

Gratitude

by Pastor Ruth

ratitude is resilience of sorts, the defiance of kindness in the face of anger, of connection in the face of division, and of hope in the face of fear. . . Gratitude empowers us. It makes joy and love possible. It rearranges the way we see and experience what is all around us. Gratitude makes all things new. It transforms how we understand what is broken and gives us the ability to act more joyfully and with hope. That is why gratitude is central to all the world's religions. As a practice, it embodies the wisdom of humanity's greatest spiritual teachers: the love of neighbor. Gratitude takes us from abstract belief to living compassion in the world. *Gratitude is strongest, clearest, most robust, and radical when things are really hard. Really hard. All-is-lost hard.* 

Gratefulness isn't easy and isn't just hearts-and-flowers. It can be tough in tough times. But a dogged commitment to the giftedness of life can deepen our spiritual capacity to make it through circumstances that threaten to overwhelm us.

Being grateful isn't a magic wand or kind of prosperity mantra. Rather, it rearranges the way we see the world. As we practice redirecting our attention toward the gifts in our lives, gratitude lessens our fears, strengthens our hearts, and builds our resilience.

You may need to be reminded of that today. Someone you know might benefit from a kind word of appreciation or the encouragement of "thank you." Take time to count your blessings, thank someone, and pay it forward.

Be part of a global movement of gratefulness. If you are grateful, you are enjoying the differences between people and respectful to all people. The grateful world is a world of joyful people.

Grateful people are joyful people. A grateful world is a happy world.

See you in church! Pastor Ruth



Some people could be given, an entire field of roses and only see the thorns in it. Others could be given a single weed and only see the wildflower in it. Perception is a key component to gratitude. And gratitude a key component to joy.



| FINANCIAL NEWS ; Duane Stokes, Treasurer |                   |            |  |  |  |  |  |
|--|-------------------|------------|--|--|--|--|--|
|  | General Fund 2023 |            |  |  |  |  |  |
|  | Aug               | YTD        |  |  |  |  |  |
| GF Income                                | 7,946.00          | 102,063.92 |  |  |  |  |  |
| GF Expenses                              | 12,734.14         | 114,127.07 |  |  |  |  |  |
|  | -4,788.14         | -12,063.15 |  |  |  |  |  |

The Good Samaritan Food Pantry will be collecting donations for Thanksgiving dinners for those less fortunate in our community. A donation of \$15 provides a meal for four. Make your checks out to "Good Samaritan Food Pantry" and mark "Thanksgiving Meal" in the memo.

Mail to: Good Samaritan Food Pantry 36 S Center Street, West Jefferson, OH 43162



The Emmaus women's walk will be from Thursday, October 5th to Sunday October 8th. Sign up for a weekend of meaningful stories and scripture.

> Contact **Pastor Ruth** or visit the Emmaus website for details:

> > Upperroom.org GCEmmaus.org







### Saturday, 10/21

the **Community Breakfast** is hosted by the UM Men and will take place every third Saturday of the month, 8-10am.

|   |  | THE R. CO.                  |
|---|--|-----------------------------|
|   | - UM Women   | Events                      |
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| Saturday, 11/11 | HOLIDAY BAZAAR, 9am—2pm               |
|-----------------|---------------------------------------|
| Saturday, 12/2  | Breakfast Meeting @ Der Dutchman, 9am |
| Saturday, 12/16 | Meeting 9am @ Pommunity Breakfast     |



**All Saints' Day** is the day we remember those who have returned home to God before us. Submit names of loved ones who have passed over the past year to the church office. **During worship on November 5th**, a candle will be lit in honor of those who have departed.

Sunday, November 5th

Al-Anon is for the *friends and family* of someone who is suffering from alcoholism. **Group meets at West Jeff UMC on Wednesdays at 5:30pm.** 



RUIT OFFERING

Also new to the West Jeff community is Alcoholics Anonymous. Group meets at Harvest Chapel Church, Mondays @ 6.



For questions call Brian N. (614)285-0648



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Sufficient

Grace Mta:

Mondays @

1:30p West Jeff umc

Dining Room

October is....

