

TIDINGS

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

Rejoice always, pray without ceasing

Give thanks, say **THANK YOU**, in all circumstances

for this is the will of God in Christ Jesus for you.” (1 Thes. 5:16 – 18)



When the Pilgrims celebrated their first Thanksgiving in 1621, half their original group had died. Our forebears were able to focus on God’s goodness and mercy even in the midst of trials. Perhaps they took a lesson from Paul and Silas who, while in chains in the prison at Philippi, “prayed, and sang praises unto God” (Acts 16:25).

Or perhaps they were simply following the instruction of Philippians 2:5, which says, **“Your attitude should be the same as that of Christ Jesus.”** It was Christ who, knowing exactly what lay ahead, gave thanks on the very night in which He was betrayed.

As Christians, we’re called *beyond* simple thanks for the good things God has sent our way. We’re also to give thanks for what He has done for us...and for who He is.

Scripture gives us so many examples of why we are to be thankful:

We are to be thankful for what God has given us:

1. His “unfailing love”
(Psalm 107, numerous verses)
2. His grace “given you in Christ Jesus”

- (1 Corinthians 1:4)
3. Victory “through our Lord Jesus Christ”
(1 Corinthians 15:57)
4. His “righteous laws”
(Psalm 119:62)
5. The faith of others to sustain and cheer us
(Philemon 1:4)

We are to be thankful for what God has done:

6. He has “answered me...[and] become my salvation” (Psalm 118:21).
7. He has redeemed us. “While we were still sinners, Christ died for us” (Romans 5:8).
8. He has qualified us “to share in the inheritance of the saints in the kingdom of light” (Colossians 1:12).

We are to be thankful for who God is:

9. “He is good; His love endures forever” (1 Chronicles 16:34).
 10. He is “faithful and just” (1 John 1:9).
- Training our hearts to be thankful does many good things. It gives credit where credit is due. It keeps us from bitterness, arrogance and discouragement. It protects us from letting our lives be defined by what we *don’t* have. It keeps us humble and reminds us of our need for God.

by Elizabeth Peale Allen - **Guide Post**

Tips for Parents...and everyone else on the importance of saying...



This is a secular article that could be about a Spiritual thing. Saying thank you is second nature to most people and we tend to take this simple expression of gratitude for granted. However, because it's so common, a *thank you* left unsaid becomes a glaring omission. People think people who don't say *thanks* are rude. **What do you think God thinks and feels when we forget to say thank you?** Here are 10 common reasons people should say *thank you*.

Manners – First of all, it's just good manners to say thank you. We need to learn socially acceptable behavior and have it reinforced. *Thank you* should be two of the first words a person learns to say, after please of course.

Respect – Saying thank you shows respect. Not showing gratitude is disrespectful and frowned upon by others.

Show gratitude – Of course, a simple *thanks* shows gratitude and lets the giver know the gift is appreciated. Even the smallest gesture should be acknowledged when it's given freely.

Polite – We should learn how to be polite to others and saying *thank you* is part of

that process.

Appreciated – People really appreciate it when people say *thank you* and they notice when it's omitted. When people are unable to express their appreciation for a gift in person, they should be encouraged to send *thank you* notes.

Etiquette – Saying *thank you* is just part of proper etiquette. They need to know what's expected of them to get along in polite society and improper etiquette won't get them very far.

Good example – People who can give an unprompted *thank you* when it's required are a good example. Politeness is contagious and should be generously shared as often as possible.

Shows maturity – Polite people appear much more mature than their rude peers and their more likely to gain respect from others.

Good habits – Saying please and thank you are just good habits for people to get into and it should become second nature to them. Repeated often enough, eventually they won't need to be reminded.

When teaching people to say please and

“Without the ability to say *thank you* comes, perhaps, the inability to recognize gratitude in others,” says Mendez. “And if they can't recognize that they're grateful for something somebody else did, chances are the foundation for empathy is not there, limited or damaged.”

thank you, we must lead by example. People learn best by imitation, so make a point of saying *thank you*. It may become tedious to continually remind people to say *thank you*, but eventually it will become second nature to them and they won't need to be reminded.

It will also be easier for us to see and hear when God says *thank you* to us.

Be thankful, Say *Thank-you*, there's a theology of gratitude

[Mark A Kellner](#)

In her mid-20s, Sara Hagerty didn't seem to have much to be grateful for.

Her husband's business was in trouble, and that brought financial problems. Her father was diagnosed with cancer, from which he later died. And marriage difficulties were compounded when Hagerty, now 37, learned she and her husband would have to deal with infertility issues.

For someone who'd become a committed Christian at age 15 and expected to charge through life "running harder and faster and more intact for God on the Earth," this reversal of fortunes seemed the absolute antithesis. The run slowed to a crawl, it seems. The notion of being "more intact" seemed a mockery when her most personal desire seemed a remote possibility.

And yet, gratitude surfaced in the midst of hardship, as it often seems to when life's trajectory doesn't match our highest hopes.

