

e-handout

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**I don't like to brag but I know the Artist personally.**

# Florida Woman Spots Alligator-Shaped Cloud in Sunset



**This Thursday is  
Thanksgiving Day.**

# Thanksgiving Americana



W

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## FIRST AFRICANS IN VIRGINIA

The first documented Africans in Virginia arrived here in Aug. 1619 on the *White Lion*, an English privateer based in the Netherlands. Colonial officials traded food for these "20 and odd" Africans, who had been captured from a Portuguese slave ship. Among present-day Hampton's earliest African residents were Antony and Isabella. Their son, William, was the first child of African ancestry known to have been born in Virginia (ca. 1624). Many of the earliest Africans were held as slaves, but some individuals became free. A legal framework for hereditary, lifelong slavery in Virginia evolved during the 1600s. The United States abolished slavery in 1865.

DEPARTMENT OF HISTORIC SITES, 2010

**In August 1619, a pirate ship, the White Lion, stopped at Jamestown and traded 20-some captive Africans for food. The Africans were treated as indentured servants and most were soon released.**

Fifteen months later, in November 1620, an English ship blown off course on its way to Virginia ended up off the barren coast of Massachusetts. It landed more than 100 men, women and children. Those voyagers founded Plymouth Colony.



**This year, 2021, marks the 400th anniversary of the Pilgrims' harvest celebration of 1621.**

**Which event mattered more? Slavery or Thanksgiving?**

**Recently, the New York Times declared that the arrival of the captives in Virginia was the “true beginning” of America — an America that the Times characterized as a “slavocracy.” The Times calls its campaign to promote this story The 1619 Project.**



# 1619



1619 PROJECT  
**THESIS**





THANKSGIVING  
WARFARE

1Tim.4.7-8 Train, exercise yourself in godliness. For physical exercise has some benefit; but godliness is beneficial for all things, holding promise for both the present life and the one to come.

**We don't achieve godliness, but we grow in it or NOT!**

# Clamshell exercise



After hip surgery, my physical therapist said that this muscle is traumatized and atrophied, as is the part of the brain that signals to it.

Every b'rakhah in Hebrew begins  
with the same six words,

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...

Barukh Atah ADONI Eloheinu  
Melekh HaOlam...

☞ **The Tractate:** *Berachos* [“Blessings”], as its name implies, deals primarily with the assorted blessings that are recited at various times and occasions. In essence, a בְּרָכָה, *blessing* (which invariably begins and/or ends with the formula בְּרוּךְ אַתָּה ה', *Blessed are You, Hashem*), is an acknowledgment of God as the Creator of the phenomenon beheld, the Commander of the mitzvah performed, or Provider of the benefit enjoyed. Sometimes, a blessing simply acknowledges; at times it also implores. Always, it serves to heighten our awareness of our Heavenly Father and His intimate closeness to us.<sup>[1]</sup> *Deuteronomy 10:12* declares:



given our awareness of our Heavenly Father and His intimate closeness to us.<sup>[1]</sup> *Deuteronomy 10:12* declares:  
וַעֲתָה יִשְׂרָאֵל מָה ה' אֱלֹהֶיךָ שִׂאֵל מֵעִמָּךְ כִּי אִם-לִירְאָה אֶת-ה' אֱלֹהֶיךָ לְלַכֵּת בְּכָל-דַּרְכָּיו וּלְאַהֲבָהוּ אֹתוֹ וְלַעֲבֹד אֶת-ה' אֱלֹהֶיךָ  
בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ, *And now, O Israel, what does Hashem, your God, ask of you? Only to fear Hashem, your God, to go in all His ways and to love Him, and to serve Hashem, your God, with all your heart and with all your soul.*  
From here, the Sages derive that one must recite a hundred blessings every day – expounding the verse as if it read: *מֵאַה"ה אֱלֹהֶיךָ שִׂאֵל מֵעִמָּךְ*, “one hundred” does Hashem, your God, ask of you.<sup>[2]</sup> Indeed, this exposition of the Sages is in full harmony with the plain meaning of the verse. For the Sages have issued a prescription for how to attain the lofty ideal set forth in the verse: By thoughtfully blessing and acknowledging God on one hundred occasions throughout the day, one cultivates a profound awareness and awe of the Creator, and learns to go in His ways and love and serve Him with the totality of heart and soul.

