

# The Journey Journal



October 2025 Edition



## Feel Good Stories: \*

### A Young Boy And His Random Act Of Kindness For My Mother In Law By a Friend

**M**y mother in law, who is now 96, loves the book sales our library holds twice a year.

She takes her little book bag and fills it with some of the oddest titles but she enjoys them all and I'm happy to take her.



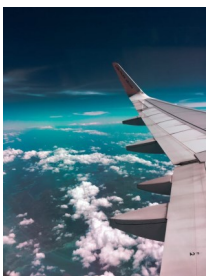
Last year, we were there and it was very crowded. Somehow she and I got separated. I knew she would be ok on her own, she's completely mobile and able to handle herself well in crowds so I let her do her thing and I did my thing, thinking when we crossed paths I could help her with her books.

When I finally found her, there was a young boy, perhaps 12 years old, patiently holding her book bag as well as a second bag she was filling. She was poking through a box of books as they cheerfully chatted away.

I introduced myself and told the boy I could hold her bags now. He said he could do it and carry them to the checkout for her.

It just made my day to watch a kid step up and help someone. I don't know his parents but I wish I could thank them for raising such a great kid.

### 14 Years Ago A Man Made My Day On A Flight While My Mom Was Sitting With My Baby Sister By A Friend



**W**hen this happened I was only 5-ish years old and I was flying with my mom and 18 month old sister from Texas to Massachusetts.

Now this plane only had 2 pairs of seats per row so my mom had to sit with my sister while I was stuck with a stranger. I was really scared but this man did everything he could to make me happy.

When we got on the flight he said hi to me before playing angry birds on his phone. I was trying (and failing) to watch him without him noticing but of course he did. He then let me play on his phone, taught me how to use the controls and helped me win each level. Halfway through he opened a bag of gummy worms and shared them with me. He gave me so much and he barely knew my name.

It's been 14 years, I'm now a freshman in college, and I still think about him. I wish I could tell him how he showed me that strangers can be kind and that I still think about him every time I fly.

*\*From: <https://www.sunnyskyz.com/feel-good-stories>*

# Pray With Us

~ Love ~



**L**ove isn't neat or noble—it's messy, ordinary, gritty grace. Love is what pulls us off the floor when grief has flattened us. It's the warmth in a worn-out kitchen, the outstretched hand of a friend who knows your worst and stays anyway. Love is often disguised as compassion in chaos—it shows up when you least deserve it but most need it. Love is what our souls are made of, and what they ache for. It doesn't fix everything, but it makes healing possible.

Somehow, in the middle of all our fumbling, love shows up and does what we cannot.

Love in community looks less like a Hallmark card and more like someone bringing you soup when you've lost your mind. Community is where we show up with bad attitudes, unwashed hair, and still get handed a cup of coffee. Love is less about having the right words and more about being there, again and again, especially when it's inconvenient. Help is the sunny side of control, but real love relinquishes control. It stays. It sits with you when things fall apart and doesn't flinch.

- Anne Lamott

Shared by Jim O'Hern, spiritual counselor

- Chaplain Jim -



## October History and Lore

**Q: Why did people first start wearing costumes on Halloween?**

**A:** The ancient Celts wore masks and costumes to hide from or repel evil spirits they believed roamed the earth during Samhain. Samhain was an ancient Celtic festival celebrating the transition from the harvest season to winter and the Celtic New Year, occurring around October 31st.

**Q: Jack-o'-lanterns were originally carved from what kind of vegetable?**

**A:** Turnips

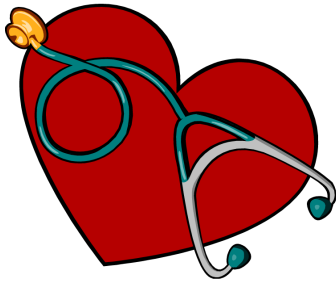
**Q: What famous American magician died on Halloween in 1926?**

**A:** Harry Houdini.

**Q: The name "October" comes from the Latin word *octo*, meaning "eight." Why?**

**A:** In the original Roman calendar, October was the eighth month before January and February were added.

# Nurse's Corner



## *Flu Season is Upon Us! Ways to Stay Healthy*

- 1. Make sure you get your flu shot. It is best to get it by the end of October for optimal protection.*
- 2. If you have a fever or flu symptoms, stay home.*
- 3. Stay home for at least 24 hours after your fever is gone, unless you need medical care.*
- 4. Cover your mouth and nose with a tissue, not your hands, when coughing or sneezing.*
- 5. Wash your hands frequently with soap and water.*
- 6. Avoid touching your eyes, nose and mouth.*
- 7. Clean and disinfect frequently touched surfaces.*
- 8. Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.*



## Outsmart These Trick Questions

- 1. I am an odd number. Take away one letter and I become even. What number am I? Seven.** (Take away the "s" and it becomes "even.")
- 2. What word is spelled incorrectly in every dictionary? Incorrectly.**
- 3. What goes up and down, but always remains in the same place? A staircase.**
- 4. What can you hold without touching it at all? A conversation.**





**THE SHORES**  
a UMC Community

You're Invited  
TO OUR  
**Memory  
Café**



Join The Shores at our dementia-friendly space for you and your loved one to experience creativity and social connections. Participants can engage in music, gentle movement, art and more!

