



# **Growing Through Gratitude**

Thankfulness, studies show, has multiple physical, mental and emotional benefits. Psychologist Robert Emmons calls gratitude "fertilizer for the mind" because of its powerful effects.

He admits gratitude isn't always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful

during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn't grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. "Give thanks in all circumstances," he writes, "for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18, NIV).

### The Advent Wreath



During Advent, which begins this year on December 1, many churches and families use wreaths to symbolize watchfulness and increasing joy as Christmas approaches. Colors for the candles vary, with some traditions using blue (for hope or creation) and others preferring purple (for royalty, humility or penitence).

The four candles that each represent a week in Advent also signify hope, peace, joy and love. (The third candle is often pink.) In the center is the white Christ candle, representing Jesus as the light of the world. That candle is lit on Christmas Eve and Christmas Day.

The round, green Advent wreath has special meaning of its own. It symbolizes eternal life and the unending love of God, who sent his only Son to earth to die in our place.





#### **SUNDAY, NOVEMBER 24**

9:00 a.m. Contemporary Service

9:50 a.m. Sunday School

11:00 a.m. Traditional Worship Service

11:00 a.m. Live Stream Worship

**TUESDAY, NOVEMBER 26** 

6:00 p.m. Ladies' Bible Study

**SATURDAY, NOVEMBER 30** 

9-12 noon Methodist Market

**SUNDAY, DECEMBER 1** 

9:00 a.m. Contemporary Service

9:50 a.m. Sunday School

11:00 a.m. Traditional Worship Service

11:00 a.m. Live Stream Worship

6:00 p.m. Solid Ground Youth

**TUESDAY, DECEMBER 3** 

6:00 p.m. Ladies' Bible Study

**WEDNESDAY, DECEMBER 4** 

4:30 p.m. Ladies' Handbell Practice

5:30 p.m. W.O.W. Children's Ministry

6:00 p.m. Chancel Choir

6:15 p.m. Snack Supper

6:30 p.m. Youth

**SATURDAY, DECEMBER 7** 

9-12 noon Methodist Market



- 24. De Paul
- 26. Louis Thompson & Rita Sanders
- 27. Butch Gary
- 30. Jenny Whitaker
  - 1. Bill McNair
  - 4. Tera Smith, Mattie Burton, Daniel Cobb
- 5. Diane Vaughan
- 6. Clark Duncan



Clara Bufkin

Mr. & Mrs. Frank Webb

Rev. Dr. Marshall Burnett

Mr. & Mrs. Frank Webb

Kathy Coker

Mr. & Mrs. Frank Webb

Mary Daugherty

Mr. & Mrs. Frank Webb

Mike Harvey

Mr. & Mrs. Frank Webb

Pam Ledbetter

Mr. & Mrs. Frank Webb

Mary Thompson

Mr. & Mrs. Frank Webb



Thank you to all who prepared and brought Christmas Shoeboxes. Many will be blessed, the recipients as well as the givers!



\* 2024 Budget proposals due by December 1.

\*The White Christmas Music and Candlelight program will be Sunday, December 15, 2024 at 6 p.m.



The next two Sundays we conclude our series The God Who Calls Us. Our final lesson in this series is titled "God Helps me When I Ask." This story happens years after Abraham and Sarah have Isaac. Sarah has passed, Abraham is about 140 years old, and Isaac is about 40. Abraham turned to God to find a wife for Isaac. He prayed for God to help bring the right person to his son.

#### HISKIDZ/W.O.W. WEDNESDAY

We will NOT meet next Wednesday, November 27, due to Thanksgiving Holiday. Wednesday, December 4, will be our last meeting until January.





Youth Bible Study will NOT meet this Sunday, November 24 or Wednesday, November 27, due to Thanksgiving Holidays.

**M28** Camp – Date June 29 - July 2, 2025

Camp registration has opened. Sign-up will require a non-refundable deposit of \$120 to hold your place. Spots will only be held if the full deposit has been paid. Deposit may be split into 2 payments of \$60, but half must be paid upfront. Please respond as soon as possible so we can register our group.



Remember to purchase a poinsettia for Christmas. They provide our Christmas decorations each year for the Sanctuary. There will be forms in the Sunday school classrooms, as well as in the back of the church. Feel free to call the church office or Tera Smith if you are interested.

Youth members may also be contacted.

#### **Christmas for Foster Children**

Please help bring the Light of Christ to a foster child this Christmas! If you would like to adopt a child, purchase a specific gift, or make a financial contribution, please contact Allison Hughes 662-571-4964.

(Financial contributions may be turned in to the church. Indicate that the money is for the Foster Children's Fund)

# SUNDAY, NOVEMBER 24, 2024

Greeters

Advent Readers

D'Ann Adams/Patsy Clark

Dixie & Jim Roberts/Angie & Bill Kyle

Scripture

Luke 17:11-19

Sermon

"The Power of Thank You"

Flowers Anonymous

## **SUNDAY, DECEMBER 1, 2024**

Greeters Christy & Albert Vandevere/Brenda & Denny Paul Flowers Barbara Parks

### **DAILY BIBLE READINGS**

#### **NOVEMBER**

24. Christ the King Sunday	Luke 23:33-43
25. By their own judgments	Ezekiel 7:23-27
26. Paths of faithfulness	Psalm 25:8-10
27. A welcome messenger	Isaiah 52:7-10
28. God of peaceful ways	Isaiah 2:1-5
29. Praying for peace	Psalm 122
30. The armor or light	Romans 13:11-14

### **DECEMBER**

1. 1 <sup>st</sup> Sunday of Advent	<b>Matthew 24:36-44</b>
2. Waiting in despair	Psalm 69:1-16
3. Not slow but patient	2 Peter 3:3-9
4. With their whole heart	Jeremiah 24:1-7
5. A shoot shall grow	Isaiah 11:1-10
6. Like showers that refresh	Psalm 72:1-7, 18-19
7. The nations shall hope	Romans 15:4-13