This tractate carries on from the

וְעַתָּה, יִשְׂרָאֵל---מָה יְיָ אֱלֹהֶיךָ

וְעַתָּה, יִשְׂרָאֵל---מֵאַה יְיָ אֱלֹהֶיךָ

And not Israel, **what** does ADONI

Talmud is suggestive, poetic,  
historic, never authoritative.

**There are set blessings which were formulated around the year 350 B.C. which are still said today.**

**Blessings in prayers: 18  
blessings = Shmoneh Esray “The  
prayer”**

- Blessings on the mitzvot
- Blessings on the holidays
- Blessings on tsitsit, tallit, mezuzah
- Blessings in a meal.
- Blessings for smells: trees, flowers, fruits, oils,

- Blessings on sights and sounds:  
lightning, thunder, rainbow, the  
ocean, blossoming of the trees,  
new garment

• Blessings on bodily functions: “Thank You, God, who formed human beings with wisdom and created them with openings and orifices. If one of these orifices were ruptured or one of them blocked, whoa – it would be impossible to stand before You and survive. Blessed are You, God who heals all flesh and acts wondrously.”

**“Pray without ceasing, in everything give thanks; for this is the will of God in Messiah Yeshua for you” (1 Thes. 5:17-18). When we regard everything in life as an opportunity to bless the Lord, we are entering into the spirit of b'rakhot.**

King David proclaimed in Psalm 34:2, “I will bless ADONI at all times; His praise shall continually be in my mouth.”



The noun “blessing” in the Bible  
is בְּרָכָה b’rakha.

The one being blessed is barukh  
בָּרוּךְ.

Both Hebrew words are derived  
from the root bet-resh-kaf בְּרַךְ  
which means “knee.”

**“Oh come, let us worship and bow down; let us kneel before ADONI our Maker” (Ps. 95:6).**

**But kneeling is rare in traditional Jewish synagogues.**

The U.S. is the wealthiest country in the world. If you earn \$20,000 or more per year, you are in the top 2% of the richest people in the world. The average laborer in Ghana would take 156 years to earn this amount. Your monthly income would pay the monthly salaries of 94 doctors in Kazakhstan.

Did you know that 1/4 of all people worldwide live without electricity? 805 million people worldwide do not have enough food to eat. Hunger is the number one cause of death in the world. 1 billion children worldwide live in poverty.

Abba, please help us to be thankful—and generous.

Psalm 100:4, “Enter into His gates with thanksgiving (בְּתוֹדָה b’todah), and into His courts with praise. Be thankful (הוֹדוּ hodu) to Him, and bless His name.” The New Covenant also exhorts us to be thankful: “And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful” (Col. 3:15).

**Sometimes, thanksgiving is our  
only means of deliverance.**



THANKSGIVING  
WARFARE

Divrei HaYamim B /2 Chron 20 Some time later, the people of Mo'av and the people of 'Amon... came up to fight Y'hoshafat. Y'hoshafat was told, "A huge army from beyond the [Dead] Sea, from Aram, is on its way to fight you; right now they are in... 'Ein-Gedi). Y'hoshafat was frightened, so he determined to seek ADONI.



- Ammon, Moab & Edom join forces to attack Jerusalem.
- By the time Jehoshaphat finds out, the army is already across the Dead Sea, leaving him very little time to prepare.



Divrei HaYamim B /2 Chron 20 He  
proclaimed a fast throughout all  
Y'hudah, and Y'hudah assembled  
to seek help from ADONI; they  
came from all the cities of  
Y'hudah to seek ADONI.

