



HAPPY Thanksgiving

Community Lutheran Church November 2023 Newsletter

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Pastor Karis Message



November is the month wherein the predominate culture celebrates the holiday “Thanksgiving”. I’ve always found it interesting that one day is solely focused on embracing gratefulness rather than giving thanks each day. Some cultures begin each morning with an act of gratefulness through the use of ceremony.

Gratitude is not just an emotion for one day or to be experienced occasionally. Gratefulness actually possesses a cognitive component that is to be practiced daily.

Each day we make choices. We make choices how much we surround ourselves with ungratefulness. How much do our souls experience ungratefulness through social media, in the news or surrounded by ungrateful people?

The social scientist in me wants to see the research correlation between ungrateful people and how much negative news is absorbed by them. Or how many people that walk through the world angry, harboring ungrace-filled hearts, are absorbing hours of negative social media and news talk?

So, I did a little online research. For example, about two-thirds of Americans (64%) say social media have a mostly negative effect on the way things are going in the country today, according to a Pew Research Center survey of U.S. adults conducted July 13-19, 2020.

Just one in ten Americans say social media sites have a mostly positive effect on the way things are going, and one-quarter say these platforms have neither a positive nor negative effect. Yet, we make the choice to surround ourselves with social media many hours of the day.

The newsroom phrase ‘if it bleeds, it leads’ was coined to reflect the intuition among some in the media that stories about crime, bloodshed and tragedy sell more newspapers than stories about good news or good things embodying gratefulness. Yet, we turn on toxic programs to feed anger and ungratefulness.

How can we make daily choices to shape grateful hearts?

There are benefits of gratitude and how gratitude improves happiness. (This is different than “toxic positivity”.)



For example, in the workplace, 70% of employees say they would feel better about themselves if their boss were more grateful. And 95% of employees agree that a grateful boss is more likely to be successful.

How do we get to a place of having grateful and grace-filled hearts daily?

One way to begin is to start gratitude journaling. Writing and recording what we are grateful for is one way to start. I invite us to grab a mason jar and place on a slip of paper one thing to be grateful for each and every day of the year. On New Year's Eve, open the jar and read the grateful slips of paper, even amidst the challenges brought during the past year. There should be 365 things we can see that God has given us. This gratitude journaling has been shown to result in a 5% to 15% increases in optimism and 25% increased sleep quality.

In order for us to feel grateful and grace-filled, we must first be able to appreciate. Gratefulness and appreciation are learned skills that ungrateful people have not yet developed. Gratefulness and appreciation takes intentionality and practice as it is a way of being.

The apostle Paul is well known for writing Scriptures about being grateful. Some of his most well-known passages are focused on gratitude, including giving thanks for all things, in all circumstances (Ephesians 5:20; 1 Thessalonians 5:18), being thankful even in suffering (Romans 5:3-5; James 1:1-4), and to do everything in the name of Jesus out of a spirit of gratefulness (Colossians 3:17).



*“Rejoice always, pray continually, **give thanks in all circumstances**; for this is God’s will for you in Christ Jesus.”*
~ 1 Thessalonians 5:16-18 ~

We can also use Bible verses about thanksgiving and Psalms of thanksgiving to help us experience the power of grateful living no matter what we are facing.

With a grateful heart for you,
~Pastor Karis Graham~



Hospitality & Welcoming Team

Coffee Hours

Fall has arrived and we are finally able to enjoy some refreshing weather!

There is just one date for the remainder of this year's coffee hour.

December 10

Remember that our coffee hour is for everyone, and is sandwiched between the early and late service. Stay after the early service or come early before the late service.

Reconnect and catch up with friends or meet new members and get to know them!!!!

See you in church!!!



Service Team December Project

Angel Tree Program

Again this year the Service Team project for December will be to provide Christmas gifts to students in need from the John Clayton Elementary School through our Angel Tree program.

The names for the children will be on the Angel Tree in the narthex. Please select one or more children off the tree to purchase gifts for. Please put the tag on the outside of the wrapped gift and place it under the tree.

Please return gifts by December 17th.

