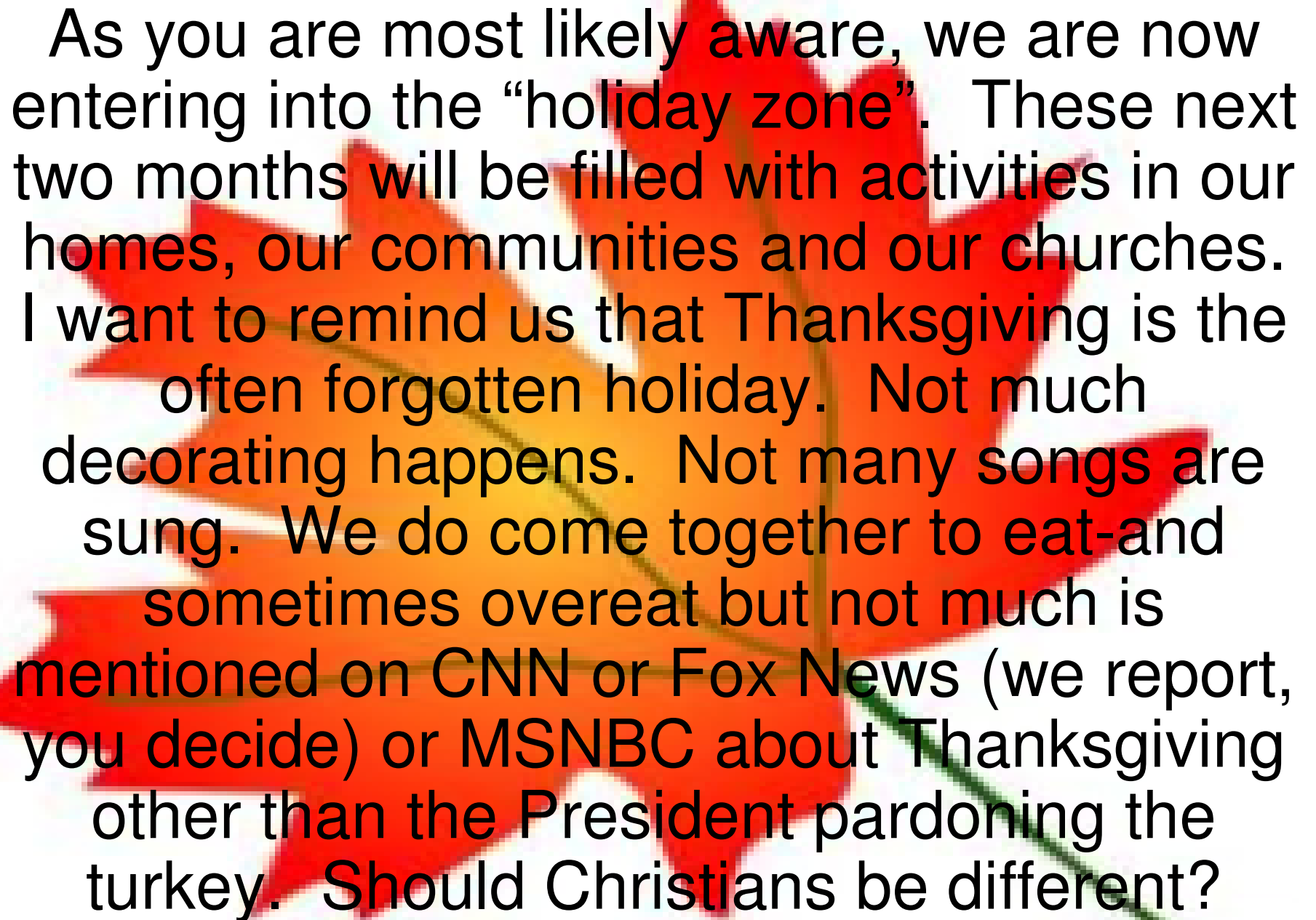


**A Word
From Our
Pastor**

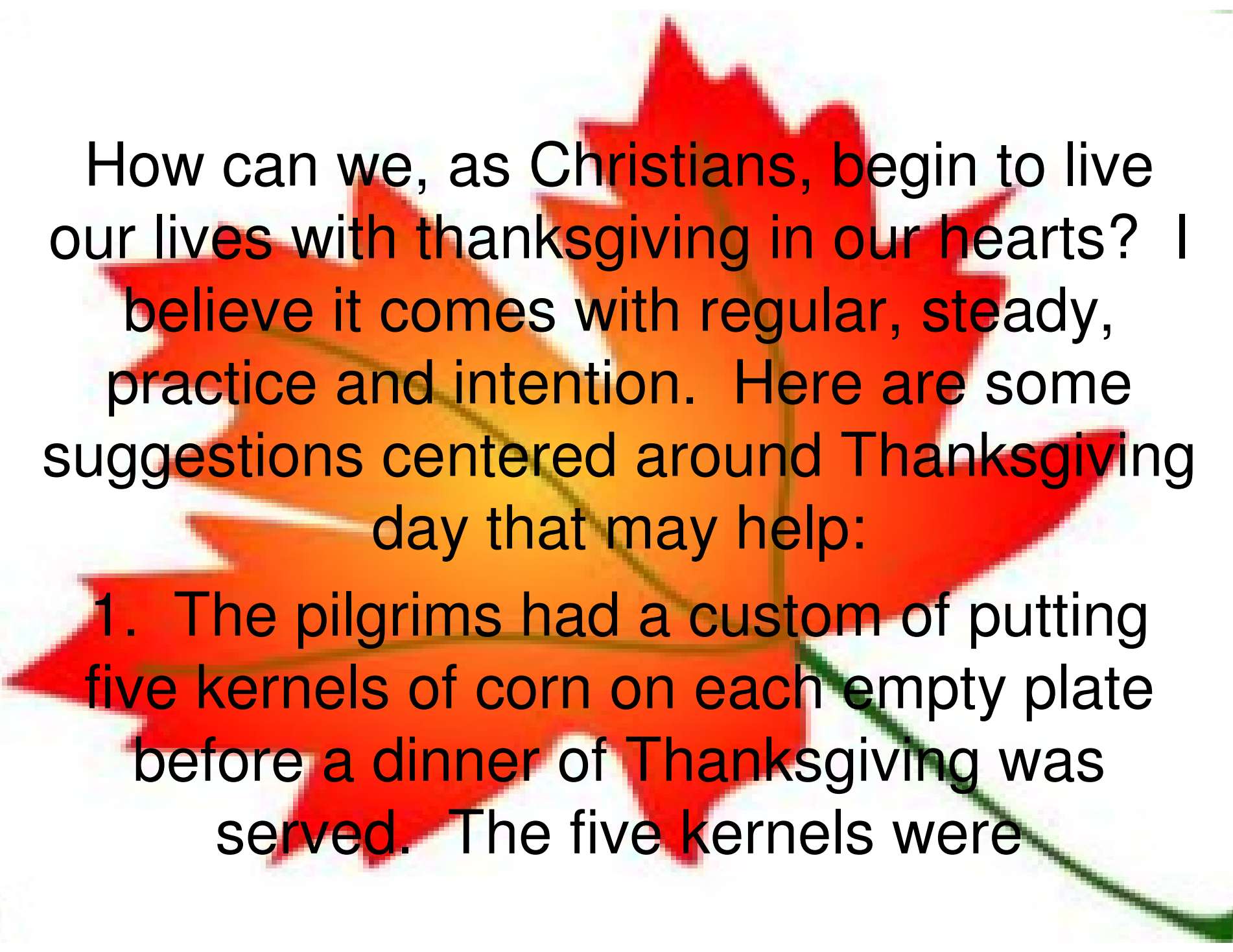


As you are most likely aware, we are now entering into the “holiday zone”. These next two months will be filled with activities in our homes, our communities and our churches. I want to remind us that Thanksgiving is the often forgotten holiday. Not much decorating happens. Not many songs are sung. We do come together to eat-and sometimes overeat but not much is mentioned on CNN or Fox News (we report, you decide) or MSNBC about Thanksgiving other than the President pardoning the turkey. Should Christians be different?