Wish List - Oct/Nov:
Blankets
Kid card games, dollar (\$) store
Cookies in tin, 4 oz (\$ store)
Bath washcloth (\$ store)
Beef Jerky (\$ store)
Sunflower Seeds (\$ store)
Body wash (\$ store)
Mini Ornaments (\$ store)
2 Cor 12:9

# 2023 MEET THE CANDIDATE NIGHT

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A NON-PARTISAN EVENT FOR THE WEST JEFFERSON COMMUNITY

## SUNDAY, OCTOBER 8 @ 6:00 PM

All local candidates and issue representatives for the upcoming election are invited to participate:

Mayor of West Jefferson West Jefferson Village Council Jefferson Township Trustees Jefferson Local Schools Board of Education Tax Levy - Hurt/Battelle Memorial Library

> WEST JEFFERSON COMMUNITY CENTER 230 CEMETERY ROAD



United Methodist Church 36 S. Center St. West Jefferson, OH. 43162

### **WANTED VENDORS** HOLIDAY BAZAAR SAT. NOV. 11TH. 9AM.-2PM. Bake Sale & Lunch Served

X

Inside Event 8 ft. table & 2 chair's \$40.00 Space

> For more information call Sheryl Roberts 614-506-1871

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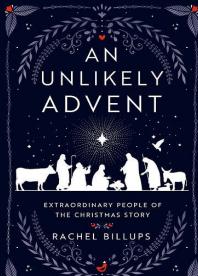
11/28 - 12/19

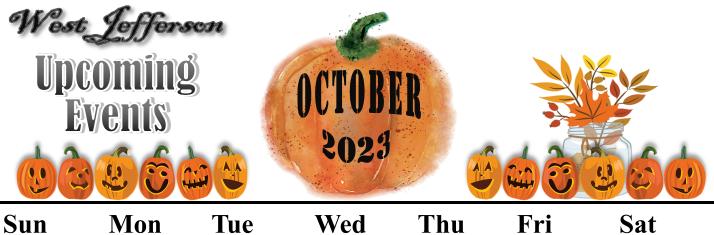
6:30 - 8pm

An Unlikely Event for:

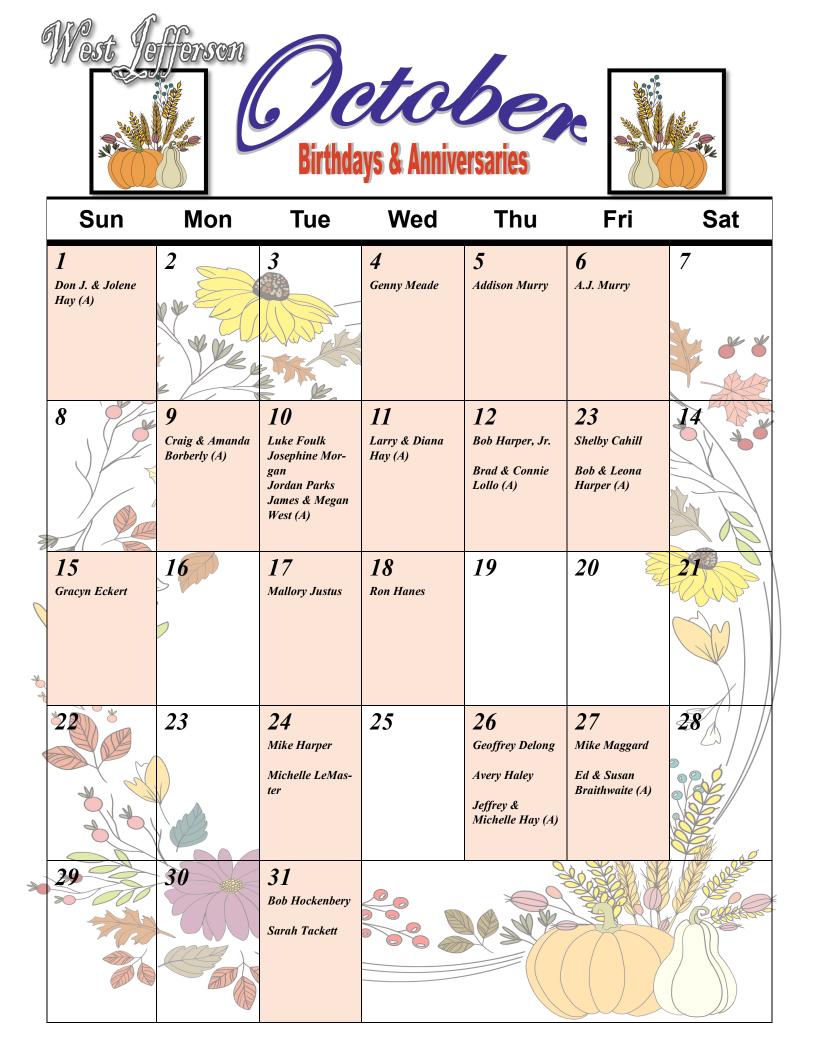
an advent study by Pastor Rachel Billups