**Yehoshaphat was frightened.  
Do we have anything to fear?**

# Yehoshaphat was frightened. Do we have anything to fear?

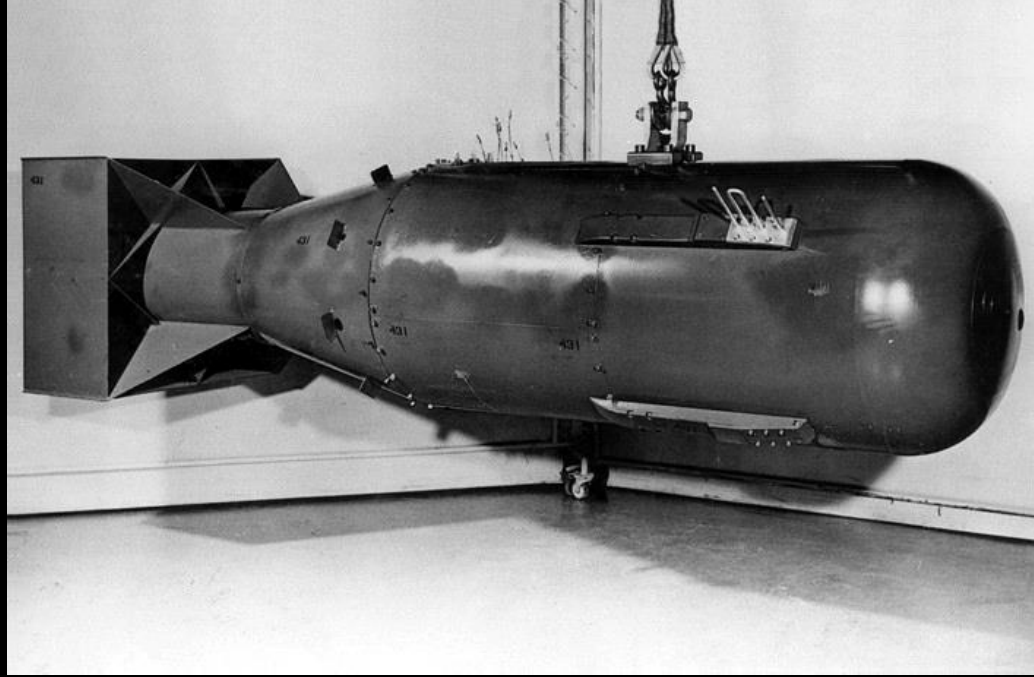


- Chinese military now set for invasion of Taiwan, says Hill commission.
- Europe imposes lockdown restrictions as fourth wave of coronavirus surges

- California educators are engaged in a calculated and strategic effort to subvert parents and recruit middle school students into LGBTQ+ clubs, Abigail Shrier warns.

•UN atomic agency: The United Nations' International Atomic Energy Agency reported Wednesday Nov 17, 2021, that **Iran now has an estimated 39 pounds of uranium enriched at up to 60% fissile purity, a level that can easily be refined to make atomic weapons**, the Associated Press (AP) reports.

