



WHAT BRINGS YOU JOY?

Last time, we asked you what you were grateful for and received many responses from people expressing gratitude for family, friends, health, housing.

We are a very grateful lot!

But what about having joy in your life? 'Tis the season, right?

Joy is that happy, buoyant feeling we get when we attend a wedding or have a baby, or it can be as simple as biting into a perfectly ripe piece of fruit.

In science-speak, we feel joy in our bodies when two types of neurotransmitters associated with happiness, dopamine and serotonin, are released in the brain. When something you perceive as happy happens, your brain receives the signal to release these chemicals into your central nervous system. Your face may flush, you may feel your heart beat a little faster.

Try these if you're feeling a little low - take a stroll through a botanical garden (we have a lovely one right off Spring Hill Drive!), pet a dog or cat, kiss a loved one.....are you already smiling just thinking of doing one of these?

Joy is that feeling that makes you catch your breath. For some, it feels like butterflies in your stomach.

Joy is an emotional response to something positive happening in your life either to you or even to someone important to you.

Joy helps you to know what's important to you and makes you seek more of it. For instance, when you feel joy at the sight of someone you like, the emotion of joy lets you know how good it is to be with that person and that he or she means a lot to you.

Focusing on helping others is an extremely effective way to bring joy into your life. Whether your kindness and compassion is directed toward a loved one or a stranger, a connection is made on a fundamental level. When you radiate love and help bring joy to another, you become open to the love and joy that YOU deserve!



Joy can be found in volunteering. Read about the joy our Sunday Blessings volunteers both give and get! p. 4

Weekend Blessings is supported by grants from the following:



PEOPLE
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in Hernando County

www.phphernando.org
352-686-4466

We asked....WHAT BRINGS YOU JOY?

*Knowing I have a place to come to that helps others!
Making someone's day by doing little things brings
me lots of joy!*
-Tara

*Being able to go out and
study, bringing me one step
closer to my future!*
-Carolynne

My son's smile! -Carl

*My grandchildren, kids, family
bring me my greatest joy in life!*
-Miriam

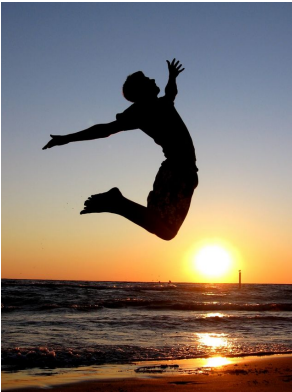
joy

*Jesus brings me joy! God 3-in-1 always being
there in my life!*
-Navor

*Being with my husband and watching our
adult kids being silly! Worshiping God
through music also brings me great joy!*
-Nicole

*Seeing my mom happy and making money!
Also, when I get to be around friends!*
-Ashley

*The good health of my children, my
grandchildren, and their happiness!*
-Helen



*Spending quality time with family and friends. I also enjoy
holidays and birthdays!*

-Jonathan

*Family! We don't get together that often. Watching children opening
presents. Friends just getting together.*

-Jesse



***"The unselfish effort to bring cheer to others
will be the beginning of a happier life for ourselves.."***

***Thank you to those who contributed
financially during November!***

Marisa Ala
Amazon Smile Foundation
Anonymous (*you know who you are!*)
Anthony & April Artemisio
Robert & Barbara Baehr
Linda M Bixby
Kelly Brown
Lucian & Elsie Bryan
Catherine Buonemani
Campbell & Co. CPAs, PA
Murilene Cronk
George & Sarah Damron
James & Nancy Denney
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Syed Wagar Hasan, MD
Tina Henize
Alison Kalvelage
Kenneth Krueger
Karen Latusek
Network for Good
Kathleen Olynik
Ron & Barbara Osipoff
Ranjit & Lalita Pandit
PayPal Giving Fund
James M & Debra J Peary
Martha Pittman
Beverly Rochow
Spring Hill Garden Club
Patti Van Matre
The Wellington Thursday
Mixed Golf League

**Sunday Blessings
December
Meal Sponsors
THANK YOU!!!**

Rooster's Cafe



***Are you a local restaurant owner/
manager who would like to
donate happiness in the form of
good food from your
establishment?
Please call 352-686-4466.***

