

For the week of:  
**09|11|2023**

Get the low-down from a high-up perspective!

the mAAA<sup>x</sup>

## MONDAY 9/11

It is **Patriot Day**, a day on which we come together as a nation to remember those who lost their lives in the terrorist attacks on September 11th. As we honor these heroes, we pray for the families affected by these events and that God's peace may rest on America.

## TUESDAY 9/12

What's shakin'? Today is **National Chocolate Milkshake Day!** This delicious dessert became popular in the 1920s after the blender was invented. Many experimental flavors have debuted in the past century, such as chocolate avocado-flavored shakes, yet, classic chocolate milkshakes have remained a timeless American treat.

## WEDNESDAY 9/13

Did you know that people with optimistic mindsets have higher satisfaction and longer life spans than those who think negative thoughts? **Positive Thinking Day** is a reminder for us to meditate on things that are true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise (Philippians 4:8).

## THURSDAY 9/14

Say cheese for **National School Pictures Day!** There's nothing like the excitement of choosing your favorite outfit, fixing your hair just right, and grinning ear to ear for the camera. The pictures we pose for at the start of the school year serve as a reminder of our childhood growth for years to come.

## FRIDAY 9/15

It's **National Doodle Day!** Whether you like to add drawings to your grocery list or decorate your notes, studies have shown that doodling can improve your memory and relieve stress. When in doubt, doodle it out!

## DID YOU KNOW?

- Next to the 9/11 National Memorial, the **1,776 feet** One World Trade Center was completed in 2013.
- The world's largest milkshake was **6,000 gallons**, according to the Guinness Book of World Records.
- Research shows that **athletic people** are more optimistic than their sedentary counterparts.
- The **1806 class at Yale developed the first bound yearbook** about events, students, and the faculty. Without the invention of photography, the books included printed silhouettes of students.
- According to a study published in the *Journal of Applied Cognitive Psychology*, **doodlers find it easier to recall dull information** (even 29 percent more) than non-doodlers, because the latter are more likely to daydream.

## ... And the Latest from Ambassador

### What a Message!

All this month on "UpWords," Max Lucado will be focusing on the truth that "God Never Gives Up On You"—what Jacob's story teaches us about grace, mercy and His relentless love. That's all in a 1:00 daily feature. Audition "UpWords" at our website, delivered via Amb-OS on request.

"When we are walking through the valley, we need the Word of the Lord to speak to our broken hearts, to restore our joy, to bring us peace."

**Charles Morris  
Haven Today**