

November is National Gratitude Month

"Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good." – Maya Angelou

National Gratitude Month in November encourages us to embrace the power of gratitude.

Over the last year and a half, many of us have faced illness, isolation, job loss, grief, depression, and more. In the midst of a crisis, it can be difficult to find things to be grateful for. But, gratitude's amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and others.

Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression.

Practicing gratitude doesn't mean ignoring the negative or frustrating aspects of our lives. It's more about taking time to be mindful of our blessings and being thankful for the supportive folks in our lives. Gratitude is about putting our attention towards the positive rather than the negative. When we do that, we help improve our physical and mental well-being.

This November, let's give thanks for all the good in our lives.

How to Observe:

- Start a gratitude journal. Write about someone or something you're thankful for every day. You'll find your appreciation for those around you grows deeper. When you read back on what you've written, you'll be able to reflect on the relationships and their accomplishments.
- Share your gratitude with others. Letting someone know you're grateful for their care, service, or friendship often lifts their spirits or lifts a burden.
- Show your appreciation by giving back. Helping others is a great way to show your gratitude while giving back to your community.
- Use #NationalGratitudeMonth on social media
- Meditate on this quote from Maya Angelou:

"This is a wonderful day, I have never seen this one before."

October Vendor Fair

Our October 20th Vendor Fair was a tremendous Success! We not only had some Halloween witches in attendance but also a visit from Santa to let us all know about Blossoms of Hope's Santa Project! We hope everyone made some new friends and new business at this event. Please remember to shop local for products and services this Holiday Season!

Thank you again to all the participating vendors:

Denée Barr <i>Wearable Art</i>	Kelly Cidre <i>Neora</i>
Sue Solters <i>Paparazzi Jewelry</i>	Mary Jordan <i>Bra-la-la</i>
Elisha Aguilar <i>Columbia Massage Clinic</i>	Mary Beth Dulin <i>Mary Kay</i>
Beverly Carrigan <i>Buckner Vein & Aesthetics</i>	John Dove <i>Edward Jones</i>
Darlene Bergener <i>Health, Wellness Yoga/Massage</i>	Mary Kmiecinski <i>Edward Jones</i>
AnnaMarie deGregorio <i>Macy's</i>	Donna Weaver <i>The Wendy Slaughter Team of Elevate Real Estate / HCAR</i>
Nik Sweeney <i>Anani Nicol Wellness</i>	Jeanne Seils <i>Mortgage Loan/SECU</i>
Yanira Colon <i>Perfectly Wrapped</i>	Anika Baty-Mills <i>Columbia Inspired Magazine</i>
Sue Bullock <i>Celebrate Awards & More</i>	Kristena Kitchen <i>Bryanna's Love</i>
Audra Whitelock <i>Cabi Clothing</i>	Miriam Gittel Rosenblat <i>Tech Safe Recyclers</i>
Dawn Roach <i>Waverly Insurance Group</i>	Cynthia Yang <i>Planned Financial Services</i>
Lisa Gordon <i>Natural Health Improvement</i>	

