

Nov 2021

Volume 19
Issue 7

THE VOICE OF ST. JAMES



WORSHIP

Sundays
10 am

Live & via
Zoom

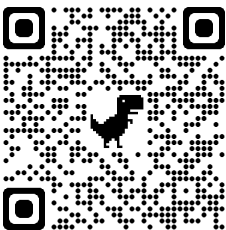
Gather
with us.

Share the
welcome.

Invite a friend.

Zoom link
found at our
website:

Stjamesfol-
som.org



Thoughts from Pastor

BE THANKFUL

Did you know there are 28 benefits to practicing gratitude according to research?

Here are 5:

- ◆ Make us happier by focusing on what we do have rather than on what we don't have.
- ◆ Enhances our positive emotions. Being grateful keeps envy away.
- ◆ Improve our friendship. Provides for a more positive attitude toward our friends.
- ◆ Makes us more giving. We become less self-centered as we are thankful for what we do have.
- ◆ Make us more spiritual. Being thankful for things help us to be less "worldly".

The author of Thessalonians even spoke to this: "give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1Th 5:18).

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An attitude of gratitude can help us be better in following Christ. It brings out the positive actions and emotions that Christ showed. It gives us a more open demeanor to others.

It does take practice. Start by saying thank you for 2-3 things each day. Simple as: Thank you for the smile of a neighbor, or thank you for my dog making me laugh.



• So let us Be Grateful in all things. I invite you to try it and let me know what you experience. I'll be doing it too.

(for more info: <https://positivepsychology.com/benefits-gratitude-research-questions/>)

WE PRAY FOR

Ryan Horton, Diane Eby, Hannah Bonchi, Rita Ricca, Ed Schellhas, Joan & Marx Heller, Julie Comunale, Claire Gilmore, Joe Chille, Maggie Rider, Jean Grimm, Tammy Brown, Jeanne Edwards, Emily McIntyre, Karen Carr, Toni Marinelli, Dawn Mamula, Joanne Wiessner, Martha Shaw, Steven Mason, Front Line Workers & all Service Members.



25th - Sharon Hitchens
25th - Krista Panas
29th - Ryan Johnson



9th - Jim & Debbie Caglianone
23rd - Michael Hozik & Margaret Rea



7th - Jim Valenti
14th - Dolores Fiori
21st - Jonah Moran
28th - Ed Volpa



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>AA Groups</i> Tue - 7 pm Wed - 7 pm (Women) Fri - 8 pm Sat - 6:30pm Sun - 7:30</p>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<p><i>7</i> 10AM Worship 11 AM Confirmation</p>	<i>8</i>	<i>9</i>	<p><i>10</i> 1pm God's Stitches 7pm Worship</p>	<i>11</i>	<i>12</i>	<i>13</i>
<p><i>14</i> 10AM Worship 11 AM Confirmation</p>	<p><i>15</i> 7:30pm Council</p>	<i>16</i>	<p><i>17</i> 7pm Worship</p>	<i>18</i>	<i>19</i>	<i>20</i>
<p><i>21</i> 10AM Worship Confirmation Sunday</p>	<i>22</i>	<i>23</i>	<p><i>24</i> 7pm Worship</p>	<p><i>25</i> Happy Thanksgiving </p>	<i>26</i>	<i>27</i>
<p><i>28</i> 10AM Worship</p>	<i>29</i>	<i>30</i>				

CLERGY AND STAFF

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9am-12pm
All other times by appointment

CHURCH COUNCIL

Michael Hozik - President
Fred Tichy - Vice President
Jennifer Johnson - Secretary
Ed Volpa - Treasurer
Regina Moschik
Sally Costa
Thomas Librizzi

Worship - Sundays 10 am
Live and Via Zoom
Link on www.stjamesfolsom.org



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Visit our Website at www.stjamesfolsom.org