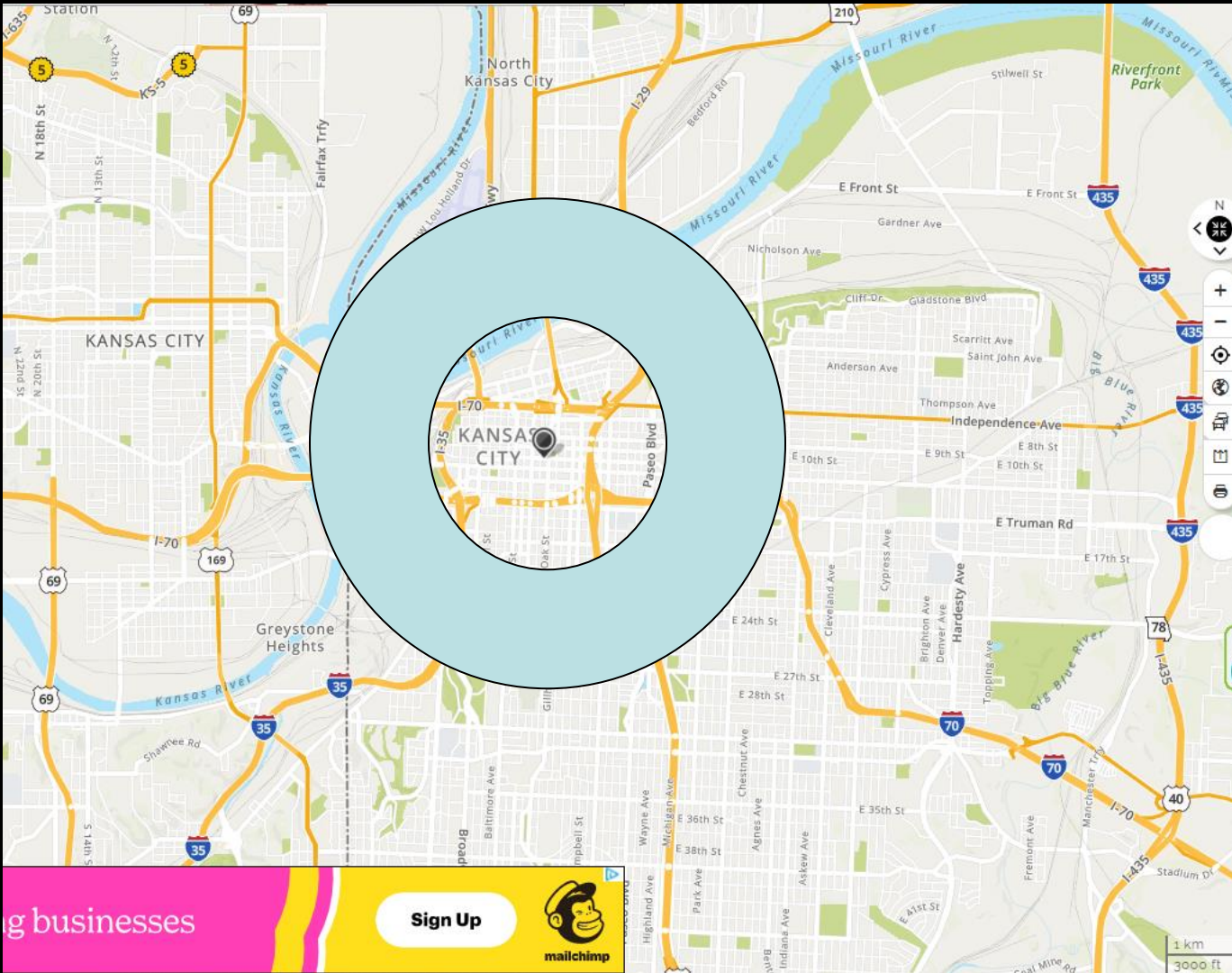
Photograph of a  
mock-up of  
the Little  
Boy nuclear  
weapon dropped  
on Hiroshima,  
Japan, in August  
1945



It contained 141 lb of highly enriched uranium, although less than 2.2 lbs. underwent nuclear fission. It leveled a two-mile radius of the city, killing an estimated 80,000 people.



Levelled  
2 mi  
radius,  
80,000  
instantly  
dead



g businesses

Sign Up



1 km  
3000 ft

Nuclear weapons since then have become remarkably efficient and small and capable of destruction that makes Hiroshima seem trivial.

39 pounds of uranium is enough.  
Little Boy only used 2.2 lbs.

The temperature at ground level reached 7,000 degrees Fahrenheit in less than a second. The bomb vaporized people half a mile away from ground zero. Bronze statues melted, roof tiles fused together, and the exposed skin of people miles away burned from the intense infrared energy unleashed. At least 80,000 people died instantly.

