



Dates to Remember:

November:

24-25: Thanksgiving Holidays

29: Giving Tuesday

December:

23-31: Christmas Holidays

January:

2: New Year's Day Holiday

11: Board Meeting

16: MLK Holiday

Inside this issue:

Reflections—Thankfulness
and Gratitude 2

Jack Frost 3

Christmas Carol 4

Before we know it, the year 2022 will come to a close and a New Year will begin. November and December will be a busy time for us here at the Auxiliary preparing for the approaching Christmas and winter season.

We will be taking a short break for the Thanksgiving Holidays, November 24th and 25th, and will reopen on Monday, November 28th for the Christmas shopping to begin.

The Auxiliary each fall does a drive to support our social service programs that benefit the patients and their immediate families who are here with them at the hospital. Our wish list can be found as a separate attachment to our newsletter. Items can be dropped off beginning Giving Tuesday, November 29th through Wednesday, December 21st. We will resume collecting donated items after the New Year begins as we will be taking a break for the Christmas-New Year's holidays beginning Friday, December 23rd and will reopen on Tuesday, January 3rd.

Since the winter season will be arriving soon and if we get a return of what we have experienced the past few years during the winter season, it

doesn't hurt to remind everybody of our Inclement Weather Policy which states:

While every situation may not be covered and will have to be played by ear, the Auxiliary will generally subscribe to the following practices based on direction given by the Memphis-Shelby County School System:

The Auxiliary offices and Gift Shop will be closed if the Memphis-Shelby County School System advises that schools will be closed; however, if classes are canceled or postponed until another day, but district staff (including teachers) are required to report to work as usual, then the Auxiliary offices and its Gift Shop will be open for business.

Congratulations to **Beverly Hooker** on a new grandchild, Beatrice Leigh, who arrived on October 25th. Parents are her son, Joseph, and his wife, Emily. They decided to name their daughter after Beverly's mother-in-law and a friend who introduced them to each other several years ago.

The words "thank you" is probably the most gracious expression that anyone can give or receive as it expresses extreme gratitude, humility, and understanding.

Thanksgiving is often seen as a day to remember and celebrate our blessings. With this special day soon approaching, we want to express our appreciation to all of you who give of your time, resources, and talents to say "thank you". Your hard work day in and day out to serve the Auxiliary and Regional One's patients and customers is very much appreciated. Thank you for your generosity, your willingness to go above and beyond, and for your dedication to your community and

neighbors. You all are just amazing!

Happy Thanksgiving,
Merry Christmas, and
Happy New Year!





We thank thee, O Father, for all that is bright —
The gleam of the day, and the stars of the night;
The flowers of our youth, and the fruits of our prime,
And blessings e'er marching the path-way of time.

Will Carleton,

"Hymn of Thanksgiving," 1887

Though right it is to give Thanks,
True Gratitude will live Thanks.

November... leads the
months their wintry
round...

Anne Hunter



May your birthday be filled with happiness and all of your favorite things.
Thanks for bringing sunshine to the lives of others.

Reflections—Thankfulness and Gratitude

— Arthur Guiterman, "Of Helpfulness," A Poet's Proverbs, 1924

Hem your blessings with thankfulness so they don't unravel. — Author unknown

Every day, spread the magical stardust of thankfulness into your life. — Terri Guillemets

Be thankful for the little things, that always come your way,

For little things to wondrous size, per-chance may grow some day.

Don't cast aside red roses, just because of one sharp thorn.

Remember it's the darkest night, that brings the brightest dawn.

Author unknown, 1920s

The test of all happiness is gratitude... — Gilbert K. Chesterton, "The Ethics of Elfland," Orthodoxy, 190

Wouldn't it be an exhilarating tonic for the soul to take a moment to appreciate the simple, good things in life which are so bountiful...? — Author unknown, c.1949

Special Thanks To . . .

baby clothes and supplies

Woodland Presbyterian Church—adult clothing and hygiene items

Barbara Bowling—clothing items and magazines

The Crouse Family—adult clothing items

Robert and Cheryl Followell—

adult clothing items

Regional One Health Employees—adult clothing items



Birthdays

November

16: Annette Bickers

December

19: Barbara Bowling

20: Pat Gesell

Who is Jack Frost?

Long before modern science began to understand the processes that create our weather, people made up their own explanations. Many of these accounts were fantastic in nature, with evil or benevolent gods, monsters, and spirits controlling the elements. One of the more popular characters is Jack Frost.

During the holiday season, he returns to our imagination, along with other favorites such as Santa Claus, Rudolph, Frosty the Snowman, and the Grinch. While a mischievous, but mostly benign figure, he is portrayed as the personification of frost, ice, snow, sleet, winter, and freezing cold.