Thank you for helping to make a child's Christmas brighter.

Sussex County Ministerium

The Service Committee is supporting the Sussex County Ministerium in their food program each week. Community Lutheran will be seeking money donations for purchasing mixed fruits to go in the weekly food bags prepared at Mariner's Bethel Church in Ocean View. Our team will purchase 100 items of fruit, mainly apples, bananas, etc. and deliver to Mariner's on Mondays twice per month. Your donation helps the unfortunate who are food deprived.

Please use the Church Love Offering envelopes marked "Ministerium Project" to place cash or checks (made payable to Community Lutheran Church) for this sharing in God's love through food. This project begins in November and goes until April, so monthly donations are greatly appreciated.

Submitted by Doris Ann Pierce, Service Team

Facilities & Security Team

This is an update regarding the USCCA Emergency First Aid Fundamentals Class.

Date: December 17, 2023

Cost: \$130

Duration: 4-5 hour class starting at 10am

Location: Range Time, 38531 Parker Road, Millsboro, DE

To sign up, go to: <http://www.range-time.com>

Phone: (302) 804-4003

Course Info:

- proper way to assess a patient
- serious bleeding
- a compromised airway
- proper way to deal with significant issues
- chest injuries
- spinal injuries
- broken bones and more

Submitted by Linda Miller, Facilities & Security Team



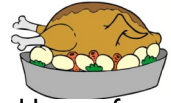
Food Pantry Ministry Team

Our mission:

To serve the hungry and financially challenged people of Sussex County and to ensure no one, especially the children, go to bed, school, or work hungry.

Our goal:

Strive to offer a portion of our Abundance to all in need.



The holidays are fast approaching and the food pantry is asking for help. We will be distributing food boxes from Mountaire Farms on November 18 and then again in December for Christmas. We like to include some extra in the Thanksgiving box; cornbread mix or rolls, canned sweet potatoes, eggs, margarine, frozen pies, and turkeys. These boxes will be distributed on Saturday November 18.

We will not be having the regular scheduled pantry on the following Tuesday.

Thank you all for everything you do to support the Food Pantry.

Submitted by Mona Burns, Food Pantry

Worship & Music Ministry Team

Now that the church is offering two Sunday services, we desperately need volunteers to help as Altar helpers.

Submitted by Susan Barracato, Altar & Paraments



New Member Lunch



There is a fun informal gathering of all new members and friends that have become involved in Community Lutheran since January 13, 2023.

We want to celebrate together *YOUR PRESENCE* and *INVOLVEMENT* at Community Lutheran Church!!

Community's Council and Ministry Team Leaders want to listen to all who have jumped right into this community of faith.

Ministry Team Leaders will also share news about Community ministries.

When: Sunday, December 3, 2023 at NOON Following the 10:30 worship service

FREE LUNCH

Learning Opportunities



Would you like to have a better understanding and learn about the complexity of daily life for Palestinians of all faith traditions? Go to: glocaltheology.com

Scroll down to:
 “9 Christian Palestinian Theologians and Biblical Scholars you should know about”
 to watch the videos and read their bios.

Little Red Pantry

The Little Red Pantry is now in place! We welcome your donations of toiletries and small-sized paper products. Space is limited, so we're asking for small sizes that can tide our clients over between Food Pantry visits.



Please drop your donations in the box in the narthex.

Needed: toothpaste, toothbrushes, deodorant, feminine hygiene products, soap, shampoo, conditioner, combs, brushes, new travel/hotel-sized items

Thank you for your generosity!

ZUMBA
with Ashley N.

A DROP IN CLASS FOR THE WHOLE COMMUNITY! ALL AGES AND SKILL LEVELS WELCOME.



EVERY TUESDAY at 5:00 pm
 Community Lutheran Church
 30897 Omar Road
 Frankford, DE 19945



Look What we Found on Facebook
 What a Wonderful Idea
 This is certainly doable, right?

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
 ON CHRISTMAS EVE DONATE THE CONTENTS TO A FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

PASSIONATEPENNYPINCHER.COM

NATIVITY FESTIVAL

Saturday
December 9th
10 am - 2 pm

Many beautiful creches and their stories.

