

GOOD NEWS SUNDAY FAIRFIELD

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48th edition – November 21, 2021



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This is our 48th edition, bringing you good news, inspiring stories, and useful information.

This Thursday on the 25th is Thanksgiving. Thanksgiving is about giving and kindness. During this season of kindness, we should be grateful and happy for all we have. Giving your time or material resources is a way to be thankful. Here are a few ways to do that.

Turkey and Thirty is an organization that helps people with food insecurity get help and a Thanksgiving meal. You can donate a frozen turkey and nonperishable food at their warehouses in Bloomfield, Bridgeport and Wallingford. For every turkey you donate you can also donate thirty dollars to help the family with year-round support. You can donate food and money. To learn more go to <https://p2p.onecause.com/ctfoodshare-turkeyandthirty>

Bridgeport Rescue Mission is a great organization that aims to help our neighbors in need. They want to provide excellent food, shelter, clothing, education, job training and counseling to those in need. They want to return the community to a whole. There are more than a thousand people in Bridgeport, Norwalk and Stamford who are homeless and 35% of children in Bridgeport live below the poverty line. Bridgeport Rescue Mission want to donate 92,333 meals by Thanksgiving and you can help them do it. Each meal only costs \$2.50 and these meals are an opportunity for people to change their life for the better. To donate and learn more go to <https://bridgeportrescuemission.org/donate-today-2>

Operation Hope is an awesome organization that helps many people in the community. They have many great programs like helping people get over addiction. They also have a great food bank and community kitchen. To help restock or donate to this awesome food bank go to <https://operationhopect.org/help-stock-shelves/>.

Thanksgiving is a day to come together and be thankful and grateful. Here is some history on how Thanksgiving came together.

The Thanksgiving history started in 1616 when the Wampanoag tribe that lived in what now is Massachusetts and Rhode Island got infected by a disease from the European traders. 2/3 of the tribe died and only 1/3 survived. Their leader's name is Oosamequan. Oosamequan was worried that other tribes would see that the Wampanoag were weak and try to invade or attack the Wampanoag tribe.

When the Mayflower landed in the Wampanoag's area it was winter and it was very cold. Almost 100 people came off of the boat, they were all sick, tired and unprepared. Since they were low on food and unprepared, they stole food from the Wampanoag tribe. Each day more of the English were dying from hunger, cold and illness. They were like Wampanoag; they did not want others to see their weakness as an opportunity to attack. They took sick English from their homes and made them sit next to a tree while holding a gun. They also buried the dead English in the ground at night so no one would see or notice. 1/2 of the English were dead by the end of the winter.

In March, a Native American man named Samoset came into the English's camp. Samoset was from Maine and was a leader there but came to stay with the Wampanoag tribe. As he arrived to their camp he said "Welcome, Englishmen!" The Wampanoag sent Samoset to set up a time the Wampanoag tribe could meet the English. Oosamequan showed up to the English camp with a lot of other Wampanoag members. They both, the Wampanoag and the English did not know what the other was going to do or if the other was going to attack. So, the Wampanoag gave the English some of their people and the English gave the Wampanoag some of their people so neither couldn't do any tricks. John Carver was the governor of Plymouth. Plymouth is where the English camp was, but before the illness came it was called Patuxet. John Carver had a drink with Oosamequan. John Carver called Oosamequan "Massasoit." "Massasoit" means great leader.

They made an agreement that they would always come to each other in peace and always defend each other from attacks. Oosamequan sent a native American who could speak English to Plymouth. His name is Tisquantum but they called him Squanto. Tisquantum showed the English how to survive. In 1621 fall, Tisquantum's help paid off and they had a lot of food. The Wampanoag tribe heard gunshots that came from the English camp. So, the Oosamequan went to Plymouth to check-on the English with 90 Wampanoag members. When they got there, they saw the English firing guns. They were celebrating a good harvest. William Bradford was the new governor of Plymouth at that time. William Bradford was happy to have them over but there was not enough food for everyone so the Wampanoag hunted and caught a lot of deer. They ate and drank for three days.

This was not the end of the story, much later in 1863 Abraham Lincoln made Thanksgiving as a national holiday. Abraham Lincoln thought it would help bring together the U.S.A during the Civil War.

Have a happy Thanksgiving!

Quote of the week.

“Be thankful for what you have. Your life, no matter how bad you think it is, is someone else’s fairytale.”

- Wale Ayeni

Name: _____

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Thanksgiving

Find the words!

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NOVEMBER
PILGRIMS
CORN
FOOTBALL
THANKFUL

TURKEY
THANKFUL
DINNER
FEAST

STUFFING
MAYFLOWER
FAMILY
PARADE

Announcements

One of the best parts of Thanksgiving is the arts and crafts. We love doing arts and crafts on Thanksgiving. They are so fun to make and the whole family can do them! For some awesome Thanksgiving arts and crafts go to [41 Fabulous Thanksgiving Crafts That Are Sure to Inspire You \(morningchores.com\)](http://41FabulousThanksgivingCraftsThatAreSuretoInspireYou.morningchores.com)

On Sunday November 28th from 10 am to 2pm Santa will be visiting the Sherman Green. There will be gifts. There will also be horse and wagon rides at the same time for only \$1 a ticket. The Fairfield Theater Company will be showing Home Alone in the warehouse for \$5 a ticket. The movie starts at 2 pm but doors open at 1:30 pm.



You can decide how your body ages.

About 20% of what happens to you health-wise is genetically programmed, but research is uncovering that over 80% of your health and fitness condition is **controlled by you and your daily choices**. Regular exercise should be one of those choices.

If I can help you celebrate **your fittest birthday yet**, all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too. Contact me at Linda@FitTraining.net or FitTraining.net

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Have a great Sunday!