



# The Emmanuel Envoy

## November 2021

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### **Cultivating an Attitude of Gratitude**

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*Devote yourselves to prayer, keeping alert in it with thanksgiving.*  
Colossians 4:2

One of the fruits of my sabbatical was that, when I returned to work at Emmanuel, I found that I did so with a new intentionality and discipline around my prayer life. I have a prayer practice that includes devotional/scripture reading, intercessions from my current life and from something called my “prayer jar” which is a place where I keep prayer requests that I have received that I need to lift up on an ongoing basis. I keep track of it all in a prayer journal, that I try to write in every day. When I returned from sabbatical, I added thanksgivings to my prayer practice, which means that I try to write down three things that I am grateful for every day.

That has been a challenge for me. I can find plenty of things that worry me that I want to pray about. I can find plenty of people for whom I am concerned and who I want to lift before God in love and intercession. But sometimes it’s hard for me to think of things for which I feel genuinely grateful. Of course, I’m intellectually grateful for many, many things, of course, salvation in Jesus Christ, my family and friends, clean water, air to breathe, roads to drive on, good schools for my kids to go to, my job, etc. But, as I journal my thanksgivings, the challenge that I have set before myself is that I try to write things, just three things, that I can remember actually feeling grateful for from the day before. I try to move beyond the general and think about things that I actually acknowledged in the moment as something that brought me joy or gratitude. Sometimes I have trouble thinking of three times I actually felt grateful in the day. Now that doesn’t mean that I don’t have millions of things and people to be grateful for. It just means that sometimes, when I go through my day, I don’t let myself notice and feel gratitude. I have no difficulty identifying troubles or concerns but tracking my own joy has proved to be a bit more challenging. Again, it’s not that I don’t feel intellectual gratitude, I certainly know that I am blessed in multitudinous ways. It’s just that sometimes I have trouble connecting to that sense of gratitude.

I have a friend who has kept a gratitude journal for at least ten years. Every day (or most days) which means that she has a record of over 10,000 things that she felt grateful over the course of those years. On her bad days, I’m sure that it was difficult for her to find three things that she was grateful for, just as I’m sure that there were days when it was hard for her to limit herself to just three things that she was grateful for. But one thing that she often says is that her gratitude journal has the capacity to lift her up even on her hardest days. It helps her to remember the blessings and joys of the past and it gives her hope for the future.

November begins in a couple of days, and, of course, November is the month when we celebrate Thanksgiving in our country. But, for Christians, thanksgiving is not supposed to be just one day. Instead, thanksgiving is supposed to be a spiritual discipline, an orientation toward God and toward life, which is commended to us in scripture many places and many times. And by saying it is a

discipline, I mean that it is something to be cultivated. Things that we have to be grateful for often come to us as gifts, but the ability to recognize them, to see our blessings, especially the little things, and celebrate them, for many of us, needs to be a discipline, a discipline of joy and gratitude, that doesn't let moments and joy and blessing, especially the little things, slip by us unnoticed. Perhaps this month, when the world around us is getting ready for Thanksgiving Day, we could start to cultivate lives of thanksgiving, not ignoring the needs of the world around us or our own needs, but also teaching ourselves to recognize joy and the gifts of God when they come our way.

One thing I am sure of, both as an intellectual acknowledgement and as a deeply felt sense of gratitude. I'm thankful that you are a part of my life and a part of this congregation!

With gratitude and in Christ,

*Pastor Amanda*



Grateful

## Prayer Concerns List

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Susan Tomasello	Ann-Marie Litcof
Bill Rapp	George Beaudoin
Megan Nowak	Bo Ruda
Sam Richwine	Jovanni Sanchez-Colon
Lyndsay Boysen	Rebecca Sol
Tony & Sheri	Danny Connolly
Nikolassy	Jean Croll
Paul & Heather	Iain McLane
Crisafulli	The Dimpel Family
Jon Pierce	



### Thank You...

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Dear Emmanuel,

Thank you for your generosity in the \$100 scholarship from the Educational Grant Program. I truly appreciate your gift, and it will help me achieve my academic goals this year. I am currently attending Simmons University to study history and am greatly enjoying my studies so far. I look forward to visiting Emmanuel when I come home this year. Thank you again for your generosity and kindness.

Sincerely,  
*Kaz (Katerina) Gebhardt*

Dear Emmanuel Lutheran Church,  
Thank you for your generosity in awarding me \$100 through the Educational Grant Program. Your gift is greatly appreciated and will help me achieve my educational goals this year. I am attending the University of New England to study environmental science, and I am looking forward to furthering my education and taking advantage of the opportunities college provides. I look forward to visiting Emmanuel when I am home. Thank you again for your kindness and generosity.

Sincerely,  
*Caroline Gebhardt*

Dear Emmanuel Church,

Thank you so much for the Educational Grant! The funds will come in very handy for books, which can be very costly.

I am very grateful to be part of this wonderful church!

God bless,  
*Ava Gundal*



### Thanks to...

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I would like to offer many thanks to everyone who helped with the rummage sale. The proceeds of \$1700 will go towards items not covered by the church budget and camperships.

The benefits of the sale extend far beyond the funds we take in. There is service to the community, allowing those with tight budgets to find clothing and household goods at low cost. Items not sold were donated to Savers who supports the Epilepsy Foundation. All the books, DVDs and CDs go to a wonderful charity, *More Than Words*.

