

11-27-19 Wednesday Musings ... one day early

Musings...

Persistent in Giving Thanks! November 27, 2019

According to Colossians 4:2 we are to “be persistent in prayer... giving thanks to God.” Now if you are anything like me... you figure it’s a great idea but how do I really put it to practice? Enter Harvard Medical School who has done considerable research on the linkage between giving thanks and our physical/mental health. A recent article from *Harvard Health Publishing* offers the below practical suggestions. I am hoping to experiment with these ideas as I enter this new year ... would you like to join me? Deborah Suess

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can’t feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice. Here are some ways to cultivate gratitude on a regular basis.

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person’s impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you’ve received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as “peace”), it is also possible to focus on what you’re grateful for (the warmth of the sun, a pleasant sound, etc.). *Adapted from “Giving thanks can make you happier”, Harvard Health Publishing*

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Tell Me What's A-Happenin....

- Thanks to all who worked so hard on short notice to help make the service for Donna Freeman a blessing. Please do remember Donna's family in prayer.
- Happy Thanksgiving! The office will be closed tomorrow. In case of a pastoral care emergency, please call Tim Jackson 336.908.1126 or Deborah Suess 336.317.5384.
- Hanging of the Greens: Come one and all to help decorate our church on **Saturday, Nov. 30** for the **Hanging of the Greens service which will be Dec 1**. This marks the beginning of the Advent season – a season of joy and reflection. Note: for the Dec 1 service **please plan on bringing** a live branch, a twig, or greenery to add to the beauty of the room.
- On Monday, Dec 2 the Margaret Lightbourne Circle will gather at Betty King's home. On Tuesday, Dec 3 the Supper Club meets at Valerio's Restaurant. Please let Phil or Eleanor know by 8 pm on Nov. 28 if you can make it to the Supper Club.
- Our annual congregational meeting is Dec. 8 at 11:30 am. Please plan on joining us. Information on the proposed budget is in the office or by the pulpit.
- Canna Lily bulbs anyone? Ken Little is kindly willing to dig up any bulbs by the office entrance. Let him know if you would like some.
- From Amy Marsh of Alamance Strings: Last week one of our adult cellists was struck by a car while walking her dog. The doctors are anticipating a very lengthy recovery. Please add her and her family to the church prayer list.
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