"I can't put a timeline on it, but somewhere in the middle there, when I started to realize that God was inviting me into a deeper encounter with him, even though my circumstances weren't changing,

*there was a gratitude
that wouldn't be shaken by my circumstance,*

Hagerty said this week from her home in Kansas City, Missouri. "I've found God here and nothing can shake my gratitude for what he's given me, in himself."

"If we're always following our immediate desire for fulfillment or pleasure or making more money, it never stops, you never really get satisfied," said [Steven Kepnes](#), a Jewish theologian and religion department chairman at Colgate University.

*A theology of gratitude allows you to be happy
with what you have.*

Gratitude spans faiths

Being grateful is something that crosses many religious boundaries. Every morning, observant Jews rise and pray the Modeh Ani, Hebrew for "I give thanks," Kepnes said.

The Modeh prayer is a simple one, addressed from the believer to God:

"I offer thanks before you, living and eternal King, for You have mercifully restored my soul within me; Your faithfulness is great."

It's part of a morning liturgy, Kepnes said, that daily makes the case for believers appreciating God's work.

"Judaism, in the structure of the (morning) prayer, specifically lays out, takes you through the big picture reasons why Jews should be grateful," he said. And expressing that gratitude — which is something on which Christians, Jews and Muslims can agree, he said — is a countercultural act these days.

Being grateful offers "a different perspective from our consumer society, where we feel like the world and our friends and our parents and indeed our country owes us something, and we're consumers and we're kind of in control and expect to be served," Kepnes said. "The perspective of the Bible is quite the opposite. We're humble creatures, we're quite small in comparison to the all-powerful God."

Kepnes suggested societal attitudes of consumerism may be responsible for less visible gratitude. "I guess you could say it not only is a result of a non-religious society, but even the types of religion many of our people are attracted to are religions that 'give' to us — a feeling of exuberance or exhilaration, some sort of spiritual/material content," he said. In his local synagogue, some members complain about paying membership dues, believing perhaps "the lights should come on, the building should be there of itself."

When seeking to be grateful, Kepnes explained, satisfaction in life is likely to increase. And, he added, what we have, however modest one's circumstances, is spectacular.

"Judaism tries to inculcate a mysticism of the everyday," Kepnes said. "Every day, no matter how bad the day, there's some positive experience ... just coming home and seeing your family and friends, these are moments where you can pause and be grateful."

**In everything
give thanks;
for this is God's
will for you in
Christ Jesus.**

'Cures all ills'

Christian author [Bob Hostetler](#), whose said his forthcoming book, "[The Red Letter Prayer Life](#)", will include a chapter on prayers of gratitude, believes

gratitude is such a powerful emotion, it's actually the cure for a lot of what ails us.

Hostetler said making a commitment to write three "prayers of gratitude" – saying *thank you* in a daily journal before going to bed "helped me crawl out of a fairly deep clinical depression a few years ago." He suggested gratitude "can cure discouragement and depression, stress, bitterness and self-pity - especially for us 21st century people."

By expressing gratitude for the good and bad that life brings, I actually benefit, he said. Being grateful lets Hostetler "get outside of myself" and be blessed.

And Steve McSwain, a former pastor and Huffington Post religion [blogger](#) said, "The spontaneous and sometimes conscious response we make to the awareness life is (the) gift" that defines gratitude.

For McSwain, who's also a stewardship counselor based in Louisville, Kentucky, gratitude doesn't consist of "running around handing out \$100 bills," but rather in how you treat the people you come into contact with.

"I don't believe you teach people how to be grateful," he said. "I think you help channel the gratitude they already feel."

Hagerty, whose 2014 book borrows its title from the Old Testament book of Proverbs — "[Every Bitter Thing Is Sweet](#)" — has seen her life dramatically change since those troubled times of financial, health and marital stress.

She's a mother of five (four adopted from Ethiopia and Uganda) ranging in age from 10 to 1, her marriage is on solid ground and while life is not devoid of challenges, she seems to have come through the fire to find fulfillment on the other side. In the process, a prayer she and her husband of 13 years each prayed separately, to experience "more" of God, has been answered, she said.

"I don't think gratitude can operate

independent from the nature of God and who he is in his word," Hagerty explained. *"We can't really know the depths of gratitude without knowing the source."*

And her gratitude includes thanks for a deeper appreciation of God's nature. "I don't know that I would have known this beautiful side of God if I had not seen everything else around me go dark," Hagerty said.

Thank-you God for...

Lately, I've been thinking about the things I'm thankful for. Things that seem too simple that I sometimes neglect to say thank-you to God for the blessings I receive everyday. I know how important it is to be thankful because it keeps me focused on the positives in my life. It helps me see the great things I have and do, and puts my frustrations and worries into perspective. So today, I'm publishing a list of things say thank-you to God for.