At the base of the cloud, fires were springing up everywhere amid a turbulent mass of smoke that had the appearance of bubbling hot tar... The city we had seen so clearly in the sunlight a few minutes before was now an ugly smudge. It had completely disappeared under this awful blanket of smoke and fire.”



Divrei HaYamim B /2 Chron 20 Standing in front of the new courtyard in the house of ADONI, among those assembled from Y'hudah and Yerushalayim, Yehoshafat said: "ADONI, God of our ancestors, you alone are God in heaven. You rule all the kingdoms of the nations. In your hand are power and strength, so that no one can withstand you.

Divrei HaYamim B /2 Chron 20 So now, see:  
the people of 'Amon, Mo'av and  
Mount Se'ir, whom you would not let  
Isra'el invade when they came out  
of the land of Egypt, so that they  
turned away from them and did not  
destroy them, are now repaying us  
[evil]; they have come to throw us  
out of your possession, which you  
gave us as an inheritance.

Divrei HaYamim B /2 Chron 20 All Y'hudah  
stood before ADONI with their  
little ones, their wives and their  
children.

Then, in the middle of the  
assembly, the Spirit of ADONI  
came upon Yachzi'el the son of  
Z'kharyahu



Divrei HaYamim B /2 Chron 20 He said,  
“Listen, all Y’hudah, you who live in  
Yerushalayim and King Y’hoshafat:  
here is what ADONI is saying to you:  
‘Don’t be afraid or distressed by this  
great horde; for the battle is not  
yours, but God’s. Tomorrow, go  
down against them.

Divrei HaYamim B /2 Chron 20 They will be coming up by the ascent of Tzitz, and you will find them at the end of the vadi, before the Yeru'el Desert. You won't even need to fight this battle! Just take your positions,

Divrei HaYamim B /2 Chron 20 Y'hudah and  
Yerushalayim, stand still, and  
watch how ADONI will deliver you!  
Don't be afraid or distressed;  
tomorrow, go out against them;  
for ADONI is with you.”

Divrei HaYamim B /2 Chron 20 The next morning, they rose early and went out into the T'koa Desert. As they left, Y'hoshafat stood and said, "Listen to me, Y'hudah and you inhabitants of Yerushalayim! Trust in ADONI your God, and you will be safe. Trust in his prophets, and you will succeed."

Divrei HaYamim B /2 Chron 20 After consulting with the people, he appointed those who would sing to ADONI and praise the splendor of his holiness as they went out ahead of the army, saying, “Give thanks to ADONI, for his grace continues forever.”



THANKSGIVING  
WARFARE

Divrei HaYamim B /2 Chron 20 Then, during the time when they were singing and praising, ADONI brought a surprise attack against the people of 'Amon, Mo'av and Mount Se'ir who had come to fight Y'hudah; and they were defeated.

Divrei HaYamim B /2 Chron 20 What happened was that the people of 'Amon and Mo'av began attacking those people who lived by Mount Se'ir, to kill and destroy them completely; and when they had finished off the people from Se'ir, they set to work slaughtering one another.



Divrei HaYamim B /2 Chron 20 They took three days just to collect the spoil, there was so much. On the fourth day, they assembled in the Valley of B'rakhah [blessing], where they blessed ADONI; hence that place is called the Valley of B'rakhah to this day.

**What forces of Mo'av and the people of 'Amon, and Edom, are arrayed against you?**

- Inner turmoil? Worry, lust, hurt, anger?**
- Marital distress?**

- Family estrangement?
- Personal conflict?
- Health failure?
- Financial shortfall?

Phil 4.6-7 Do not be anxious [don't worry] about anything—but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the shalom of God, which surpasses all understanding, will guard your hearts and your minds in Messiah Yeshua

**How can we be sure of rescue,  
hope, deliverance?**

Yeshayahu / Is 63.1-5 “Who is this coming from Edom, in crimsoned garments from Bozrah? This One splendid in His apparel, pressing forward in His great might?” “It is I who speak in righteousness, mighty to save.” “Why is Your apparel so red, and Your garments like one who treads in a wine press?”

