

What's Happening?

Week of November 19 - 26, 2023

*Sunday, November 19 – 25th Sunday after Pentecost

- 10:00 AM – Worship* - Sanctuary
- 10:00 AM – Children’s Church School —Sanctuary
- 11:00 AM - Coffee Fellowship—Cargill Hall
- 11:00 AM - Reconciling Ministry Meeting - Vestry

Monday, November 20

- 6:00 PM – Troop 1 Boy Scouts - Library/Sanctuary

Tuesday, November 21

- 6:00 PM – Church Conference - SPRC - Vestry
- 7:00 PM – Church Conference - Sanctuary
- 7:00 PM – Troop 1 Girl Scouts - Cargill Hall

Wednesday, November 22

- 9:30 AM – Prayer Shawl Ministry - Library

*Sunday, November 26 – United Methodist Student Day

- 10:00 AM – Worship* - Sanctuary
- 10:00 AM – Children’s Church School —Sanctuary
- 11:00 AM - Coffee Fellowship—Cargill Hall

*Worship with us Onsite & Livestreamed on Facebook. Recording available after 11 AM www.amumc.org.

	November 19	November 26
Greeters	Jean Clark & Cindy Mauch	Bolaji Campbell & Lola Campbell
Acolyte	Lexi Johnson-McMahon	Pam Thurlow
Liturgist	Chip Thurlow	Stacey Johnson
Coffee Hour	TBD—Will it be you?	Paul & Karen Roeber

Practicing Our Faith

Sharing our Prayers, Presence, Gifts, Service & Witness

Welcome to the Arnold Mills United Methodist Church. Whether you're here for the very first time or have worn a groove in "your" pew, we are glad you are here. We hope you connect with God and our community as we follow Jesus, love our neighbors, and change the world. Children are welcome to participate fully in worship. Their wiggles, giggles, singing and laughing are sounds of life. Today Sunday School begins in the sanctuary. Children are dismissed to their classrooms with their teacher after children's time.

PRAYERS

Holding our neighbors, community and world in God's love

Answered Prayers

- Jean Clark's grandson, Kevin is back in the states after deployment to Estonia.
- Thank You for your prayers. Brooke is eating more and gaining weight. She is moving along in the right direction. Karen Roeber.
- Tom and Ann Hetherington would like to thank the congregation for all the prayers offered during their health issues.

Please pray for:

- The family of Richard Dunn, a long-time member of our church, died October 25. His memorial will be December 3, at 2pm, at the New Hampton Community Church in New Hampton, NH.
- Ruthanne Emond. She is in the ICU. May God's healing spirit flow. May God's love and peace surround Ruthanne and all who love and care for her.

Please continue to pray for

- All living with Parkinsons and their loved ones
 - Deborah Stewart-Van Orden, Wendy Van Orden's daughter, as she continues to recover
 - The people of Lewiston Maine.
 - The people of Israel, Palestine, Lebanon and Egypt
 - The people of Ukraine and Russia
 - All living with cancer and their loved ones.
 - Couples and families going through divorce
 - Dierdre Thompson, experiencing kidney failure and on dialysis.
 - Muriel Campanelli to regain her health and function. Sherry and Bob Campanelli's sister-in-law
 - Margaret Kelly and all living in nursing/assisted living facilities.
 - Bishop Peggy Johnson & District Superintendent Rev. Wanda Santos-Perez
- Please tell us when prayers are answered so we can give thanks.*

PRESENCE

Join us as we learn and grow together as disciples

Church Conference — Annual meeting of the church — 7pm, November 21

Join us to celebrate the last year of ministry, tend to the details of the church, and begin to look ahead to 2024. Our District Superintendent, Rev. Wanda Santos-Perez will preside.

Our Advent Book Study begins December 6. No study November 22, 29.

GIFTS

Resourcing Mission and Ministry at AMUMC

Earn free donations whenever you shop online with iGive.com. Stores do this because they want you to like them and shop at them. There are 1893 socially-responsible stores that make donations. Learn more or sign up, visit: <https://www.iGive.com/rgLzU>. Select--Arnold Mills United Methodist Church

SERVICE

Love In Action

Meals in the Park: No baking is needed for November 26th. Thank you very much and hope to see you in the park in November. Karen

WITNESS

Working for Justice in our community, state and nation

Gratitude as a spiritual discipline—Theological intern Amanda Holmes —
Global Board of Church and Society, UMC

As fall comes to a close, I have spent the month of November trying to focus on gratitude and thanksgiving, as many of us do during this season. We are instructed to be grateful and give thanks for that which is already in our lives, **yet as we are living in unprecedented times when everything is so different from our traditions and gatherings, I'm finding it hard to be very thankful or have an "attitude of gratitude" throughout this month.**

It's hard to not focus on what's been taken away from us rather than rejoicing in how we are continually being provided for. Yet throughout the Bible, we are called to "rejoice always...give thanks in all circumstances." **Sometimes things just really aren't that great, and that is where gratitude as a spiritual discipline comes in.**

Gratitude should never be expected or demanded, and while we are called to it through Scripture, it is a spiritual practice we should take on in joy, not out of obligation. Like all acts of discipline, **gratitude takes daily practice and the more frequently we choose to engage with this spiritual practice, the easier it**

becomes. I find that if I start small, it makes it easier to see the big things.

Gratitude doesn't have to be an overwhelming spiritual practice. There are no measures on what is too small to be grateful for. What are you grateful for in this moment? The fact that you woke up this morning? Your morning cup of coffee? The walk you're going to take outside this afternoon? Your pet? Your community? By recognizing and giving thanks for even the smallest and seemingly insignificant of things, we are able to work our way up to the big things and see what we are accomplishing through the work that we are doing.

The great thing about gratitude is that **it can be a personal or public spiritual practice.** So, as we are all called into community with one another, when we aren't feeling particularly grateful, we have the community to uplift us, to help us draw closer to God through praise and thanksgiving. **Our community can offer gratitude on our behalf when we just don't have it in us.** It's also helpful to take time to see gratitude as a sort of mini-Sabbath. Every time we engage in a practice of gratitude, we are taking time to resist the culture of "ok, ok, what's next?" by celebrating and appreciating the progress we have made.

Making progress does not mean we have arrived or completed our work as social justice activists and community organizers, but **we can pause to appreciate and be thankful for what has been accomplished** and use that to reinvigorate our justice work.

Gratitude, when seen in this way, can provide spiritual empowerment to change the existing society. We are taking time to see how the Spirit has moved and is moving and through that recognizing and giving thanks for the Spirit as God's guarantee that **we are never left alone in the struggle for justice.**

Want to learn more about what's going on at our church?

SCAN ME



Scan the QR code to sign up for our monthly newsletter, weekly emails, and more.

Office Manager: George Jutras, Jr. , office.amumc@gmail.com

Pastor: Rev. Heather R. Bailes Baker, pastor.amumc@gmail.com

Music Director: Joe Mazzarella



Arnold Mills United Methodist Church

690 Nate Whipple Hwy, Cumberland, RI 02864

401-333-5203 www.amumc.org

Office open: Tue.-Fri., 9am-1pm

Submit announcements & calendar events: Weekly Content is due at noon on Wednesdays. Newsletter content is due the 20th of each month.