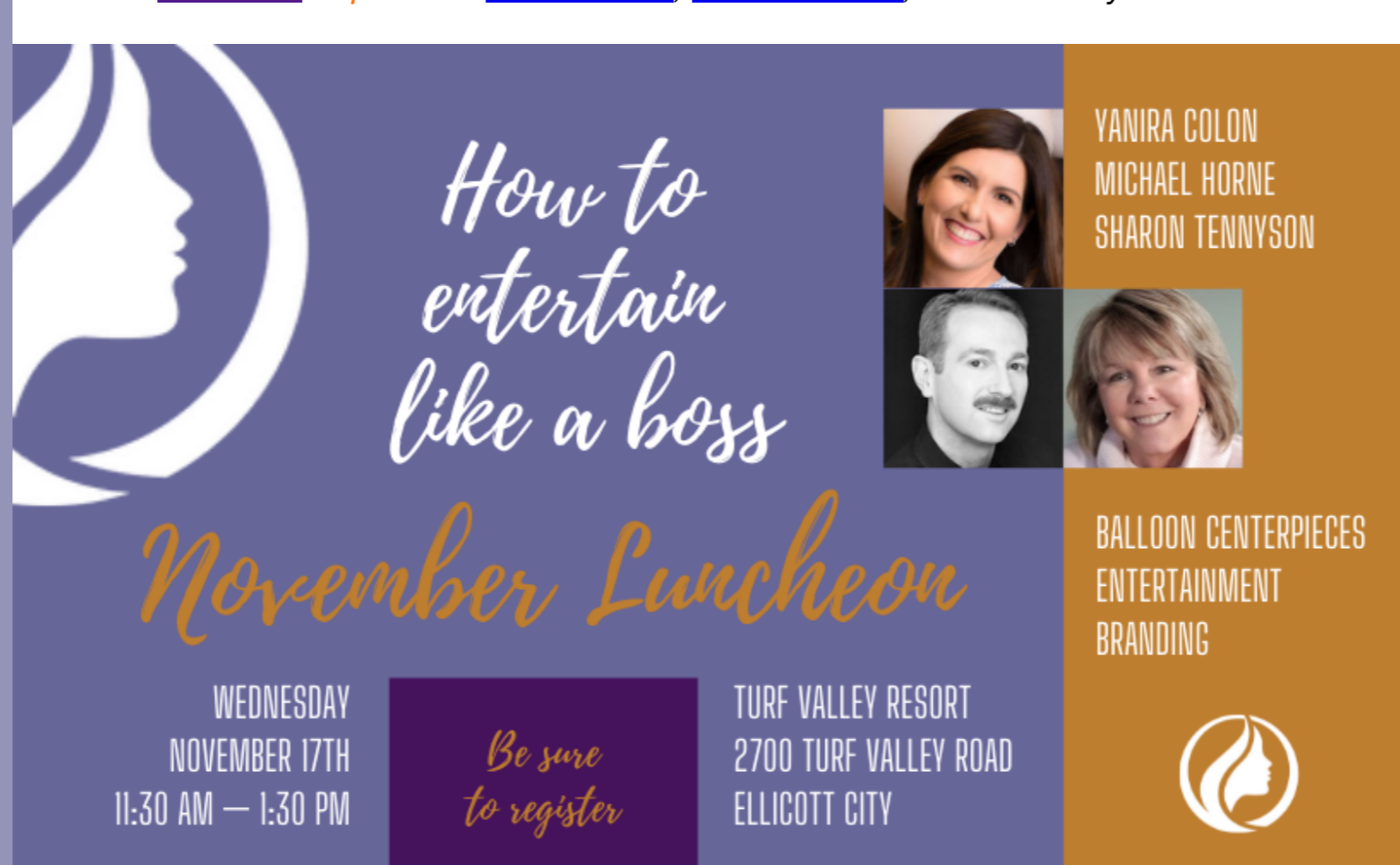
Upcoming BWN Events

You are invited to join us. Registration is required for each event. Click on each section below to register. Become a member and attend our member-only events.

11/10: [Coffee](#) Host: [Jeanne Seils](#)



11/17: [Luncheon](#) Speakers: [Yanira Colon](#), [Michael Horne](#), [Sharon Tenneyson](#)



MEMBER ORIENTATION

We're glad you're here!

January 26, 2022 - 12:00 - 12:45 pm
Everyone welcome & encouraged!



4th Quarter Nomination Period is Open

BWN Boss Lady Awards

Nominate Someone Who Merits Recognition

Nonprofit of the Month



Bryanna's Love provides support and love to families battling childhood cancer through our Give Kids A Snuggle, Sibling Love and Home To Care programs. We support the patient, the siblings and the bereaved siblings during their difficult days.

Bryanna's Love is 100% donation based and always welcomes sponsors and donors for our programs to continue to serve our families through our programs. We also are in need of new stuffed animals and blankets to donate to families battling cancer both as an inpatient and outpatient basis.

[SUPPORT BRYANNA'S LOVE](#)

Welcome New Members

SILVER SPONSORS

Susan Selckman • [EMAIL](#)
[Maryland Local Marketing](#)

Mimi Evenson • [EMAIL](#)
[Dex Imaging](#)

Kristen Lohmeyer • [EMAIL](#)
[Ally Legal Planning](#)

Jennifer McManus • [EMAIL](#)
[Ally Legal Planning](#)

NEW MEMBERS

Yanira Colon • [EMAIL](#)
[Perfectly Wrapped](#)

Anita Kestel • [EMAIL](#)
[My Transaction Co](#)

Vanessa Garrett-Ingram • [EMAIL](#)

Amy Presley • [EMAIL](#)
[Trusted Estate Partners](#)

NEW MEMBERS

Bronwen Kestler • [EMAIL](#)
[Busy B Kreative](#)

Cesily Thompson • [EMAIL](#)
[Macy's](#)

Nik Sweeney • [EMAIL](#)
[Amani Nicol Wellness](#)

Valerie McNeal • [EMAIL](#)
[Valerie McNeal Realtors](#)

Toni S Brown • [EMAIL](#)
[Skye Media Group](#)

Katherine Picott • [EMAIL](#)
[Tidy Mills](#)

Donyel Bacon • [EMAIL](#)
[Howard County Junior League](#)

Lynne Spector • [EMAIL](#)
[Wag-N-Wheels](#)

Notice & Invitation

The [BWN Facebook](#) and [LinkedIn](#) pages are public but the [BWN Current Group page](#) is open only to current BWN members. If you are not a current member and would like to be, we'd love to have you join us!

[JOIN OR RENEW](#)

About BWN

BWN is a Community Where Business Women Grow Together

Business Women's Network believes women are more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to empower one another, so that together we can grow our business and our leadership skills. What sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

[JOIN BWN](#)

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