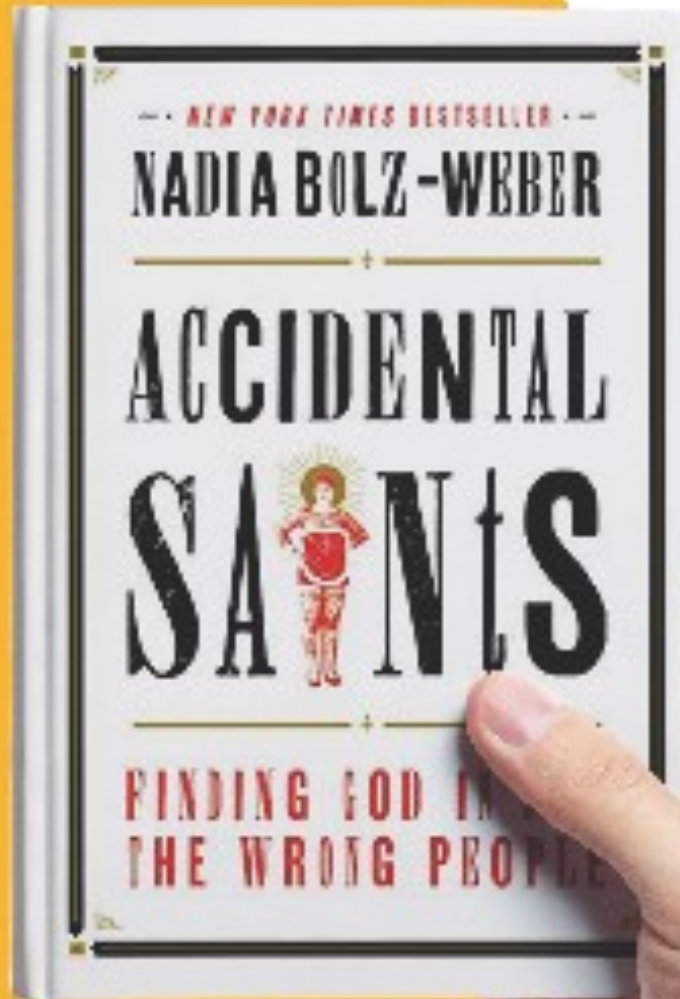
Ocean View Presbyterian Church



David, a member of Community Lutheran, is in need of a reliable used car. If you have any information on a source, please contact Pastor Karis.



Community
Junction Church



What if that person you've been trying to avoid is your best chance at grace today? ... And what if that's the point?

In "Accidental Saints," New York Times best-selling author Nadia Bolz-Weber invites us into a surprising encounter with what she calls "a religious but not-so-spiritual life."

Tattooed, angry and profane, this former standup comic turned pastor stubbornly, sometimes hilariously, resists the God she feels called to serve. But God keeps showing up in the least likely of people — a church-loving agnostic, a drag queen, a felonious bishop and a gun-toting NRA member.



