

## A.R.E./Glad Helpers' International Prayer List



NOVEMBER 2024

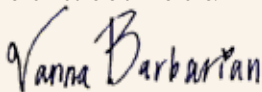
### Dear Prayer and Healing Friends,

The season of gratitude is upon us!

We don't have to wait for one month of the year or a special day to tell others how thankful we are for them. Some people don't hear enough that they are needed in the world. Let's tell our family members, friends, grocery store cashiers, public transit drivers, firefighters, artists, EMTs, custodial staff, caregivers, colleagues, and all others that we are grateful for them!

The month of November has several special holidays that go forgotten—Native American Heritage Month, Hunger and Homelessness Awareness Week, World Kindness Day, Veterans Day, and more! Do something for your community this month; it doesn't have to be a grand gesture. It could be picking up trash, volunteering for a food bank, donating canned goods, or purchasing supplies for an animal shelter.

Giving Tuesday is another holiday during November. Now is the perfect time to give without expecting anything in return. If we don't have the budget to give materially, let us give our time, our love. In reading 262-44, Mr. Cayce reminds us "Love is the giving out of that within self." It's a reminder to give the best within us and show others divine love.



Savanna Barbarian  
Prayer and Meditation Services

### Giving Thanks Savanna Barbarian

For this month, we will take a short break from the prayer group readings to spotlight a treasured Thanksgiving reading 3976-21, given by Mr. Cayce, November 20, 1938.

Kristallnacht or "The Night of Broken Glass" was the Nazi dictatorship's proclamation of war against the Jewish people in Germany and Austria. It happened 11 days before this reading was given. "Pray that peace be in the minds and hearts of those who direct the destiny of the many, throughout the world."\*

The reading reminds us that it's not only about the feasts that "sate the body, that which may make for the gratifying of appetites of the body,"\* but rather about giving thanks for being alive! "With the opportunities to raise thy voice in prayer, in praise, in thanksgiving

for the love He hath shown."\*

In the beginning of the reading, the source states that there are many present with the desire to give their own interpretation on the subject (a little source humor.) He draws us back to the universal need of humankind everywhere "to give thanksgiving for not only the blessings as may be the experience of many but the fuller meaning of the appreciation of Life itself"\*—to become more conscious of the opportunity for us to become aware of our relationship with the Creative Forces.

"Not in their days of plenty but in the days when each day they were given only sufficient for that day . . . periods were to be . . . set aside when thanksgiving was to be a part

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