While Jack Frost is best known in North America and Britain, his origins lie in the ancient Norse figure, Jokul Frosti (Icicle Frost), who personified the ice and snow during the long, dark and brutal winters of the Scandinavian peninsula. He has an entire chapter named after him in Kalevala, the Finnish national epic compiled from ancient oral tradition.

A son of the winds, he is believed to possess artistic virtuosity. It is said he sneaks into towns and the countryside late at night to make elegant frost designs on the windows and over the winter leaves and grass. He gets his practice in during the Autumn season however, when he is often depicted with paint brush and bucket coloring the autumnal foliage red, yellow, brown and orange. Jack also likes to play pranks by nipping at your nose, feet and hands.

While he has not been associated with Christianity, he has made special appearances in modern day secular Christmas entertainment programs, often as one of Santa Claus's entourage. Because he has so many characteristics that make him perfect for Christmas, he has wholeheartedly been accepted as a Yuletide figure. Jack also appears quite frequently in literature, films, television, songs and video games. Some works of literature that feature him are:

Hannah Flagg Gould's (1789-1865) poem, The Frost, which portrays him as a mischievous being responsible for the quieter phenomena of winter such as beautiful ice paintings on windows, but who also got upset at lack of gifts and caused the cold to break and ruin things.

Margaret Canby's "Birdie and His Fairy Friends" (1874) has a short story titled "The Frost Fairies" where Jack is portrayed as the king of the Winter Spirits and is described as a kind fellow who wants to help children, whereas a king of a neighboring kingdom, King Winter, is cruel to them. This story tells the origins of how Jack Frost began to oversee the coloring of the leaves of the forest during Autumn.

Charles Sangster's "Little Jack Frost" (1875) portrays him as a playful being who runs around playing pranks and nose-biting, coating places with snow before being chased off by Dame Nature for spring.

In L Frank Baum's "The Life and Adventures of Santa Claus" (1902), Jack is the son of the otherwise unnamed Frost King who takes pleasure in nipping "scores of noses and ears and toes", but Santa Claus, who likes Jack and sees him as a jolly rogue, asks him to spare the children.

In comic books, he appeared as a superhero in works published by Timely Comics (now Marvel Comics) in the 1940's, but he is probably more widely known to most of us through "The Christmas Song" sung by Nat King Cole:

Chestnuts roasting on an open fire
Jack Frost nipping at your nose
Yuletide carols being sung by a choir
And folks dressed up like Eskimos.

Everybody knows a turkey and some mistletoe
Help to make the season bright
Tiny tots with their eyes all aglow
Will find it hard to sleep tonight.

They know that Santa's on his way
He's loaded lots of toys and goodies on his sleigh,
And every mother's child is gonna spy
To see if reindeer really know how to fly.

And so I'm offering this simple phrase
To kids from one to 92
Although it's been said many times,
many ways
Merry Christmas to you.



I wander forth this chill
December dawn:
John Frost and all his
elves are out, I see,
As busy as the elfin
world can be,
Clothing a world asleep
with fleecy lawn...

Robert Buchanan,
"Snow"





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The John K. and Katherine Johnson Auxiliary, a non-profit volunteer organization, owes its birth to a group of compassionate women from the Presbyterian Church. In 1973, after touring the hospital that would become the flagship hospital within Regional One Health and seeing so many people in need, they promptly created the group that to this day, does so much for so many with so little. Named in honor and memory of Dr. Johnson, an Associate Pastor of Idlewild Presbyterian Church and the Presbyterian Chaplain for the University of Tennessee Medical Units, and his wife, Katherine, the Johnson Auxiliary was inspired by—and is still centered around—Christ's teachings of compassion, love, and service.

The mission of the Auxiliary is to: minister to the needs of patients, assist the staff, promote the health and welfare of the community within the objectives of the institution, and provide a bond of understanding for persons of all races and creeds.

Christmas Carol—Sara Teasdale



The kings they came from out of the south,

All dressed in ermine fine;

They bore Him gold and chrysoprase,

And gifts of precious wine.

The shepherds came from out of the north,

Their coats were brown and old;

They brought Him little new-born lambs—

They had not any gold.

The wise men came from out of the east,

And they were wrapped in white;

The star that led them all the way

Did glorify the night.

The angels came from heaven high,

And they were clad with wings;

And lo, they brought a joyful song

The host of heaven sings.

The kings they knocked upon the door,

The wise men entered in,

The shepherds followed after them
To hear the song begin.

The angels sang through all the night
Until the rising sun,

But little Jesus fell asleep
Before the song was done.