

November

St. John's Lutheran Church

From the Pastor

Thankful ~ Grateful ~ Blessed~

We seem to hear these words more readily used in November describing people in our life, events in our life, things in our life. It's likely due to the fact that Thanksgiving is on the mind of many. It's not a bad thing that we speak in these terms more often in November, it just got me wondering why we don't speak about the things we are thankful for, grateful for, blessed by every day. Sure, I know life is busy, hectic, whatever you wanna call it, but wouldn't we benefit greatly by slowing down a bit and taking pause in our day, every day, to reflect on and express what we are thankful for? I know it has changed me and my family. Last year we practiced gratitude with a "Thankful Jar". Whenever we experienced or shared something to be thankful for we wrote it on a piece of paper, folded it, and placed it in our jar. Then on New Year's Eve we took turns reading them out loud and recalling that moment with joy, laughter, and sometimes even tears. Because yep, some weeks it was a challenge to think of something, anything to be grateful for, but in the end, it changed us and our attitude, our outlook on life. I challenge you to practice gratitude this month, but don't let it end in November. Continue this practice and see how it changes you and those around you because it will. Really

Did you know the benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions. You can be thankful for something as simple as a piece of pie.

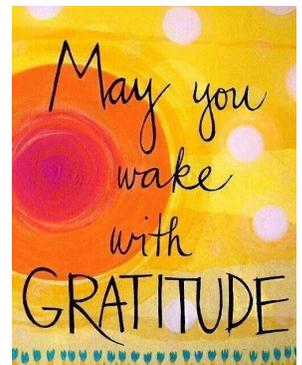
And speaking of pie and desserts too, I am thankful for the people of Hope who will share this gift with us following Thanksgiving Eve worship. So, plan on joining us Wednesday, November 21st at Hope in Sunburg, as we gather to worship our Lord, the ultimate giver, whom our thanks and praise freely flows.



"You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God." 2 Cor 9:11

Happy Thanksgiving from my family to yours!

Pastor Michelle





November

Card Night



November 10th



6:30 pm

At Bethesda Grand

Happy Birthday this month to
 Spencer Moller– 5th
 Mary Jane Stredde– 8th
 Robert Moller– 19th
 Steve Kleene– 27th

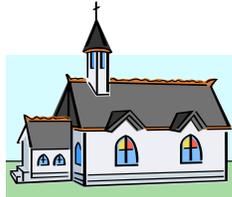


Veteran's Day
November
11th

Happy Anniversary this month to
 Kathy and Rick Torkelson
 on the 3rd

Usher for November: William Lindquist
 Reader for November: Sheila Stredde

Church
Council
on the 11th



ACT Parish Craft & Bake Sale at the Kandi Mall
November 23rd 10 am to 2 pm



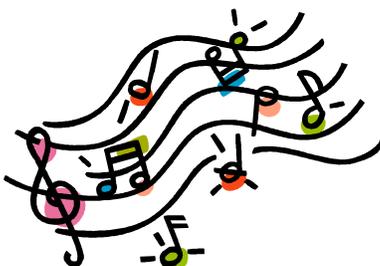
Christmas Decorating & Lefse Making

Saturday, November 24th

9:00 a.m.



Daylight Savings
Ends, Fall Back
November 4th



Christmas Hymn Sing on December 16th

If you know someone who would perform a song please let Nancy know. THANKS