**Tuesday,  
October 21st  
10:30AM - 12:00PM**

**Tuesday,  
November 18th  
10:30AM - 12:00PM**

**Tuesday,  
December 16th  
10:30AM - 12:00PM**

Our Partners:



Ocean City Free  
Public Library  
1735 Simpson Ave  
Ocean City, NJ 08226



**RSVP IS  
REQUIRED!**

Call 609.399.8505  
or email [MERcolani@  
umcommunities.org](mailto:MERcolani@umcommunities.org)

**VIRTUAL SUPPORT GROUPS ARE  
ALSO AVAILABLE!** To learn more,  
contact Pam Garofolo at 908.675.1230  
or [pgarfolo@umcommunities.org](mailto:pgarfolo@umcommunities.org).

A premier senior living community in Cape May County, NJ, The Shores proudly offers Alzheimer's and dementia-related support services through our Tapestries® Memory Care Program. Seniors enjoy a welcoming, secure environment with resident-directed care that promotes meaningful daily experiences alongside round-the-clock support.

RESIDENTIAL LIVING | ASSISTED LIVING | REHABILITATION |  
TAPESTRIES® MEMORY CARE | RESPITE | BRIDGES® HOSPICE  
AND PALLIATIVE CARE | LONG TERM CARE | TRANSITIONS



Learn more at  
[DiscoverTheShores.org](http://DiscoverTheShores.org)



# October Coloring





# October Crossword

## ACROSS

- 1) Dried-up riverbeds
- 6) Apparently amazed
- 11) "Cool" amount
- 14) Public square, in ancient Greece
- 15) Mouselike rodents
- 16) Certain tax shelter
- 17) Shake things up
- 19) Made use of a divan
- 20) Kind of silence
- 21) Rushers make it
- 23) High beams
- 27) Triangle corner
- 28) "Local" groups
- 29) Turn informer
- 31) Proctor's handouts
- 32) An Aussie call
- 33) Cincinnati threesome
- 36) They're just for laughs
- 37) There are five in this puzzle
- 38) Orchestra tuner
- 39) "Lanka" preceder
- 40) Quite similar
- 41) Elliptic
- 42) Seedless oranges
- 44) "Summer Nights" musical
- 45) Got back, as hair
- 47) Computer accessory
- 48) Smoldering ash
- 49) Town noted for its shroud
- 51) Shout of disapproval
- 52) What a destroyer might target
- 58) Airport info, informally
- 59) Cleans up text
- 60) String quartet instrument
- 61) Pig tail?
- 62) Audition tapes
- 63) City near Salt Lake

## DOWN

- 1) Dove's aversion
- 2) Reminiscer's word
- 3) Disney dwarf
- 4) Aggravate
- 5) Cotton fabrics
- 6) Asserts
- 7) Expanding desert
- 8) Hand lotion ingredient
- 9) Ammo in a harmless shooter
- 10) Connoisseur of beauty
- 11) Be too late
- 12) More than ticked
- 13) Surgical glove material
- 18) Towel monogram
- 22) Continuing story line
- 23) Buzzi and Ginsburg
- 24) Lend \_\_\_ (pay attention)
- 25) Common sight in Alaskan waters
- 26) Typically messy eaters
- 27) Competes
- 29) Douses
- 30) Do, for one
- 32) Heater component
- 34) Bing, bang or boom
- 35) Exodus commemoration
- 37) Exploded, as a tire
- 38) Hansel and Gretel's weapon
- 40) Sidestepped
- 41) Venezuelan river
- 43) "What \_\_\_ the odds?"
- 44) Crossword framework
- 45) Confederate soldier
- 46) Go overboard on stage
- 47) Newspapers, collectively
- 49) Barbershop touch-up
- 50) "What've you been \_\_\_?"
- 53) Lyric work
- 54) Dog command
- 55) Antiquated
- 56) Pale pub potable
- 57) Unit of weight

## WATER WAYS

By Rob Lee

