

~ In Memory ~

**Sarah Miller**  
1930 - 2021



*Some day when fades the golden sun  
Beneath the rosy - tinted west,  
My blessed Lord will say, "Well done!"  
And I shall enter into rest.*  
- Fanny J. Crosby -

## In Praise of Gratitude

*Expressing thanks may be one of the simplest ways to feel better.*

The Thanksgiving holiday began, as the name implies, when the colonists gave thanks for their survival and for a good harvest. So perhaps November is a good time to review the mental health benefits of gratitude — and to consider some advice about how to cultivate this state of mind.

The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

- (Author Unknown) via *Harvard Mental Health Letter* -

Give thanks ...

for each new morning with its light,  
for rest and shelter of the night,  
for health and food,  
for love and friends,  
for everything  
Thy goodness sends.

- Ralph Waldo Emerson -



"O give thanks unto the Lord; for he is good: for his mercy endureth for ever." - Psalm 136:1

## News & Notes

**SCHEDULE OF SERVICES:** Sunday Worship, 10:30 a.m., 5:30 p.m., and Wednesday, 7:00 p.m.

**FACE COVERINGS REQUIRED:** For EVERYONE in ALL of our assemblies whether seated in the auditorium or the balcony.

**SYMPATHY:** To the family of **Sarah Miller** at her recent passing (children: Ann, Ron, Bill, Judy and Claudette, their spouses and extended family members). Sarah was a faithful member of this congregation for many years. Also, sympathy to **Connie Monroe** at the passing of her brother-in-law, Johnny Monroe. God bless and comfort these families.

**IN SEARCH OF THE LORD'S WAY:** WTOV, Channel 9, Steubenville was recently hacked and our program has temporarily not been televised. A resolution to programming issues is ongoing.

**ADDITIONAL CHURCH OFFICERS APPOINTED:** **Elder:** David Malcomson; **Deacons:** Willard Burdine, Sr. and Dewey Moore, Jr. Pray for these men and our other church officials as they do the Lord's work.

**MEN'S BIBLE STUDY:** Each Tuesday at 7:00 p.m. including next Tuesday, Nov. 23rd and Nov. 30th which were inadvertently omitted from the November calendar.

**WV CHRISTIAN PAPER:** New or renewal subscriptions are being taken until next Sunday, Nov. 28th. Group rate is **\$8.00 per year (12 issues)**. Sign-up sheet on the table in the foyer. Give your subscription money to Rico or one of the Elders.

**PANTRY:** Canned cranberries (whole or sauce).

**PICTURE GALLERY OF PAST MEMBERS:** Submit pictures (black and white or color) to David Malcomson.

**ZIP CODE CORRECTION:** **Marcella Martin**, 12839 Planters Row Drive, Charlotte, NC 28278.

**PRAYERS & CARDS REQUESTED:** **Claudette Miller**, 362 Arroyo Village Road, New Cumberland, WV 26047. Cards will be delivered to her in Weston. **Bob Noland** (former member here), 1180 CR 1356, Ashland, OH 44805

**SICK & SHUT-IN:** **CITY HOSPITAL:** Linda Morgan (sister of Nancy Hadley). **STONEWALL JACKSON HOSPITAL, WESTON, WV:** Claudette Miller. **AT HOME:** Melvin "Pete" Reed, Jim Hadley, Andrew, Hunter & Wyatt Malcomson, Marilyn Miller, Randy Beagle, Barb DeLong, David McCoy, Marlene Evans, Russell Martin, Jean Haught (Skip's mother), Emma Rine, Rick Beck. **IN FLORIDA:** Ilene Rayl.