Yeshayahu / Is 63.1-5 “I have trodden the winepress alone— from the peoples, no man was with Me. I trod them in My anger, and trampled them in My wrath. Their lifeblood spattered My garments, so I stained all My robes. For a day of vengeance was in My heart,

Yeshayahu / Is 63.1-5 and My year of redemption has come. I looked, but there was no one to help. I was amazed, but no one was assisting. So My own arm won victory for Me.



# Jeff & Shaunti Feldhahn



In one key 2018 study in the journal Health Psychology, the researchers tried to understand why radiation fatigue affects some people so differently than others. Why, for example, does debilitating physical fatigue sometimes last for only a few weeks after treatment,

where in other cases it persists for many months? The researchers looked at every conceivable factor: whether the patient had chemo as well as radiation,

other pre-existing conditions,  
age, family history, and so on.  
Only two factors were  
statistically significant over time:  
obesity (which impacts estrogen  
levels in the body) and the  
person's attitude!

The researchers found that if the patient “catastrophized” about their fatigue (Oh my, this is horrible, I’m so tired) it lasted far longer! They were much more likely to have their fatigue for months or even years. On the other hand,


if they had the attitude of Yeah, this is a pain in the neck but I'll get through it and move on, they were much less likely to have the fatigue at all after a few weeks!

Their emotional and mental outlook led to a purely physical outcome.

I mentioned in an earlier blog just how supportive the cancer community is, and how striking is the sense of peace and even joy at the cancer center where I receive my own care. In thinking about all this, I realized that this mutually reinforcing positive attitude is one of the key factors responsible for that sense of support. Because a poor attitude is so out of place, it probably won't last very long.

As we fix our minds on what is good, what is lovely, what is praiseworthy (Philippians 4:8), and as we orient our spirits toward the true source of joy, our bodies respond. Isn't that a bit like a miracle?





An attitude of gratitude can  
transform your marriage  
from good to **great.**

@ShauntiFeldhahn

Highly happy couples give their spouses most of the credit for their relationship success—and they live in regular, conscious gratitude as a result.

Even when these couples were dealing with real problems—money, kids, sex, and a host of other things that can drain a marriage—each partner still believed that they personally hit the jackpot. I would state this powerful little secret like this:

The Roman philosopher Cicero wrote, “Gratitude is not only the greatest of virtues, but the parent of all others.” The marital experience of highly happy couples seemed to bear this out. Their conscious gratitude for their mates seemed to have the effect of tempering other concerns and making them much happier in their marriages.

**Happy Couples Think The Best Of  
Each Other**



THANKSGIVING  
WARFARE

**We need to turn thanksgiving into  
thanks-living.**

**And yet in America all around we  
can find those who are grumbly  
hateful rather than humbly  
grateful.**

**You do not come to service to  
praise the Lord. You are to bring  
your praise with you to service.  
You don't commence your praise  
here, you continue.**



**Ro 6.4-5 Through immersion into his death we were buried with him; so that just as, through the glory of the Father, the Messiah was raised from the dead, likewise we too might live a new life. For if we have been united with him in a death like his, we will also be united with him in a resurrection like his.**

**Havakkuk 3.17-19** Though the fig tree does not blossom, and there is no yield on the vines, Though the olive crop fail, and the fields produce no food, the flock is cut off from the fold, and there is no cattle in the stalls.

**Havakkuk 3.17-19 Yet will I triumph in  
ADONI, I will rejoice in the God of  
my salvation! ADONI my Lord, is  
my strength. He has made my  
feet like a deer's, and will make  
me walk on my high places.**

1. Do you KNOW Yeshua and the assurance of sins forgiven?
2. Are you hearing daily from His Word?
3. How are you applying what you heard?
4. Are you asking this of another?





**Project PrayEruv**