

Let's Be Thankful

Did you know that "think" and "thank" in English are from the same root word? The Old English form of "thank" was *thane* which meant "thought, gratitude".

So "thanksgiving" really is "thinksgiving". And that's as it should be. If a person is genuinely thoughtful, he ought to be thankful!

If you really think, you cannot help but give thanks. The two go together. What God has joined. We ought not to put asunder.

- Dan Anders (*Bulletin Digest*) [adapted]

Some Things to Remember at Thanksgiving

A great deal has been written about the virtue of forgetting old grudges, prejudices, unpleasant experiences, and heartaches. We also need to be reminded of some of the blessings of remembering. Remembering can be good spiritual exercise. At Thanksgiving we need to:

- Remember our sins that we might confess them to God
- Remember our weaknesses that we may receive strength.
- Remember God's mercies that we might be merciful to others.
- Remember our joys that we might be joyful.
- Remember God's greatness that we might share our prosperity.
- Remember God's forgiveness that we might serve the needs of others.
- Remember Jesus Christ that we might grow to be more like Him.

- Share Sheets, Toole, UT (*Bulletin Digest*) -

Giving thanks means little unless you are living thanks.

Some Thoughts on Gratitude

According to Harvard Medical School, "with gratitude, people acknowledge the goodness in their lives. ... As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power."

And from Ralph Waldo Emerson:

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your achievement, you should include all things in your gratitude."

The Review, 01/26/19

Many studies now show that practicing gratitude is the healthiest emotion we can have and offers many benefits. Here are just a few of the many benefits of being grateful:

- Stronger immune systems and lower blood pressure.
- Higher levels of positive emotions.
- More joy, optimism, and happiness.
- Reduced stress.
- Responding with more generosity and compassion.
- More resilient.
- Feeling less lonely and isolated.

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Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

Ephesians 5:20



News & Notes

LAST DAY FOR TURKEYS FOR OUR PANTRY: TODAY

LARGER PRINT VERSION OF OUR BULLETIN: Now available (in house only, inside pages of bulletin). If interested, sign up at the desk so we'll know how many copies to make each week.

WV CHRISTIAN PAPER: Group rate: \$8. Sign up today. Give money to Jim Hadley. **UP FRONT:** Bible drills for the kids and teens **each 2nd and 4th Sunday at 5:15 p.m.** Bible questions submitted by adults will be considered **each 3rd Sunday at 5:15 p.m.** Give questions to Rico.

CARE & SHARE BEARS: Canceled for this Tuesday, Nov. 26th. Resumes Tuesday, Dec. 3rd at 9:00 a.m.

MEN'S ENRICHMENT BIBLE CLASS: Each Tuesday at 7:00 p.m. Men are urged to come and spend an hour with other brothers and be encouraged.

MEMBERSHIP DIRECTORY: To expedite this effort, **please make an appointment ASAP with Docie Moore;** your cooperation will be appreciated.

FELLOWSHIP DINNER & EARLY AFTERNOON SERVICE: Next Sunday, Dec. 1st, **about noon** for dinner at the Fellowship Building then followed by our **early afternoon service at 2:00 p.m.** at the church building.

MAKE YOUR HOLIDAY SHOPPING ON AMAZON COUNT FOR GOOD: Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Go to AmazonSmile to sign up (no charge). Choose and support **Warren Christian Apologetics Center** by starting and continuing your shopping at smile.amazon.com

PANTRY: Oatmeal & cereal.

SICK & SHUT-IN: AT HOME: Carol Stillwell, Tamara & Jordan Sprout, Emma Rine, Russell Martin, Blondenia Orr, Joann Webb, Doris Dunham, Alex Harless, Chris Lamb (David Roach's sister). **FOX:** Mary Jane Bowers. **CALCUTTA HEALTH CARE:** Sarah Miller (Room 11). **VALLEY OAKS CARE CENTER:** Fred Larrimore, (Room 221). **IN FLORIDA:** Ilene Rayl.

Thankful Hearts

For all that God in mercy sends —
 For health and children, home and friends,
 For comforts in the time of need,
 For every kindly word and deed,
 For happy talks and holy thoughts;
 For guidance in our daily walk —
 In everything give thanks!

For the sweet sleep which comes with night,
 For the returning morning light,
 For the bright sun that shines on high
 For the stars glittering in the sky —
 For these and everything we see,
 O Lord, our hearts we lift to Thee;
 In everything give thanks!

- Author Unknown -