***Thank you to all who provided
in-kind donations in November!***

Anonymous (*you know who you are!*)
Anytime Fitness
Campbell & Co. CPAs, PA
Bob Blake
Frank Brundt
Christie
Dr. Chaney
DeLuca Dentistry
Dollar General
Vincent Ferraro
George
Gifts From Home
Glen Lakes Bible Study Group
Highpoint Community Humana
Kathy
Mike & Ginny Klice
Laura
Lowensteins
Lori MacGregor
Maggie & Jennifer
Mike
Joyce Morra
Oakhill Senior Living
Preston
Quilters of the Nature Coast Spring
Hill Animal Hospital Spring Hill
Rotary
Stephanie
Veronica Stringer
Sue
Terlap Chiropractic
United Way of Hernando County
USF/Hernando County Ext.
Vitality (Evergreen Woods)

**Monetary donations (consider your tax deductible donation for 2022)
to People Helping People can be mailed to
PO Box 6182, Spring Hill FL 34611
or made online at www.phphenando.org**



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Want to know what's going on at
People Helping People?
Our Calendar is online - view it
here: [https://phphernando.org/
calendar](https://phphernando.org/calendar)

Nature Coast Art League
9am Mondays

AA Meeting
7pm Tuesdays/Wednesdays
8pm Mondays/Thursdays

Showers available
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic
10am - 1pm Tuesdays

Lunch offered
11:30am - 12:30pm Tuesdays/
Fridays

Sunday Blessings
3:30 pm Sundays
A hot meal for those in need



Our Next Mobile Food Distribution

Wednesday, Dec 28th, 2022

**We need Volunteers to help pack
and distribute the bags of food!**
To Volunteer, call 352-686-4466.

**Kids bored during break?
14+ year old with adult
supervision may volunteer for
this event.**

**For those in Hernando County in
need of food, please line up in
your car at 10:30am
1396 Kass Circle, Spring Hill**

**(Please be aware that we never know what
will be delivered)**

JOY GIVEN AND RECEIVED

Just about every Sunday of the year, PHP serves a hot meal at its HELP Center at 1396 Kass Circle through its oldest program, Sunday Blessings. Some of our guests are homeless, some are elderly people whose only income is Social Security, and some are working people with large families and modest incomes.

It's a joy-filled time for our guests. They enjoy restaurant-quality or homemade meals served to them with dignity by volunteers, most who have been helping the program be the success it is for years.

Here's from a few of our volunteers who shared why it is they give up their Sunday afternoons every week to help serve those in need.

Jess K. has been volunteering with PHP for just over a year. "I volunteer because I like to help people, and it's an opportunity to give back to the community I grew up in. My favorite part is the rewarding feeling I get knowing I'm helping people that need support."

Kelly M. has also been volunteering for a little over a year. "I think volunteering is so important. A lot of people in our community rely on these programs, and they couldn't exist without volunteers.

My favorite part is working with the other volunteers. Everyone is so kind and they all work really hard. They treat the community members with dignity and love. I'm just so grateful that I get to do this."

Angela P. makes magic happen by asking the generous hospitality industry in Hernando County, religious organizations, and social

clubs for a donation to feed 100+ people. Angela started volunteering, doing whatever was needed, during the pandemic when she saw the impact it was making on the homeless and impoverished.

"Giving and receiving is a blessing. PHP

can give the gift of food, but it is so much more - dignity, community, belonging, sense of purpose, hope, interaction, nurturing, caring, meeting basic needs, referrals/networking with other agencies, collaboration and much more."



Gerry M. and sister-in-law Georgeann have been volunteering for at least 9 years and now are the dynamic duo PHP can count on to pick up the donated meals from local establishments. Why do they do it? "Volunteering for such a generous and worthy organization gives us a sense of "giving back" to those less fortunate in our local community. What we do is such a small part of the overall picture. It is also gratifying to see how generous our local restaurants & organizations are in what they continue to provide."



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You coming or are you cooking?

*Want to be the proud winner in this year's cook-off with prizes of
\$100 - 1st place, \$50 - 2nd place, \$25 - 3rd place?
Call to register: 352-686-4466*

**Saturday, February 18, 2023
11 AM– 3 PM**



**PHP Help Center
1396 Kass Circle, Spring Hill, FL 34606**

For the benefit of ...

People Helping People in Hernando Co. (PHP)
PO Box 6182, Spring Hill, FL 34611
www.phphernando.org • (352) 686-4466