

TIDINGS

The newsletter of The Church of the Incarnation, Rt. 522, Mineral, Virginia.

The confirmation class has memorized the 50 words that describe the stories of the bible.

Starting on Wednesdays in September we will join them. Each night two people will present the story or stories behind each title. The goal is to know the bible stories so it will be easy to memorize the list. Dinner will begin at 5:30pm, sessions will be from 6:00pm-7:30pm.

Presenters will have 10 to 15 minutes to tell the story and discussion will follow.

The youth want to sign up for a Wednesday we are hoping you will too.

The BIBLE in 50

God made	Sept. 12	_____
Adam bit	Sept. 12	_____
Noah arked	Sept. 19	_____
Abraham split	Sept. 19	_____
Joseph schemed	Sept. 26	_____
Jacob dreamed	Sept. 26	_____
Bush talked	Oct. 03	_____
Moses balked	Oct. 03	_____
Pharaoh plagued	Oct. 10	_____
People walked	Oct. 10	_____
Sea divided	Oct. 17	_____
Tablets guided	Oct. 17	_____
Promise landed	Oct. 24	_____
Saul freaked	Oct. 24	_____
David peeked	Oct. 31	_____
Prophets warned	Oct. 31	_____
Jesus born	Nov. 07	_____
God walked	Nov. 07	_____
Love talked	Nov. 14	_____

Anger crucified	Nov. 14	_____
Hope died	Nov. 28	_____
Love rose	Nov. 28	_____
Spirit flamed	Nov. 28	_____
Word spread	Dec. 05	_____
God remained.	Dec. 05	_____



Ground Breaking for *Journey Home*

The Church of the Incarnation Polo shirts are now available for \$20 in Small-2XL

put polo on the memo line of the check

Make Your Life Better by Saying **Thank You** in These 7 Situations

by James Clear

I don't say "Thank You" as often as I should and I doubt I'm the only one. In fact, I'm starting to believe that "Thank You" is the most under-appreciated and under-used phrase on the planet. It is appropriate in nearly any situation and it is a better response than most of the things we say. Let's cover 7 common situations when we say all sorts of things, but should say "Thank You" instead.

1. Say "Thank You" when you're receiving a compliment.

We often ruin compliments by devaluing the statement or acting overly humble. Internally, you might think this prevents you from appearing arrogant or smug. The problem is that by deflecting the praise of a genuine compliment, you don't acknowledge the person who was nice enough to say something. Simply saying "Thank You" fully acknowledges the person who made the compliment and allows you to enjoy the moment as well.

Example: "Your dress looks great."

- Instead of: *"Oh, this old thing? I've had it for years."*
- Try saying: *"Thank you. I'm glad you like it."*

Example: "Wow! 20 points tonight. You played really well in the game."

- Instead of: *"Yeah, but I missed that wide-open shot in the 3rd quarter."*
- Try saying: *"Thank you. It was a good night."*

Example: "You killed your presentation today!"

- Instead of: *"Did I? I felt so nervous up there. I'm glad it looked alright."*
- Try saying: *"Thank you. I'm happy it went well."*

There is something empowering about fully accepting a compliment. When you deflect praise, you can't really own it. When you just say "Thank You," you let the weight of the compliment sink in and become yours. Saying "Thank You" gives your mind permission to be built up by the compliments you receive. Getting compliments should be fun and enjoyable, but we often ruin the experience. There's no need to sabotage compliments that come your way. Accept them with grace and enjoy the moment.

2. Say "Thank You" when you're running late.

Being late is the worst. It's stressful for the person who is running late and it's disrespectful to the person who is waiting. It might seem strange to thank someone for dealing with your hassle, but that's exactly the correct response. Most people stumble in the door and say, "Sorry I'm late."

The problem is this response still makes the situation about you. Sorry, *I'm* late. Saying "Thank You" turns the tables and acknowledges the sacrifice the other person made by waiting. Thank *you* for waiting.

Example: You walk in the door 14 minutes late.

- Instead of: *"So sorry I'm late. Traffic was insane out there."*
- Try saying: *"Thank you for your patience."*

When we make a mistake, someone else often makes a sacrifice. Our default response is to apologize for our failure, but the better approach is to praise their patience and loyalty. Thank them for what they did despite your error.

3. Say "Thank You" when you're comforting someone.

When someone comes to you with bad news, it can be awkward. You want to be a good friend, but most people don't know what to say. I know I've felt that way before.

