

## Thanksgiving For Our Seniors

LTS: Listen To the Scriptures - Your Weekly Inspiration based on The Word of God

**1 Timothy 5:8** (from the *Online Bible Gateway*) ... But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

I hope all of you had a wonderful Thanksgiving and were able to spend it with friends and family. Did you include, or at least go visit, your parents? So many of our seniors end up sitting all alone at home, or even worse still, spending the Holidays alone at a Nursing Facility or in a Hospice.

### **So sad. But what you can do?**

You can make sure it doesn't happen again during the Christmas and New Years Holidays! Our parents and seniors are a **True National Treasure** that we often don't appreciate until it's too late.

If your parents are close visit them often. If they are far away, call them often. Especially during the Holidays. Make it a point to let them know you haven't forgotten them. Encourage them to be active, or more active, in their Church and Community. Show them how to use Facebook and other Social Media, it's a great way to stay connected with friends and family that too few Seniors use.

### **What can our parents and seniors do?**

Get out of the house and get active! And I don't mean walking a mile around your neighborhood.

Get involved and share your life experiences. Your knowledge. Your wisdom. Talk to your Parish. Most have programs you can participate in. Even if you don't have transportation, many Parishes have programs to find you a ride to important events and meetings. Share what God has given you with others. Lead a Bible Study. Work with Troubled Youth, or at the Food Pantry. Go to Mass!

Get into Social Media. Find new friends. Reconnect with old acquaintances. Write a book. No joke. Don't write intending to be a famous author, instead write to share your years of knowledge with others. How many youths today could be saved by learning the Lessons of Life from our Seniors? Invite your children, grandchildren, or nieces, or nephews, take you to Mass with them.

### **Most importantly, Live! Don't just Hibernate waiting for God to call you home to Heaven.**

If you're one of the many Priests and Pastors who read my Weekly Thought, seek new ways in which your Parish can become involved with our Forgotten Seniors. Make sure the Homebound, and those in Nursing Homes and Hospices have frequent visits from Priests and Deacons. If you are short staffed, make sure your Parish has enough EM's to bring them Communion every week.

Seniors. Our National Treasure. Let's Make sure they know it. And that we treat them that way.

**If you need help organizing programs or visits for Seniors, contact me and I will help you!**

**God Bless!**

Forward this to everyone you know. We all know a Senior who needs us! [www.JesusCanHelp.us](http://www.JesusCanHelp.us)