



# 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 1<sup>st</sup> 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.

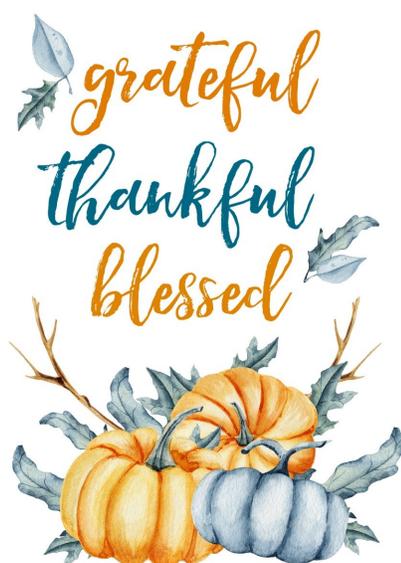
It's good for our heart and soul to be thankful. And do you know the benefits of practicing gratitude are nearly endless? People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, 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*





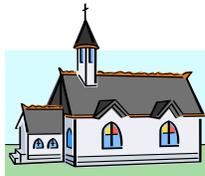
# November

## 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*