OUR CHURCH'S WIDER MISSION IN SOUTHEAST PENNSYLVANIA WWW.PSEC.ORG

UNITED CHURCH OF CHRIST

Communitas

PENNSYLVANIA SOUTHEAST CONFERENCE

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November 22, 2020

From the PSEC Fall Meeting

At the beginning of this past weekend's Fall Meeting, participants were invited to share a word about how they were feeling about the times we are currently experiencing.

At the end of the meeting, Rev. Becky Hoover shared the word cloud below that she created using those words.

A recap of the Fall Meeting will be part of the November 29 Communitas.

Be grateful !

So much of 2020 has been beyond our control. We have naturally focused on limitations and restrictions, the uncertainty and loss of the people and the times of being together that we miss most. Thanksgiving this year may very well be one of those times. But with COIVD numbers climbing again, this celebration of thanks is coming at a good time; a moment to take a deep breath and remember the parts of our lives that bring us joy.

Do you remember Jesus healing ten people from leprosy among whom only one offers thanks? (Luke 17:11–19) It's a story sometimes told as a lesson in being polite. But saying thank you to God is more than just a matter of manners. Saying thank you changes us. Being thankful makes us well.

C.S. Lewis, observing the connection between gratitude and personal well-being wrote: "I noticed how the humblest and at the same time most balanced minds praised most; while the cranks, misfits, and malcontents praised least. Praise almost seems to be inner health made audible."

In our current state, it is easy to fall in with "the cranks, misfits and malcontents". But our Biblical ancestors knew that gratitude is strongly and consistently associated with wholeness (holiness) and happiness. It helps people feel positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Gratitude can be small actions and moments of recognition – a sunset, or a cup of coffee. Gratitude has no measurement. Try it. Right now. With whatever space is left in your worship bulletin, start writing down the things for which you are (or have been or will be) grateful. List at least 10. You will begin to feel a change in your body—a lightness and freedom you didn't know was there. Make this a regular part of your day and you will hear Jesus say, "Rise and go; your faith has made you well."

May it be so for you and the people you love. And may you have a safe and holy Thanksgiving celebration.

Bill

Rev. William P. Worley. PSE Conference Minister