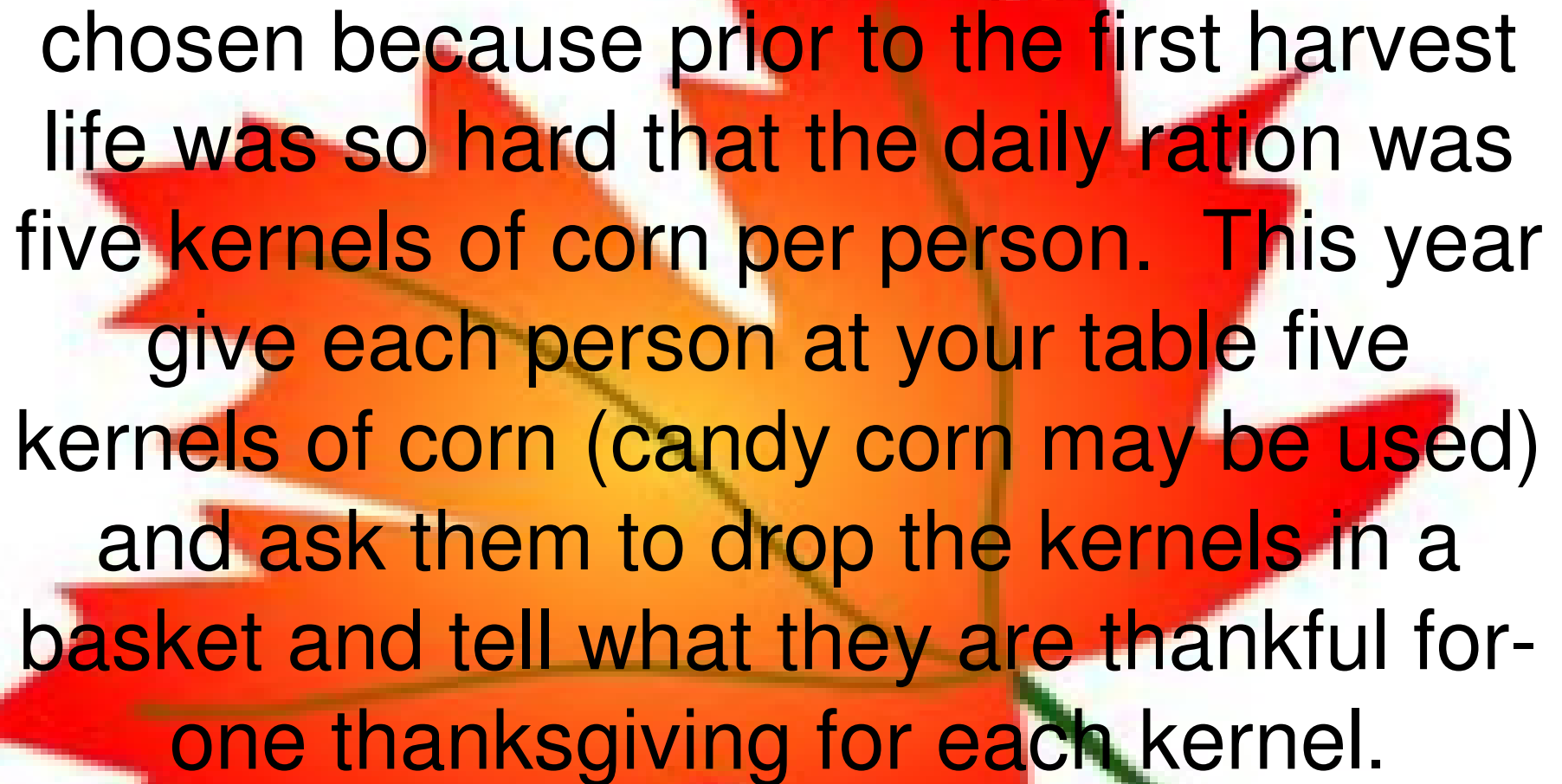
God's Word challenges us to "give thanks in everything", 1 Thessalonians 5:18. Joan Bel Geddes wrote this,

For all the good things I do have,
and for all the good things I have had,
and for all the good things I will have,
for what I am,
for what I have been,
for what I can be,
for what I shall be,
thank you, God."