WHO

Pastor Karis

WHAT

"Accidental Saints" Book Discussion

WHERE

Luther Hall

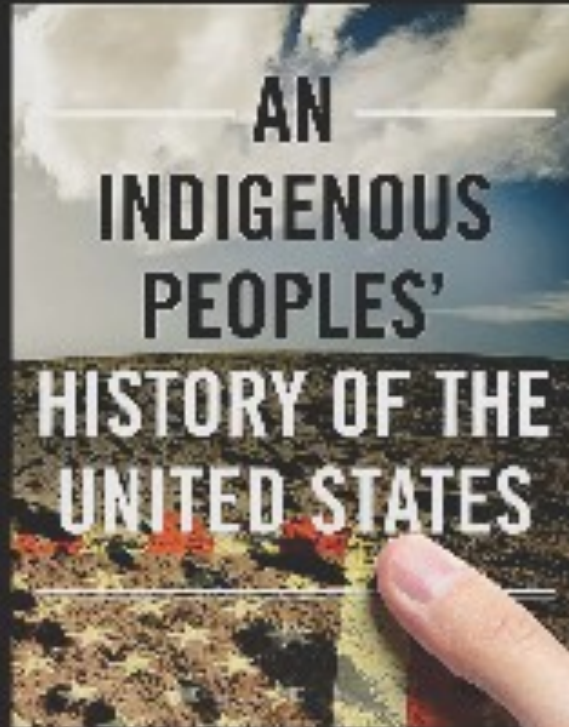
WHEN

11 am, Wednesday, December 6



Community
Lutheran Church

WINNER OF THE 2015 AMERICAN BOOK AWARD



ROXANNE DUNBAR-O'NEIL



WHO

Pastor Karlis

WHAT

**Community Lutheran Truth
& Healing Movement Activity,
November Native American Month**

WHEN | WHERE

Two group discussions available:

**9 a.m. Nov. 14 & 21 at Kisa Coffee
House, Dagsboro**

**6 p.m. Nov. 14 & 21 at Community
Lutheran Church (pizza provided)**

Community Lutheran Church is outlining the true history and current realities of Indigenous people in a discussion of "An Indigenous Peoples' History of the United States."

Community Lutheran Church is participating in the Truth and Healing Movement, inspiring us to grow in better relationships with Indigenous people and tribal nations on Turtle Island.



Community
Lutheran Church

Calling
all young
chefs!

Join Us for Vacation Bible School!

The Food Truck Party Vacation Bible School will use a food truck setting for young chefs to cook up important lessons about God's ability to provide.



Each daily recipe includes songs, skits, Bible stories, crafts, snacks, games, videos and more.

Sign up by Nov. 27

Kids grade one through six and their families are welcome.

This is limited to the first 20 kids.



Register online at:
bridgebuilder.church/vbs



 9 a.m. to noon

 Dec. 27, 28, 29

 30897 Omar Road
Frankford, DE 19945



GENERAL GRIEF SUPPORT GROUP

with Grief Specialist, Bethann McIntosh

JOIN A LOVING AND SUPPORTIVE COMMUNITY .

WHERE;
COMMUNITY LUTHERAN CHURCH
30897 OMAR ROAD FRANKFORD,
DE 19945

WHEN:

EVERY OTHER
FRIDAY MORNING
AT 11:30 AM

THIS GROUP IS OFFERED THROUGH COMMUNITY LUTHERAN CHURCH,
DONATIONS ACCEPTED DURING THE GROUP



Community
Lutheran Church

Bethann McIntosh
GRIEF SPECIALIST

As a congregation we adopted a new Mission Statement:
“Glorifying God by accepting all people as we are created.”

This led us to a new Vision Statement:

“We believe all people are created in God’s image. We accept, welcome, and embrace people of every race, color, culture, age, gender identity, gender expression, sexual orientation, marital status faith story, economic situation, physical and mental ability, educational level, work history, political affiliation, or citizenship status. All are welcome to the worship life of this congregation, including access to the sacraments of Baptism and Holy Communion, and all are welcome and encouraged to join in our congregational life and ministries. By accepting all people as we are created, we are committed to the work of anti-racism, social and economic justice, and to making inclusivity a reality for our community.”

Hand and Foot

ENJOY PLAYING CARDS?

Come join us every first and third Wednesday of the month at 1 PM for an afternoon of fellowship and fun. We play the card game “Hand and Foot”. If you do not know how to play, we will gladly teach you so you can enjoy a fun filled afternoon. Of course we always have snacks and beverages. Any questions (302) 562-2775

Submitted by Karlyn Fields and the entire card group.

Newsletter

The Community Lutheran Church Newsletter will be published every month. The deadline for articles to be included will be the 10th of the month and the publishing date will be by the 17th. Submitted articles should be created in MS Word, MS Publisher, an Adobe PDF file, or just typed into an e-mail. Photos should be in .jpg format, or just copy into your e-mail message. Any font and size is fine, I can usually change it. The editor’s e-mail address is: judy@dayhoff.org.

ReconcilingWorks
LUTHERANS FOR FULL PARTICIPATION



Community
Lutheran Church