Thanks to the individuals that gave many hours to help and who brought goodies to eat. Thanks to Alice Wuschke, who published announcements and made signage. More thanks to Helene Bier for handling publicity.

The "crew" included Julie Ackley, Joy Peter, Joanne Balduf, Phyllis Kivi, Linnea Keyes, Leslie Daskam, Donna and John Sera, Martha Russell, Martha Burk, Linda Stipkovich, Kendra and Rich Lassen, Cindy and Wayne Zafft, Beth and Carlton Gebhardt, Elaine Gebhardt, Janice Wright, Fridel Byrnes, Pastor Amanda, Britton Warner, Abigail Warner, Lisa and Tom Hunt, Lisa Silletti, Darlene Conti, Chris Gradijan, Judie Aliano, Mark and Morgan Jean-Pierre, Laurie Alley, Arlene Zolla, Susan and Michael Lawson,

Janice McHugh, Homer Everhard and Richard Foster.

These people moved tables, set signs in place, sorted through mountains of boxes and bags, arranged, rearranged, folded and refolded, checked people out, cooked our meals and snacks, arranged our huge white elephant tables, chatted with customers, bagged and boxed unsold items, brought the leftovers to Savers, swept the floors, put the tables and signs away and so on and so on. Even though everyone worked very hard, there was genuine fellowship and good time had by all.

Thanks for cleaning out your houses and all your contributions.

Thanks, and blessings to all of you,

*Arlene Cegelis*

### **Shopping with Amazon?**

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Did you know that if you shop with Amazon Emmanuel can receive a small percent of money based on the cost of your order your order?

To do this simply go to our website: [www.emmanuelnorwood.org](http://www.emmanuelnorwood.org) and scroll to the Amazon Shipping Link. Click through an intermediary page to get to Amazon. If you are not already signed up for Amazon Smile (through Emmanuel or another organization) you will be prompted to enroll and to select your charity. To select Emmanuel, you'll need to enter: Emmanuel Evangelical Lutheran Church Norwood. From there just shop Amazon as you always do.

*Rebecca Sol*

### **Friday Night Live Youth Ministry**

Emmanuel's Friday Night Live (FNL) Youth Ministry meets most Fridays throughout the school year from 7:00-9:00 p.m. FNL is for youth in 7<sup>th</sup>-12<sup>th</sup> grades and our youth are always welcome and encouraged to bring friends! Here's our schedule through Christmas.

November 5: Halloween Games 2

November 12: Game Night: Purgatory Uno and Apples to Apples

November 19: Friendsgiving Thanksgiving Pizza Making Night

November 26: No Friday Night Live

December 3: Quiplash and other Digital Game Night

December 10: Christmas Party, including games and a Yankee Swap

**December 17: Friday Night will be 6:00-9:00 Christmas Caroling!**

The congregation is invited to join the Friday Night Live youth for Christmas Caroling in our homebound members' yards and at local nursing homes, as they permit. Watch for more information in future Envoys and bulletin announcements.

### **Ascentria Christmas Gift Program – Coming SOON!**

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We are partnering again this year with Ascentria to provide Christmas gifts for children in foster care and young adults in need.

We should be receiving wish lists in early November and gifts will be due at the end of November. Exact dates and details will be sent out with the sign-up sheet similar to last year. If you have questions, please contact Ann Frerichs at [afrerichs@gmail.com](mailto:afrerichs@gmail.com) or 339-213-3769.

## 2022 ELCA National Youth Gathering

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### **boundless: God Beyond Measure**

The 2022 ELCA National Youth Gathering will be held **July 24-28, 2022 in Minneapolis, MN**. The theme of this year's Gathering is *boundless: God Beyond Measure*, which is based on Ephesians 3:19: "I want you to know all about Christ's love, although it is too wonderful to be measured. Then your lives will be filled with all that God is." The goal of the National Youth Gathering is to help youth know and share the boundless love of God.

Youth who are entering high school in fall of 2022 through youth who graduate from high school in 2022 are eligible to go to this NYG. Emmanuel will be sending a group to this year's NYG and it's time to get ready to go. The first thing that need to happen is to get families to commit to sending their kids to the National Youth Gathering.

We budget \$1,500 per person to cover the Gathering expenses. That includes the cost of:

- registration
- airfare
- hotel rooms
- transportation at the Gathering as needed,
- and food.

Historically, we have asked families to pay half of the cost of sending their children to the Gathering and we have fundraised for the rest of the cost of the trip. We'll need commitments from youth who want to go to the Gathering by **Friday, November 12<sup>th</sup>**. A commitment includes a first payment of \$250.00. If a family can't afford to send their child to the Gathering, we will make arrangements to make it possible for the child to go. Please speak to Pastor Amanda confidentially.

#### **Things to know:**

- We might leave for the Gathering on July 23<sup>rd</sup>, so that we have some time to get our feet under us in Minneapolis before the Gathering begins.
- Youth and adults will need to attend special Gathering preparation meetings once or twice a month until the Gathering.
- Future payments for the Gathering (\$250.00 each) will be needed on **January 31<sup>st</sup>** and **March 31<sup>st</sup>**.
- Those who attend the Gathering will need to provide proof of Covid-19 vaccination or proof of a negative Covid test, likely 72 hours before arrival at the Gathering.

If you have any questions about the Gathering, please contact Pastor Amanda at [pastor@emmanuelnorwood.org](mailto:pastor@emmanuelnorwood.org).