

# PRESBY-NOTES

November 2024



It is the mission of First Presbyterian Church of Beatrice to know Christ, to make Christ known and to exhibit Christ's love through worship, education, and service.

## Rejoice always, Pray without ceasing, Give thanks always

Paul reminds us to “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. in Thessalonians 5:16-18. November is a good time to review the ways we are giving thanks to God for our many blessings.

These three good habits have been called the standing orders of the church. They represent the will of God in Christ Jesus for us. The words in Christ Jesus remind us that He taught us these things during His earthly ministry and He was the living embodiment of what He taught. By teaching and example, He revealed to us God's will concerning joy, prayer, and thanksgiving.

Professor of New Testament at Wesley Theological Seminary Carla Works gives some background on this passage. “These verses contain the following admonitions: rejoice always, pray without ceasing, and give thanks in all things. These imperatives convey a human response toward God, recognition that God is the source of our joy and thanksgiving. While the exhortations to rejoice, pray, and give thanks are common in Paul's letters, they take on new life when one considers that this church has been grieving over the death of some of its members. In chapters 4-5 Paul reminds them of the power of the gospel. This is a God who has conquered death and will not neglect the believers who have already died. God will raise them from the dead just as God raised Jesus (1 Thessalonians 4:13-18). The gospel provides the very basis for rejoicing and thanksgiving, even in the midst of grief.

How can we make these a part of our daily lives? Robert Emmons, psychology professor and gratitude researcher at the University of California, explains that there are two key components of practicing gratitude:



**Apostle Paul by Rembrandt**

- We affirm the good things we've received
- We acknowledge the role other people play in providing our lives with goodness

While this is important there is something missing with these two points. Paul says we need to rejoice and pray. By rejoicing we remember the good things in our lives and by praying we offer our thanks to God for the joys in our lives and we can also ask for God's help in facing the challenges.

Let us face our lives this November, and in all our days by rejoicing always, praying without ceasing, and giving thanks always.

The Holiday Dinner will be on November 24th.

Hanging of the Greens will take place December 1st.

Pastor Doris is planning an Advent Bible study.

Sweet Dream Bed Ministry delivered beds 51 and 52.

We serve Warren's Table on November 5th if you would like to help contact Fran Martin.

The Holiday Parade is December 7th we are planning to serve hot chocolate again this year.

The next stated meeting is November 18th at 6:45pm.



PRAYERS: Bruce Greenwell; Ellen Greenwell; Connie Dake; Diane Mayer; Norma Jean McNamee; and Gayle Eskra.

Also: Shannon Fanning; Steve Arneal; Hope Johns (Maxie Arneal's great granddaughter); Imogene Johnson (Connie Dake's sister); Norma Mitschler (Frank's sister); Janet Parde and Alyssa Lock (Kristin Jurgens' granddaughter).



Brian Daake	1
Suzanne Byler	5
Matt McConnell	5
Richard Scheideler	6
Kristin Jurgens	7
Colten Daake	12
Linda Nuismar	16
Hayes Engler	28
Melissa Sohl	30



Westminster Guild



Westminster Guild will meet Monday, November 11<sup>th</sup>, at 4:30 p.m. in the church parlor for a pot-luck supper and fellowship. All women of the church and friends are welcome.

*Enjoy the remaining Autumn Season*





PW will meet on Thursday, November 21. The business meeting will be at 9:30 a.m. and Bible Study at 10:00 a.m.

The Women's Bible Study will meet Wednesday, November 6, and 20 at 7:00 p.m.

---



Thank you to all who helped make the Youth Service Sunday a success last week from filling school bags, cutting letters, sending cards, making lasagna, cutting branches and helping in the kitchen. The amount donated was \$221.00 and will go to Warren's Table.



The Holiday Dinner will be Sunday, November 24. Please let Karen, Sue, or the office know if you will be bringing guests. We will need people to help cook the 3 turkeys and 2 hams in advance and kitchen help and clean-up crew. Let Karen know if you are willing to help.



# Sharing our thankfulness with a Gratitude Board

During November we are going to take time to practice gratitude by writing down those small things we are thankful for in our lives. Building your capacity for gratitude isn't difficult. It just takes practice. The more you can be mindful of your perception and bring your attention to that which you feel thankful for the more you'll notice what to feel grateful for.

Each day you wake up is a gift and the only appropriate response to this gift is to practice gratitude. It's also an opportunity to do something kind for someone, improve yourself, or make a positive impact.

We are hoping you are willing to share a few things you would write down if you were keeping a gratitude journal. There will be slips of paper by the "Being Thankful" bulletin board in the back of the sanctuary. Please spend a few minutes writing down something you are thankful