Often times, we think it's a good idea to add a silver lining to the problem. "Well, at least you have..." What we fail to realize is that it doesn't matter if you don't know what to say. All you really need is to be present and thank them for trusting you.

Example: Your co-worker's mother passed away recently.

- Instead of: *"At least you have a lot of fond memories to hold onto."*
- Try saying: *"Thank you for sharing that with me. I know this is a hard time for you."*

Example: Your brother lost his job.

- Instead of: *"At least you have your health."*
- Try saying: *"Thank you for sharing this with me. I'm here to support you."*

Example: Your friend's pet just died.

- Instead of: *"At least they had a long and happy life."*
- Try saying: *"Thank you for sharing that with me. I'm here for you."*

In times of suffering, we don't need to hear words to ease

the pain as much as we need someone to share our pain. When you don't know what to say, just say "Thank You" and be there.

4. Say "Thank You" when you're receiving helpful feedback.

Feedback can be very helpful, but we rarely see it that way. Whether it is an unflattering performance review from your boss or an email from an unhappy customer, the standard reaction is to get defensive. That's a shame because the correct response is to simply say, "Thank You" and use the information to improve.

Example: "This work isn't good enough. I thought you would do better."

- Instead of: *"You don't understand. Here's what really happened."*
- Try saying: *"Thank you for expecting more of me."*

Example: "I bought your product last week and it already broke. I am not happy with this experience."

- Instead of: *"How did you use it? We made it very clear in our terms and conditions that the product is not designed to work in certain conditions."*
- Try saying: *"Thank you for sharing your thoughts. Please know we are committed to becoming better. Can you share more details about the issue?"*

Nobody likes to fail, but [failure is just a data point](#). Respond to helpful feedback with thanks and use it to become better.

5. Say "Thank You" when you're receiving unfair criticism.

Sometimes criticism isn't helpful at all. It's just vindictive and mean. I've written about [how to deal with haters](#) previously, but one of the best approaches is to just say thank you and move on.

When you thank someone for criticizing you, it immediately neutralizes the power of their statements. If it's not a big deal to you, then it can't grow into a larger argument.

Example: "This might be good advice for beginners, but anyone who knows what they are doing will find this useless."

- Instead of: *"Well, clearly, I wrote this for beginners. This*

might be a surprise, but not everything was written with you in mind."

- Try saying: *"Thank you for sharing your opinion. I'll try to improve next time."*

Example: "Your statement is the dumbest thing I've read all week."

- Instead of: *"You're an idiot. Let me tell you why..."*
- Try saying: *"Thank you for the feedback. I still have a lot to learn."*

Releasing the need to win every argument is a sign of maturity. Someone on the internet said something wrong? So what. Win the argument by the way you live your life.

6. Say "Thank You" when someone gives you unsolicited advice.



This shows up a lot in the gym. Everybody has an opinion about what your technique should look like. I think most people are just trying to be helpful, but hearing someone's opinion about you when you didn't ask for it can be annoying. One time, someone pointed out some flaws in my squat technique in a video I posted online. I responded by sarcastically asking if he had a video of himself doing it correctly. Somewhere deep in my mind, I assumed that if I reminded him that his technique wasn't perfect, then I would feel better about the fact that mine wasn't perfect either. That's an

unnecessary and defensive response. The better approach? Just say "Thank You."

Example: "You know, you should really keep your hips back when you do that exercise."

- Instead of: *"Oh really? Do you have a video of yourself doing it so I can see it done correctly?"*
- Try saying: *"Thank you for the help."*

Pointing out others faults doesn't remove your own. Thank people for raising your self-awareness, even if it was unsolicited.

7. Say "Thank You" when you're not sure if you should thank someone.

When in doubt, just say thank you. There is no downside. Are you honestly worried about showing too much gratitude to the people in your life?

"Should I send a Thank You card in this situation?" Yes, you should.

"Should I tip him?" If you don't, at least say thank you.

Say thank you, more often.



Home-cooked German Food
4:30pm & 6:30pm

Saturday, October 13th

\$15 adults, \$10 youth, eat-in or take-out

Bier Garten Open 3-6:00pm

The Church of the Incarnation



102 Louisa Ave, Rt. 522
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The History of Oktoberfest

Oktoberfest - In September? Oktoberfest traditionally starts in the third weekend in September and ends the first Sunday of October.

