

**November
2024**



**First
Presbyterian
Church of Alma**



A Note from Rev. Katrina



November is often associated with gratitude because of Thanksgiving. Of course, I believe we should show gratitude all year long, but November can remind us to further take a pause. Many times in my life I have tried gratitude journals. These take many forms, but for me it often was a list of 5-10 things I was grateful for that day. Studies have shown that gratitude journaling can have positive effects on one's health.

I have found that I go through seasons where this is helpful, and then I find myself merely writing the same list every day, more as an obligation than a privilege. It's not that I'm not grateful for the people and things I write down, it becomes so routine I don't fully appreciate it anymore.

Liturgy, rites, and spiritual disciplines can become routine in a way that we feel the comfort of the familiar, or it can become something we take for granted. That's for us to figure out as we go along.

Maybe this gratitude exercise is something you need right now. Maybe it isn't. But maybe give it a try? I encourage you to write down five things that you are grateful for - pets, people, things, events - there's no right or wrong, no one else will see this.

- 1.
- 2.
- 3.
- 4.
- 5.

Maybe you'll think of more! The more we focus on gratitude, the more we seek it. And as we consider what we are grateful for, we try to find the source - because we want to be grateful, especially in a difficult world that is hurting.

"We're a nation hungry for more joy: because we're starving from a lack of gratitude." - Brene Brown

NOVEMBER SPECIAL OFFERING

Presbyterian Disaster Assistance

Presbyterian Disaster Assistance enables congregations and mission partners of the Presbyterian Church (U.S.A.) to witness to the healing love of Christ through caring for communities adversely affected by crises and catastrophic events.

Most recently PDA has been at the scenes after the horrific hurricanes that have torn through the states. Your contribution helps build back communities.

Out of chaos, hope



Happy
ANNIVERSARY

Bill & Tincy Goggin (46) 11/26

Kathy Simcox 11/03

Sara Wassenaar 11/03

Emma Selmon 11/11

Bryan Dinwoody 11/13 Jeri Piccolo 11/14

Jan Caputo 11/16

Nick Piccolo 11/18

Susan Dinwoody 11/26



Choir rehearsals are on Wednesday's 6:30-7:30pm. This year the choir will sing on second and fourth Sundays. All are welcome to join us—no musical experience is required! Come, experience the joy of singing!



Coffee Hour Host
11-3 Joanne Allman & Angie Ballard
11-10 Carlene Lyon
11-17 Joyce Elsea
11-24 Julie Frick
12-1 Sue Deel & Darcy Hodges

Town Hall!




Everyone is urged to attend a TOWN HALL meeting after worship on Sunday, November 17th in Fellowship Hall. We are serving a catered meal so everyone can enjoy the opportunity to join a stimulating discussion of where we'd like to be in the future and how to get there. We are excited to welcome our Town Hall moderators, Linda Kennan, Ruling Elder and moderator of the Commission on Ministry for Lake Huron Presbytery and Martha Miller, Ruling Elder of the First Presbyterian Church of Mt. Pleasant. Come join the fun!

Start saving those mittens and hats

We will, again, have a mitten tree along Superior Street in December for *Come Home to Alma for the Holidays*! Start setting aside mittens and hats for people of all ages so we can give them out during the festivities. We'll be collecting them in November





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	Daylight Saving Time! 2 Wedding
3	9:30-12pm Linus Ladies 4 5pm Spiritual Growth 6:30-7:30pm Pine River Arts	Election Day 5 1-3:30pm Food Pantry 5:30pm Child Advocacy	6 1pm Personnel 6:30-7:30pm Choir Practice	7 5:30 Community Cafe	8	9
10	11 9:30-12pm Linus Ladies Rev. Katrina on Retreat	12 1-3:30pm Food Pantry	13 6:30-7:30pm Choir Practice	14 10 Outreach 5:30 Community Cafe	15	16
17 Town Hall After Worship	18 9:30-12pm Linus Ladies 6:30 Session	19 1-3:30pm Food Pantry	20 Office Closed 6:30-7:30pm Choir Practice	21 Office Closed 12pm Community Cafe	22 Office Closed	23
24	25 9:30-12pm Linus Ladies	26 1-3:30pm Food Pantry	27 6:30-7:30pm Choir Practice	28 5:30 Community Cafe	29	30