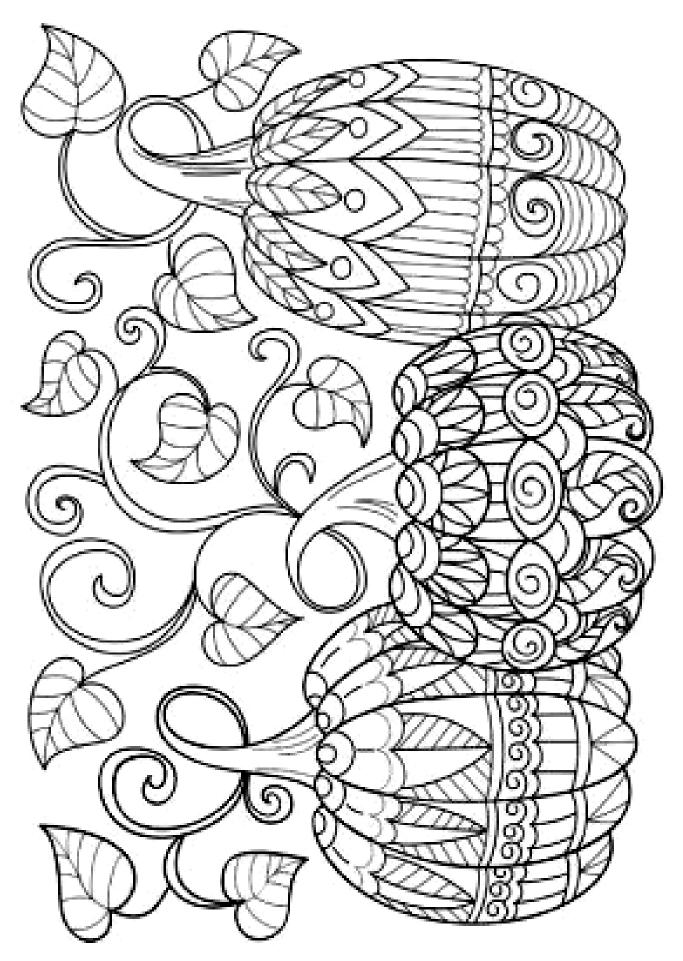
Books: \$13.50





| Sun  | Mon  | Tue  | Wed   | Thu                                      | Fri | Sat  |
|--|--|--|---|--|-----|--|
| 1  | 2  | 3  | 4   | 5  | 6   | 7  |
| Worship 10a<br>God's Kids 11a<br>Alleluia Ringers<br>11:15a              | Sufficient Grace<br>1p<br>Boy Scouts 6:30p                     | Food Pantry Set-<br>up 7:30a<br>Shawl Sisters 9a | Food Pantry 2-3p<br>Al Anon 5:30p<br>Choir 7p |  |     | Food Pantry 10-<br>11a                                 |
| 8  | 9  | 10   | 11  | 12                                       | 13  | 14   |
| Worship 10a<br>God's Kids 11a<br>Alleluia Ringers<br>11:15a              | Sufficient Grace<br>1p<br>Boy Scouts 6:30p                     | Food Pantry Set-<br>up 7:30a<br>Shawl Sisters 9a | Food Pantry 2-3p<br>Al Anon 5:30p<br>Choir 7p | Walk to<br>Emmous.<br>Woman's Walk<br>7p |     | Food Pantry 10-<br>11a                                 |
| 15   | 16   | 17   | 18  | 19                                       | 20  | 21   |
| Worship 10a<br>God's Kids 11a<br>Alleluia Ringers<br>11:15a<br>Emmaus 5p | Sufficient Grace<br>1p<br>Boy Scouts 6:30p                     | Food Pantry Set-<br>up 7:30a<br>Shawl Sisters 9a | Food Pantry 2-3p<br>Al Anon 5:30p<br>Choir 7p | Girl Scouts Ser-<br>vice Unit 6-8p       |     | Community<br>Breakfast 8-10a<br>Food Pantry 10-<br>11a |
| 22   | 23   | 24   | 25  | 26                                       | 27  | 28   |
| Worship 10a<br>God's Kids 11a<br>Alleluia Ringers<br>11:15a              | Sufficient Grace<br>Ip<br>Boy Scouts 6:30p<br>Leadership 6:30p | Food Pantry Set-<br>up 7:30a<br>Shawl Sisters 9a | Food Pantry 2-3p<br>Al Anon 5:30p<br>Choir 7p |  |     | Food Pantry 10-<br>11a                                 |
| 29   | 30   | 31   |   |  |     |  |
| Worship 10a  | Sufficient Grace<br>1p<br>Boy Scouts 6:30p                     | Food Pantry Set-<br>up 7:30a<br>Shawl Sisters 9a |   |  |     |  |





hes Coloring Pages from Primarphanesum



#### West Jefferson United Methodist Church

36 South Center Street West Jefferson OH 43162 614-879-8130 Email: wjumc@att.net Rev. Ruth Pribe, Pastor Email: preacherlady@aol.com Worship 10AM Sunday School 10AM YouTube, Facebook, or by CD (audio only)