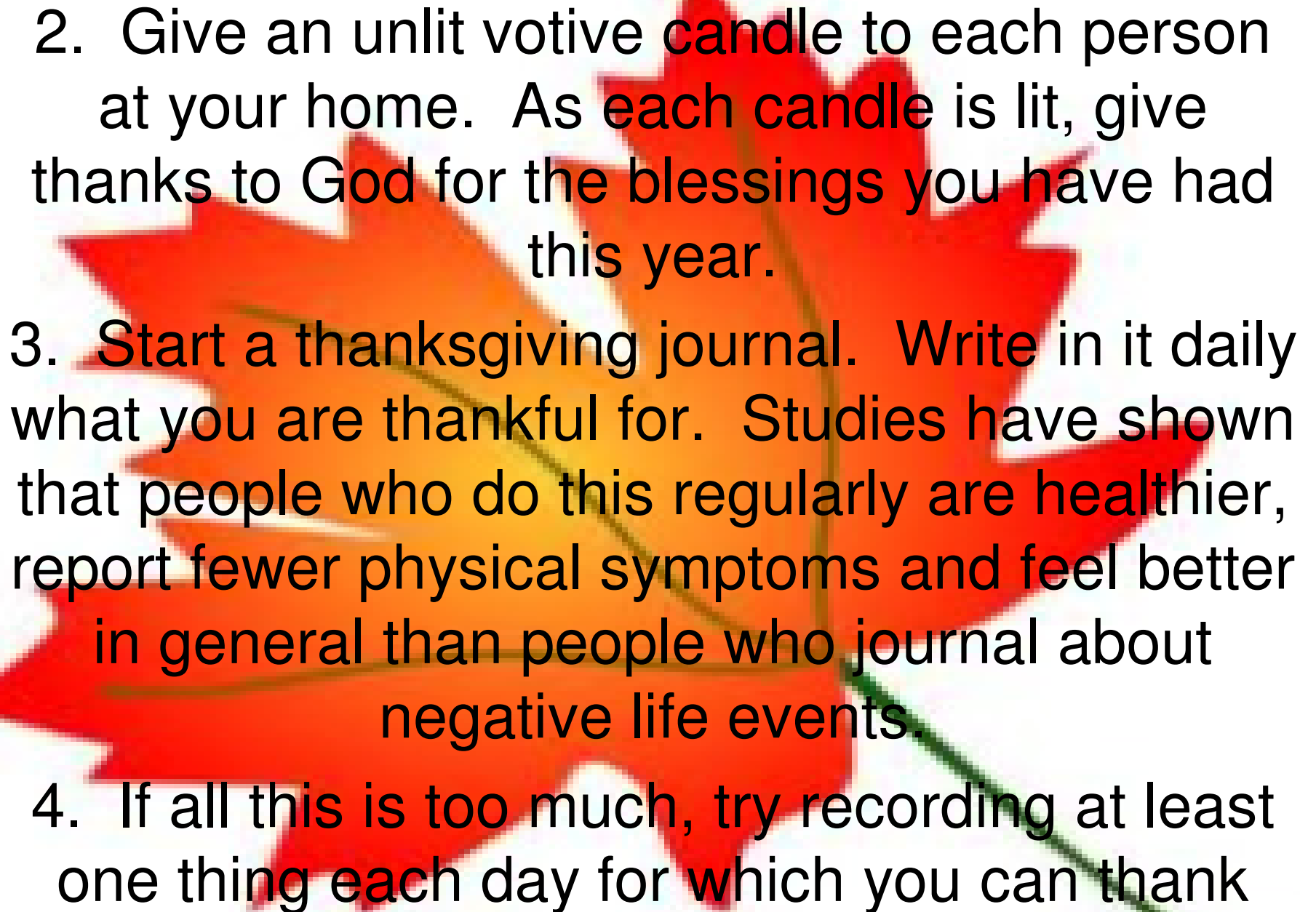


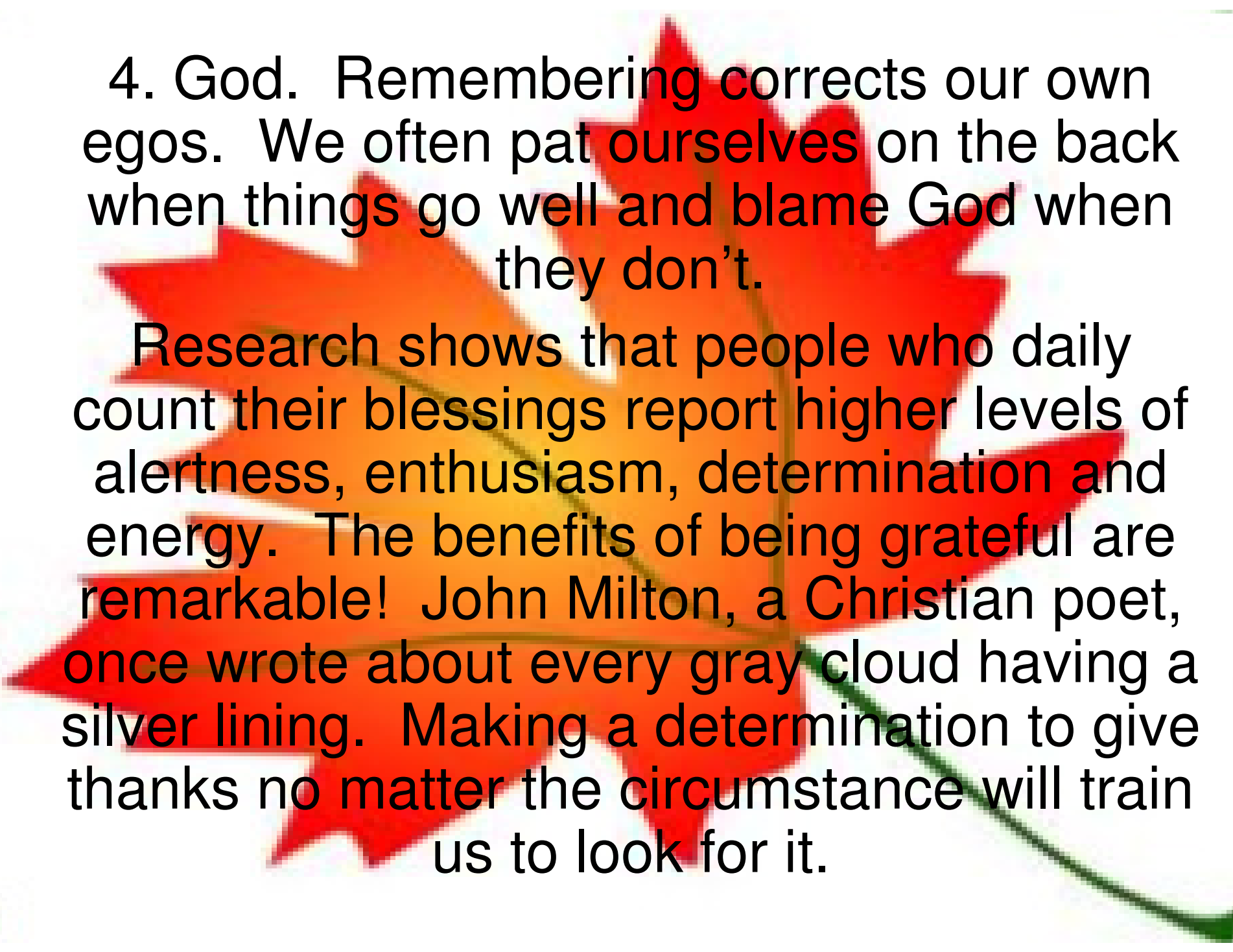
How can we, as Christians, begin to live our lives with thanksgiving in our hearts? I believe it comes with regular, steady, practice and intention. Here are some suggestions centered around Thanksgiving day that may help:

1. The pilgrims had a custom of putting five kernels of corn on each empty plate before a dinner of Thanksgiving was served. The five kernels were



