

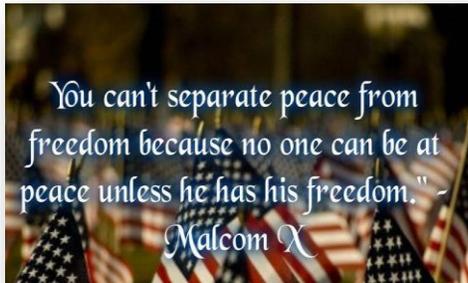
Freedom Isn't Free

By Jean Johnson

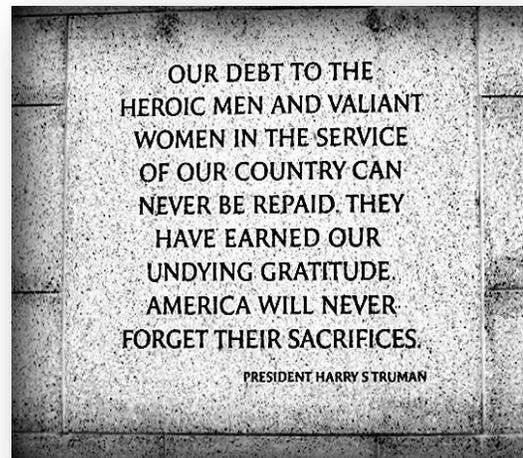


I hope this is true for you, as it is for me. I am thankful that we live in a country which allows for peace and freedom, rather than an oppressive regime which rules with an iron fist. We have the freedom to live where we want, do what we want, express our thoughts and words, make our own choices, freedom of religion, and to celebrate life. I appreciate our soldiers for keeping these freedoms intact, as many have given their lives for us. I would like to offer a suggestion to stimulate conversations about our freedoms.

When our families gather together for July 4th BBQ's, water activities, picnics, and fireworks, we could ask each other a question such as, "What does freedom mean to you?" If there are veterans at our celebrations, encourage them to tell their stories.



Here is one of my favorite sites to get involved in a noble



cause bringing inspiration and gratitude to our active duty soldiers. Operationgratitude.com Additional

information is included at the end of this article.

Have a safe and happy Fourth of July! May God Bless America!

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Jean Johnson – Jean's grief journey began in October 2006 when her daughter was murdered. Jean knows the value of self-help through reading and wants to encourage others to read as well. When she finds a book that she believes will help others, she writes a review to encourage them to seek it out and invest their time in reading as a means of healing after loss.

Operation Gratitude

Operationgratitude.com

HOW YOU CAN HELP



At this time, our most urgent needs are:

- ~[Wish List](#) items
- ~Handmade scarves and paracord
- ~“Survival” bracelets
- ~Beanie Babies/WebKinz/Trolls
- ~[Financial donations](#) to pay for production and shipping expenses. Each package costs \$15 to make and ship.

CORPORATE & BUSINESS SUPPORT / VOLUNTEERISM

Click [here](#) or email:

Chris Clark at chris@operationgratitude.com for financial partnerships

Adam Renteria at adam@operationgratitude.com for volunteerism or product donations

1. Donate Financially
2. Matching Gift Donations and Corporate Volunteerism Grants
3. Organize a Fundraiser
4. Collect:

Halloween Candy

Girl/Boy Scouts Cookies/Nuts/Popcorn

Beanie Babies/Webkinz/Trolls

<https://opgrat.wordpress.com/2013/06/09/beanie-babies-for-the-troops/>

The touching story of The Beanie Baby Soldier

<https://youtu.be/c5HrPpLd0D8>

5. Handmade Craft Projects:

Knit/Crochet Scarves

Sew Bandana Cool-Ties

Braid Paracord Bracelets