What is Oktoberfest? It began with the Royal Wedding on 12 October 1810. Crown Prince Ludwig, later to become King Ludwig I, was married to Princess Therese of Saxony-

Hildburghausen on 12 October 1810. The citizens of Munich were invited to attend the festivities held on the fields in front of the city gates to celebrate the happy royal event. The fields were renamed Theresienwiese ("Theres'a Fields") to honor the Crown Princess, although the locals have since abbreviated the name simply to "Wiesn". Horse races in the presence of the royal family marked the close of the event that was celebrated as a festival for the whole of Bavaria. The decision to repeat the horse races in subsequent years gave rise to the tradition of Oktoberfest.

The Oktoberfest continues in 1811 In 1811, an added feature to the horse races was the first Agricultural Show, designed to boost Bavarian agriculture. The horse races, which were the oldest - and at one time - the most popular event of the festival are no longer held today. But the Agricultural Show is still held every three years during the Oktoberfest on the southern part of the festival grounds.

More and more things to see and do In the first few decades, the choices of amusements were sparse. In 1818, the first carousel and two swings were set up. Visitors were able to quench their thirst at small beer stands, which grew rapidly in number. In 1896 the beer stands were replaced by the first beer tents and halls set up by the enterprising landlords with the backing of the breweries. The remainder of the festival site was taken up by a fun-fair. The range of carousels offered was already increasing rapidly in the 1870's as the fairground trade continued to grow and develop in Germany.

Today, the Oktoberfest in Munich is the largest festival in the world, with an international flavor characteristic of the 20th century.

At the foot of the Bavaria Statue, adjacent to the Huge Oktoberfest grounds there are also carousels, roller coasters and all the spectacular fun for the enjoyment and excitement of visitors of all ages.

The festivities are accompanied by a program of events, including the Grand Entry of the Oktoberfest Landlords and Breweries, the Costume and Riflemen's Procession, and a concert involving all the brass bands represented at the "Wiesn".

The Oktoberfest celebrated its 200th Anniversary in 2010, only Wars and cholera epidemics have briefly interrupted the yearly beer celebration.

NEWS



- Oktoberfest is adding an outdoor element this year! From 3-6pm there will be brauts, beer and pretzels with German music under a tent in front of the church.
- Sign-up now to help create the dishes needed for the traditional home cooked German meal inside. The SIGN-UP sheet is up on the kitchen door.
- Tickets are available for the Traditional Oktoberfest meal \$15 for adults \$10 for youth on Saturdays during the farmers market and Sundays after church.
- The Stain Glass Window project has been completed. ☺ The plaques are being created and a date for dedication is being determined. Congratulations to everyone who contributed to the success of this project which was executed in one year – rather than a three year project! A special THANK YOU to Sandy and Tom Brockel for all of the time they gave in administering this beautiful project.

VESTRY

- The vestry has decided to use the open plate (non-pledge money) from the collection on the first Sunday of the month to help fund the rector’s discretionary fund. This fund is used to assist people in the church and the community who are in need.
- Is looking at ministry options for the “basement”, now that the water problem has been fixed, and the Estes house as the weather turns cold.

Anniversaries

September

Mickey & Bonnie Campbell	2
Bob & Beth Banocy	6
Bill & Eileen Smith	8

October

Wayne & Janet Hudgins	25
Nick & Jenny Barlow	27



September Birthdays

Elizabeth Mostrag	9
Katherine Atkinson	9
Bill Smith	14
Margaret Wood	19
James Horn	19
Duane Sergent	22

Worry Poem

*To worry does no good at all
 It does a lot of harm
 It puts cross lines upon your face
 And dissipates your charm
 Whatever is to be, will be
 That worry cannot change
 It only serves to dim your joy
 And all your friends estrange
 T's lack of confidence in self
 That causes worry's fright
 A lack of faith in God's design
 Your happiness will blight
 So cast aside those gloomy thoughts
 And bid those dark fears flee
 Live in the light of faith and love
 Joyful and worry free*

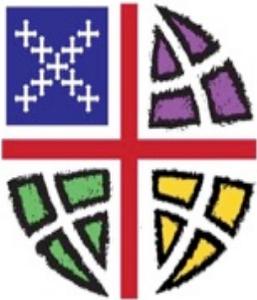
October 6th

10:00 am Brief service in front of the church

Animal blessings 10:15-11:15am



The Church of the Incarnation



P.O. Box 307 Mineral 23117

Sundays 10:30 am