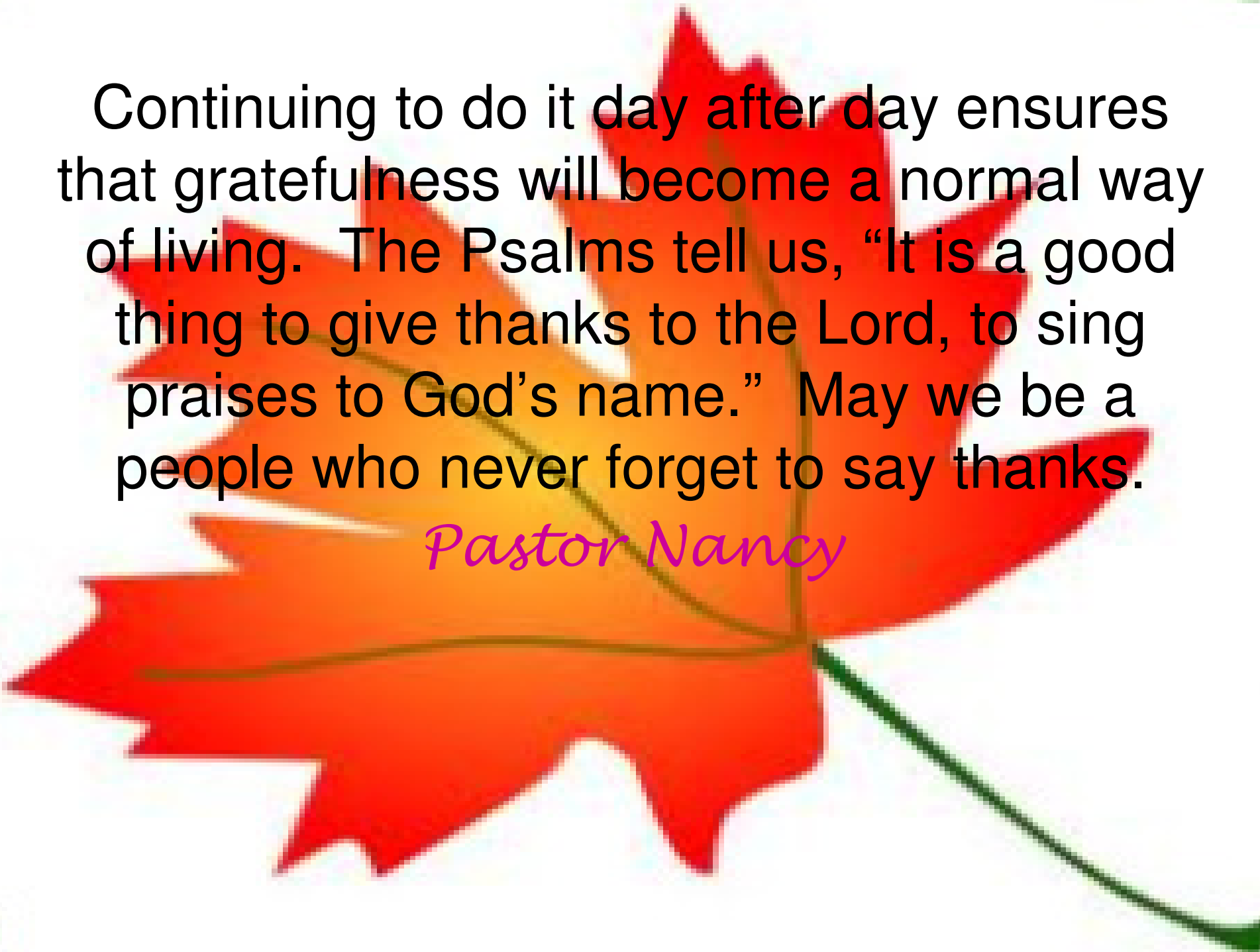
chosen because prior to the first harvest life was so hard that the daily ration was five kernels of corn per person. This year give each person at your table five kernels of corn (candy corn may be used) and ask them to drop the kernels in a basket and tell what they are thankful for- one thanksgiving for each kernel.

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2. Give an unlit votive candle to each person at your home. As each candle is lit, give thanks to God for the blessings you have had this year.
 3. Start a thanksgiving journal. Write in it daily what you are thankful for. Studies have shown that people who do this regularly are healthier, report fewer physical symptoms and feel better in general than people who journal about negative life events.
 4. If all this is too much, try recording at least one thing each day for which you can thank



4. God. Remembering corrects our own egos. We often pat ourselves on the back when things go well and blame God when they don't.

Research shows that people who daily count their blessings report higher levels of alertness, enthusiasm, determination and energy. The benefits of being grateful are remarkable! John Milton, a Christian poet, once wrote about every gray cloud having a silver lining. Making a determination to give thanks no matter the circumstance will train us to look for it.



Continuing to do it day after day ensures that gratefulness will become a normal way of living. The Psalms tell us, “It is a good thing to give thanks to the Lord, to sing praises to God’s name.” May we be a people who never forget to say thanks.

Pastor Nancy