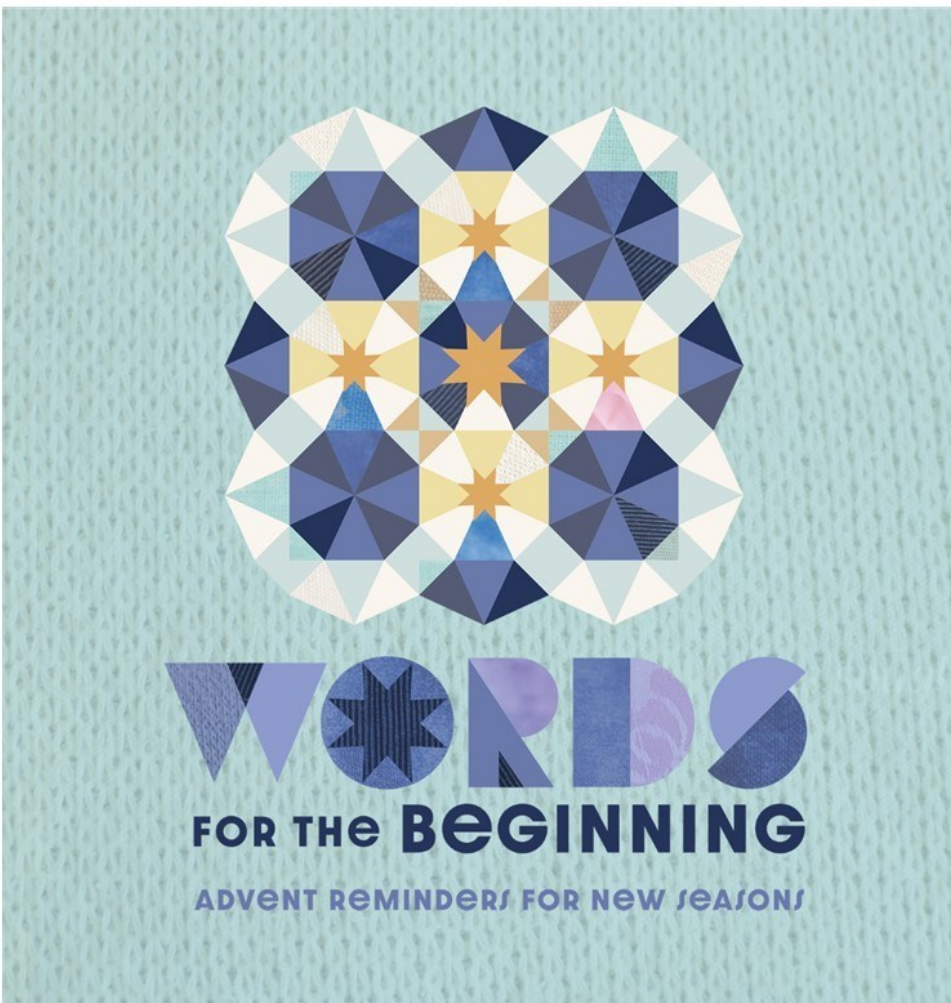


for and try to explain the difference it makes in your life. Then thumbtack the paper on the bulletin board. You are also welcome to share a picture of something you are thankful for but please also include a note by the picture.

## Here are some examples;

- "I am grateful to feel the sun on my face and to hear the birds in my garden"
- "I'm grateful for the way my sister always makes me laugh"
- "I'm grateful for my friend Sarah who called me today to check how I was feeling after a tough day"
- "My neighbor brought me some of her wonderful soup. Small acts of kindness like this always warm my heart"
- "I'm grateful for my lifestyle that allows me to slow down, take care of myself physically and mentally, and enjoy more time with my dogs and those I care about."

## Members asked to share their quilts during Advent



Presbyterian Women are organizing a quilt display for Advent and hope you will share one or two or three with us. In the logo to the left, "Words for the Beginning, Advent Reminders for New Seasons," a quilt is featured. This is the Advent Resource Bundle First Presbyterian will be using.

"I am looking forward to seeing these family heirlooms during Advent and learning about their history," said Pastor Doris Martin.

When you submit your quilt(s) please include a short paragraph explaining some background on the quilt. For example, did you or someone in your family make the quilt? Was it made for a special occasion?

The plan is to display them in the sanctuary on the back of pews that people do not sit in or in the Parlor. PW will do all that is possible to make sure the quilts are not damaged but, please realize accidents do happen.

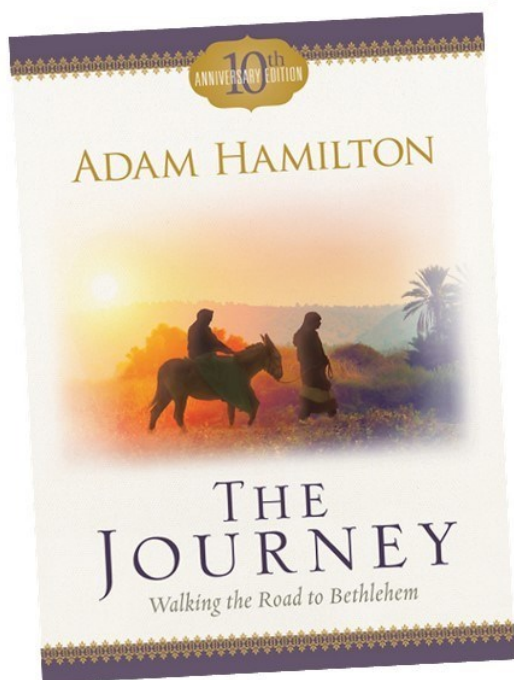
Quilts should be submitted by Nov. 20 and can be picked up after Epiphany Sunday on Jan. 5.





*Family and Friends,  
Join us on Nov. 24  
following worship  
for the Holiday Dinner!*

## Advent Bible Study begins on Wednesday, Dec. 4



Advent Bible Study will be held on the first three Wednesdays in December at 6 p.m. The dates are Dec. 4, Dec. 11, and Dec. 18. “The Journey” by Adam Hamilton will be used.

In *The Journey*, Adam Hamilton travels from Nazareth to Bethlehem in a fascinating look at the birth of Jesus Christ. He also wrote the study we used for Lent last year. Using historical information, archaeological data, and a personal look at some of the stories surrounding the birth, the most amazing moment in history will become more real and heart-felt as we walk along this road.

Dinner will be served at 6 p.m. with the Bible Study to follow.

If you would like to participate please call the church office and we will get a book ordered for you.