

## November Newsletter

### National Day Of Giving & The Holidays And Anxiety

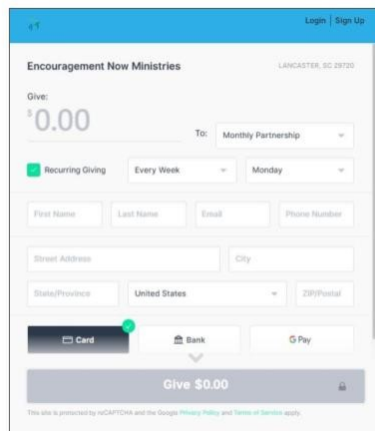
The National Day of Giving, or Giving Tuesday, is coming up next month on Tuesday, December 3rd, and it falls every year five days after Thanksgiving. Giving Tuesday falls after Black Friday and Cyber Monday. Its purpose is to encourage people around the world to give back in any way they can, whether through donations, volunteering, acts of kindness, or advocacy for causes they care about.

Founded in 2012 by the 92nd Street Y in New York City in partnership with the United Nations Foundation, Giving Tuesday began as a simple idea to encourage a day of charitable giving during the holiday season. It has since grown into an international phenomenon, involving people, businesses, and nonprofits across the globe. Many organizations use this day to launch fundraising campaigns, raise awareness, and build community support for their missions.

Giving Tuesday is a day meant to shift the focus from consumerism to community and to remind people that even small contributions can have a big impact. Encouragement Now Ministries would love to be an organization you can give to this year. Every dollar is connected to a soul.



When you click in this field you will be redirected to our giving portal. ENM is a 501(c)3, and donations are tax deductible. The Peer Specialist Training and Christian Counseling Certification Program are not tax deductible.



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With Love from Kevin Phillips  
- MA, LPC, BA Theology

Founder of Encouragement Now Ministries

Kevin Phillips' love for people's hearts and minds has moved him to launch Encouragement Now Ministries and Encouragement Now Counseling University.

**Encouragement Now Ministries** has served clients in over 60 countries including Egypt, China, Iraq, Ukraine, Ethiopia, Bahrain, Saudi Arabia, South Africa, Canada, Turkey, Jordan, Spain, Morocco, Brazil, Pakistan, India & UAE.

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Encouragement Now Ministries P.O.  
Box 232 Van Wyck,

SC, 29744

Tel: 803.322.5242

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### **Holiday And Anxiety Solutions**

The Holidays are right around the corner along with the consumerism and anxiety. How do we balance out the roller coaster ride we experience between Thanksgiving, Christmas and the New Year? This is a time of year brings great joy. It is also a time of heartache and anxiety. Kevin, Laura, and Joseph took some time to talk about this subject on the podcast. The episodes are going to come out on December 2nd and 9th, but you have an opportunity to listen to them now! Click on the links below to listen to the podcast and sent them to your friends and family:

[Holiday Anxiety - Part 1](#)

[Holiday Anxiety - Part 2](#)

### **Encouragement Now Roundtable**

We are looking forward to what 2025 has in store for us, and we will be having a Roundtable Zoom Event in January. Keep an eye out for more information!

### **Philippians 4:4-9**

4 Rejoice in the Lord always. I will say it again: Rejoice!

5 Let your gentleness be evident to all. The Lord is near.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.



## **ENCOURAGEMENT NOW PODCAST**

We have a Podcast that can help you understand life through the lens of the Bible. Here is a list of episodes that we have for you to explore:

Episode 001: Happiness

Episode 002: Renewing Your Mind

Episode 003: Grace – Part 1

Episode 004: Grace – Part 2

Episode 005: Worry & Anxiety – Part 1

Episode 006: Worry & Anxiety – Part 2

Episode 007: Grief & Loss

Episode 008: Complaining

Episode 009: Introducing Boundaries

Episode 010: Distractions – Part 1

Episode 011: Distractions – Part 2

Episode 012: Biblical Separation – Pt 1

Episode 013: Biblical Separation – Pt 2

Episode 014: Biblical Separation – Pt 3

Episode 015: Separated With No Hope

Episode 016: God's Word—Pt 1

Episode 017: God's Word—Pt 2

Episode 018: God's Word—Pt 3

Episode 019: The Power Of The  
Tongue

Episode 020: Repressed Emotions

Episode 021: Purpose – Pt 1

Episode 022: Purpose—Pt 2