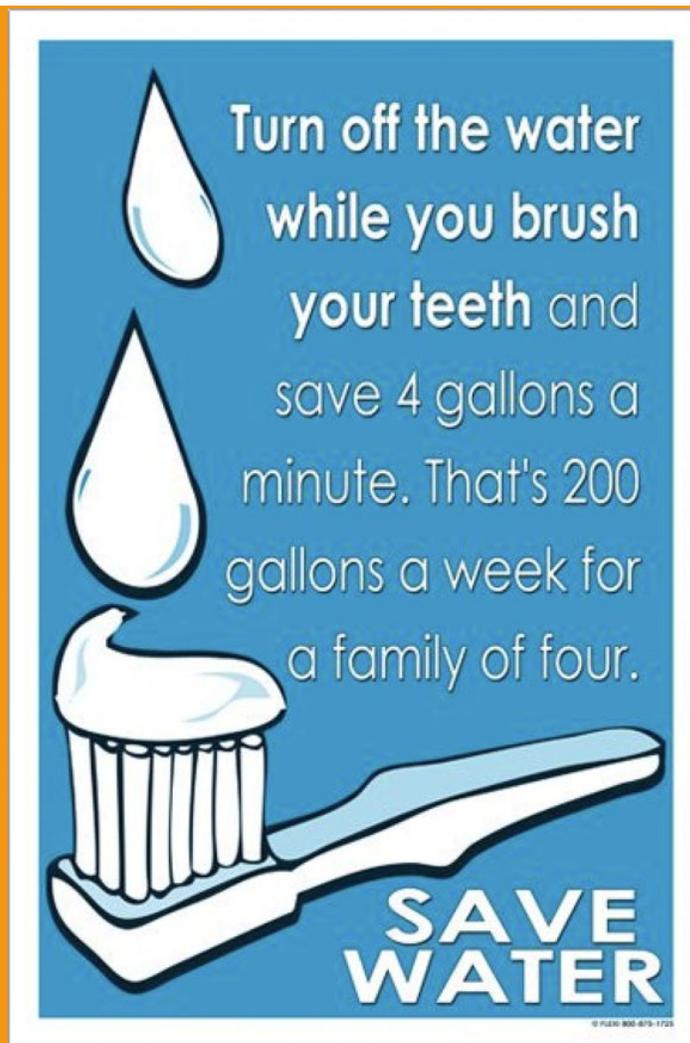
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## COMING SOON

## 2022 Retreats & Workshops Calendar

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### **ALLEGIANCE *for* THE EARTH: Water Conservation**



### **CONNECTING *to* OUR ROOTS**

Well joins Pope Francis in his prayer for November: “Let us pray that people who suffer from depression or burnout will find support and the light that opens them up to life.”

[Read the full article on avoiding burnout.](#)



### **GIVING TUESDAY**

Giving Tuesday is here! Please help us reach our goal of raising \$1,000 to meet a matching gift!

### **GIFT SHOP CORNER**

#### **Gratitude Jars**

Well of Mercy has amped up our gratitude game this month. We have a

God's kingdom is the place of abundance where every generous act overflows its original bounds and becomes part of the unbounded grace of God at work in the world.

(2 Cor.9:10-15) Thank you!

[Donate to our Giving Tuesday campaign on Facebook.](#)



Thank you for donating to  
Well of Mercy



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## With Much Gratitude

Thank you for your continued financial, volunteer, and prayerful support for Well of Mercy. Each of these contributions matters deeply to our long-term ability to be a place of quiet and peace in a chaotic world.

**Sandra O'Brien**  
Executive Director

gratitude jar for people to drop notes of what they're grateful for when they arrive or come in for a meal. We also have these jars in the gift shop for those who want to make it a practice at their home or place of employment.



Maybe you'll use it every November or maybe you'll do it every day. Gratitude has health benefits - especially when life seemingly gives you "lemons".

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## Happy Thanksgiving



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**All visits require advance  
reservations**

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