- | | |
|----------------------------|----------------------------|
| 1. giving me life | 25. public servants |
| 2. my family | 26. a beautiful home |
| 3. friends | 27. miracles |
| 4. Love | 28. the gift of faith |
| 5. health | 29. wonderful neighbors |
| 6. Apologies & acceptances | 30. great works of fiction |
| 7. books | 31. poetry/fiction |
| 8. choice and free will | 32. rainy/snowy days |
| 9. music | 33. little things |
| 10. beautiful colors | 34. summer |
| 11. laughter | 35. confidence |
| 12. my first ever dog/cat | 36. clothes |
| 13. the holidays | 37. another chance |
| 14. Mother Nature | 38. memories |
| 15. quiet time alone | 39. safety |
| 16. peace of mind | 40. knowledge |
| 17. the internet | 41. kindness |
| 18. encouragement | 42. goals |
| 19. vacations | 43. emotions |
| 20. the best teachers | 44. time |
| 21. critics | 45. my first love |
| 22. discipline | 46. feeling pain |
| 23. growing up | 47. knowing when to quit |
| 24. Jesus | 48. plans I've yet to make |
| | 49. gratitude |
| | 50. to read and write |
| | 51. flowers |
| | 52. food on the table |
| | 53. prayers answered |
| | 54. prayers not answered |
| | 55. peaceful living |
| | 56. miracles |
| | 57. sunrise and sunset |
| | 58. |
| | 59. |
| | 60. |
| | 61. |
| | 62. |
| | 63. |
| | 64. |

My 2019
Thank you
pledge, to God and my church.

WORSHIP		BUILDING & GROUND	
Acolyte		Planting flowers	
Altar guild		Trimming bushes	
Choir		Weeding	
Flower arranging		Basement renovations	
Greeter		Estee House renovation	
Chalice Bearer		HOSPITALITY	
Lay Reader		Monthly coordinator	
Lay Eucharistic Minister		Sunday refreshments	
Musical Instrument		Potluck participation	
Weekly Sun. attendance		Doorstep Ministry	
Worship Bulletins		Cooking	
Usher		Clean-up	
EDUCATION & ADMIN.		Set-up	
Audit		Server-Greeter	
ECW. - Church Women		Oktoberfest committee	
Finance		Advertising	
Tidings -News Letter		Cooking	
UTO United Thank Offer		Clean-up	
Vestry		Beer Garden	
Wednesday Bible Study		Space Preparation	
PASTORAL CARE		Ticket Sales	
Food Preparation		Outreach	
Home Visits		Housing	
Telephone Tree		Food	
Transportation		Journey Home	
Card Ministry		L.C. Emergency Fund	
Other		Other	



2 Corinthians 9:11

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in THANKS GIVING to God

I/we pledge \$_____ weekly \$_____ monthly or \$_____ annually and will participate in the following ministries... (see the front of card)

Name _____

Address _____

City _____

Zip _____

Home phone _____

Cell phone _____

Birthdate _____

Anniversary _____

Email _____

Signatures _____

Rejoice always
Pray without ceasing
Give thanks
in all circumstances
for this is the will of God in Christ Jesus for you
(1 Thes. 5:16 – 18)

Rejoice
Give thanks
and sing...Hymn 557

Place your initials in the boxes where you can serve and say
Thank you to God and your neighbor

The BIBLE in 50

God made	Adam bit	
Noah arked	Abraham split	
Joseph fooled	Jacob ruled	
Bush talked	Moses balked	
Pharaoh plagued	People walked	
Sea divided	Tablets guided	
Promise landed		
Saul freaked	David peeked	
Prophets warned	Jesus born	
God walked	Love talked	
Anger crucified	Nov. 28	_____
Hope died	Nov. 28	_____
Love rose	Dec. 05	_____
Spirit flamed	Dec. 05	_____
Word spread	Dec. 05	_____
God remained.	Dec. 05	_____

Bible study continues this week. We are in need of some presenters and some soup makers.

As always everyone is welcome.

No previous experience required.

**Pray not because
you need something
but because you have
a lot to thank God for!**

General Thanksgivings

Accept, O Lord, our thanks and praise for all that you have done for us.

We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

We thank you for setting us at tasks, which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen. (BCP 836)



Say Thank you...by celebrating or honoring a person or event with a

Christmas Poinsettia.

Please see Pat Gibbons by December 17th.

Christmas Begins In Mineral

5:00pm

Sunday, December 2

Join us as we celebrate Christmas!

Christmas Tree Lighting Service - *The Light of the World*
5:00 pm in the Mineral Baptist Church Historic Sanctuary

Candlelight Processional

Walk or drive along Louisa Avenue
To the Lighting of the Town Christmas Tree

Lighting of the Town Christmas Tree
Join the count-down and witness the illumination
Across from the Mineral Fire Hall

Christmas Reception

Hosted by the town of Mineral in the Mineral Fire Hall
- Food, beverages, music -

Thank you Sunday

December 2nd

bring your pledge cards to church

Annual meeting

December 9th

All members over the age of 16 are eligible to vote
and are expected to participate.

Potluck-church decorating

December 23rd

Christmas Eve Service

Monday, December 24th

5:00pm

The Church of the Incarnation



P.O. Box 307 Mineral 23117

Sundays 10:30 am

