



St. John's Lutheran Church

From the Pastor

Thankful ~ Grateful ~ Blessed~

We seem to hear and use these three words more often this time of year, don't we? Maybe because the Thanksgiving holiday is on our mind, and we are more tuned into reflecting on the good things in our lives. 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, and blessed by every day.

I recently received a gratitude journal from a friend. So far it has just sat on my bedside table, unopened. I've had the best intentions of writing in it each night, yet it sits empty. My new goal is to start writing in it on November 1st through Christmas. And then to spend some family time on New Year's Day sharing what I wrote. I've challenged my kids to text me each day with something they are thankful for as well. I'm hoping all of us can take a moment each day, no matter what's happening, to remember there is always something to be thankful for.

It's good for our heart and soul to be thankful. And do 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. Gratitude doesn't need to be reserved only for momentous occasions. It is often most meaningful and felt the deepest when expressed through our everyday little things.

Perhaps you will join me in starting with, or ending your day, by writing down something you are grateful for. Who knows? It might change your life in beautiful ways.

"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





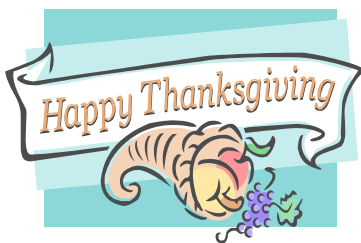
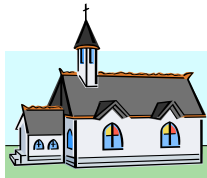
November

ACT Parish Craft & Bake Sale

at the Up Town Mall (Kandi Mall)
November 26th, 9 am to 4 pm

Items can be brought to St. John's by the 21st or brought to the ACT Parish Council meeting that day. You can also bring the day of sale by 8:30 am

Church Council
on the 7th.
Following coffee
fellowship



Christmas Decorating
Sunday, November 21st
following our Lay led service
that Sunday.



Happy Birthday this month to

Spencer Moller- 5th

Mary Jane Stredde- 8th

Robert Moller- 19th

Steve Kleene- 27th

Happy Anniversary this month to

Kathy and Rick Torkelson on the 3rd

Usher for November: William Lindquist

Reader for November: Sheila Stredde



Veteran's Day

November

11th

Daylight Savings

Ends, Fall Back

November 7th



The Christmas Story

Told Through Carols

Program is on December 12th

If you know someone who would

perform a song please let

Nancy know. THANKS

Soup dinner 5:30 pm

Program at 6:30 pm