

OFF THE SHELF
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

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COLUMNIST: Emily Sly, Library Manager
RE: Gratitude, Connection, and Comfort at the Library

Initial election results are in, and after weeks of political news leading up to Election Day, many are ready for the warmth of upcoming holidays focused on gratitude, connection, and comfort. The library can help as you nurture yourself and your family this season.

Gratitude

There's a lot to be thankful for when you live in Sequim: beautiful mountains, farms, a maritime climate, good people, and a strong community of businesses, organizations, schools, and a public library.

Community support is one of many things the library is grateful for. Library patrons make every day a rich and bustling one! Partnerships with organizations like Friends of Sequim Library, Sequim School District, Jamestown S'Klallam Tribe, Olympic Medical Center, and the Boys and Girls Club support the library's ability to meet community needs with programs for all ages. The library is a place where everyone is welcome and has access to information, resources, and technology. Providing space to read, use a computer, study, and meet together is an essential role of the library.

With gratitude in mind, you might check out *Before We Eat: From Farm to Table* by Pat Brisson or *Gratitude* by Oliver Sacks.

Connection

Connection happens every day at the library. Some people's lives are filled with close relationships with family and friends. Others are new to the area, or do not have many close ties. The library offers a place to be with others. Simply being in the company of people, reading, or attending an event, can help fill this social need. The library also hosts two thriving monthly book discussion groups, along with enrichment programs for every age. *All the World* by Liz Garton Scanlon is a lovely feel-good picture book about connection, with appeal for all ages.

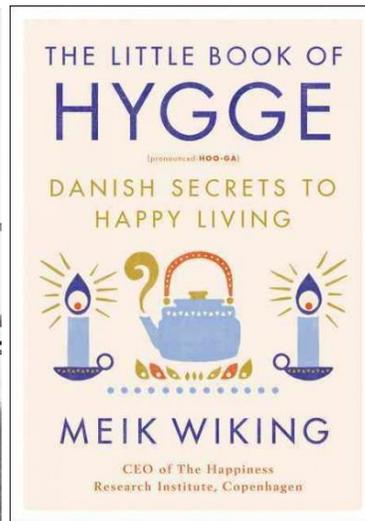
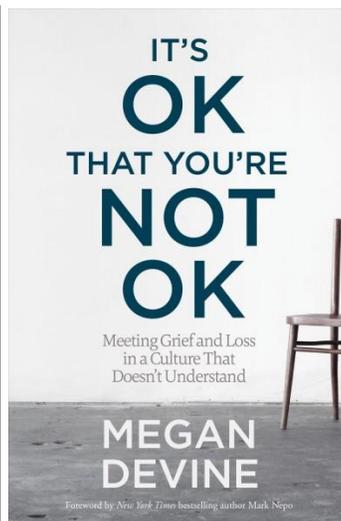
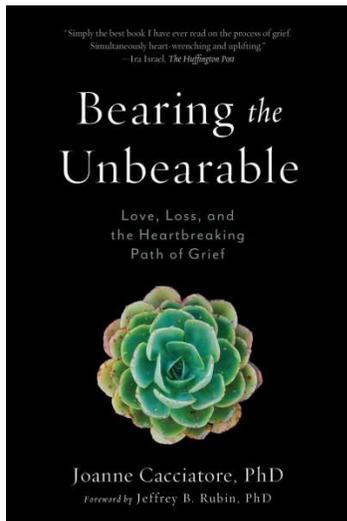
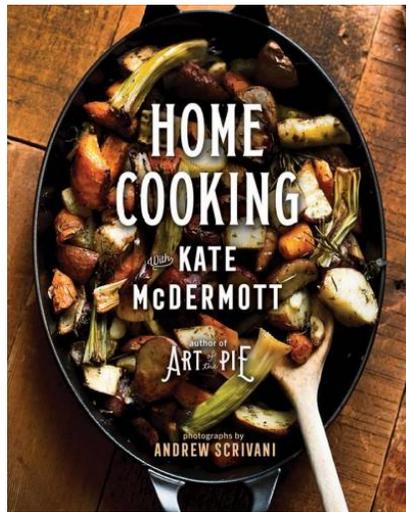
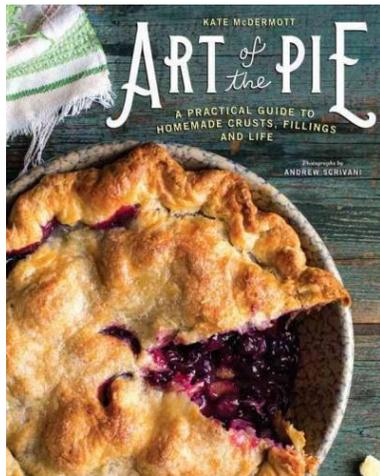
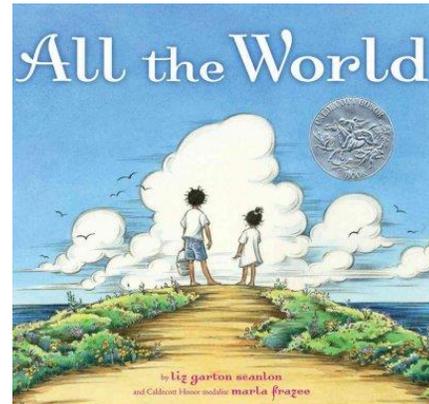
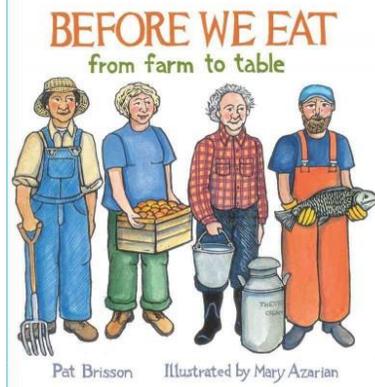
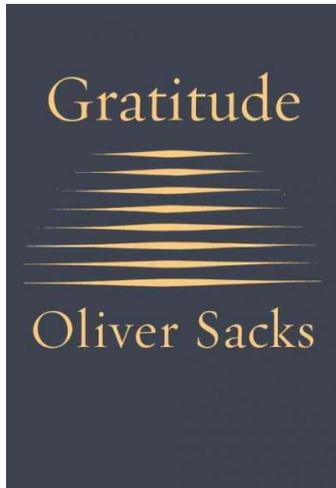
Comfort

November means comfort food. Whether it's apple pie or fresh baked bread, most of us have foods we look forward to this time of year. You might check out *Art of the Pie: A Practical Guide to Homemade Crusts, Fillings, and Life* by Port Angeles author Kate McDermott. Or try her new book *Home Cooking with Kate McDermott*, released in October.

The Danish concept of "hygge" is generally defined as a sense of comfort, togetherness, and well-being. *The Little Book of Hygge: Danish Secrets to Happy Living* by Meik Wiking shares insights for cozy contentment.

Holidays can also be a difficult time for those who are experiencing grief. *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine and *Bearing the Unbearable: Love, Loss and the Heartbreaking Path of Grief* by Joanne Cacciatore offer comfort and new perspectives for those who are grieving or supporting others experiencing loss.

If it's been awhile since you've been to the library or if you've never visited, I invite you to stop in and say hello. The library truly is a community center where everyone is welcome. The Sequim Branch Library is located at 630 N. Sequim Avenue. For more information, visit www.nols.org or call 360.683.1161.





*Columnist Emily Sly
Sequim Branch Library Manager*

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