

"The Power Of Gratitude" *by Emily Kauffman, Minister of Outreach*

In a world filled with challenges and uncertainties, it's easy to find ourselves dwelling on what's wrong. Yet, within each day lies an opportunity to shift our perspective—to seek and embrace the positive. Gratitude is the key that unlocks this transformation, enabling us to find joy and contentment amidst life's trials.

The Bible offers wisdom on this topic. Philippians 4:8 says, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." This verse serves as a gentle reminder to direct our minds toward the good, the beautiful, and the uplifting. Gratitude is more than a fleeting feeling; it's a deliberate practice. When we focus on what we have instead of what we lack, our hearts open to the blessings around us. These blessings don't need to be monumental.

They might be as simple as the warmth of the sun, the laughter of a friend, or the kindness of a stranger.

Consider this: when we intentionally look for positive things, we're likely to find them. It's a principle grounded in both scripture and psychology. Studies have shown that practicing gratitude rewires our brain, improving mental health, fostering resilience, and enhancing relationships. Life isn't perfect, and challenges are inevitable. But even in difficult seasons, there is something to be thankful for. Philippians 4:8 invites us to train our minds to focus on what is noble, pure, and admirable. This doesn't mean ignoring pain or pretending challenges don't exist. Instead, it's about choosing to dwell on hope and beauty despite them.

For example, during a tough day at work, you might feel overwhelmed. But in the midst of the stress, you might recognize the support of a colleague, the opportunity to learn, or the simple blessing of having a job. When we intentionally shift our focus, even small acts of gratitude can bring a sense of peace.

Simple Ways To Cultivate Gratitude

- *Keep a Gratitude Journal:* Each day, write down three things you're thankful for. Over time, this practice will help you notice the good in your life more easily.
- *Express Thanks To Others:* A heartfelt "thank you" can brighten someone's day-and yours.
- *Pause To Reflect:* Take a few moments daily to reflect on what's going well, even in challenging times.
- *Pray With Gratitude:* In prayer, thank God for His blessings and ask for eyes to see His goodness, even in hard moments.

Minister of Discipling & Worship: Glen Rhodes

Minister of Outreach: Emily Kauffman



Minister of Community Life: Nancy Kuhns

Minister of Administration: Les Helmuth

REMINDERS

CHRISTMAS POINSETTIA SIGN UPS \$16 EACH ~ ORDERS DUE DEC. 8

Foil - Silver | Ribbon - Red

These can be in memory of a loved one, or just to help beautify AMC for the Christmas season. Sign up sheet is posted on the foyer bulletin board. Please put your name with money in the treasurer's church box.

DID YOU MISS GETTING YOUR PHOTO TAKEN AT Church? It's okay! You can submit a photo of Your family via email to: Arthurmennonite@gmail.com

COMING IN CHURCH PHOTO DIRECTORY



CONGREGATIONAL MEETING

We encourage everyone to join us for this important meeting, which will include: • Review & affirmation of 2025 Budget

- Affirmation of 2025 Commissions Slate
- Minister of Youth & Family Life information
 Updates from all commissions

The Christmas Season is here! There are many exciting events and activities to celebrate! Join us!



CHRISTMAS | DEC. 18 CAROLING | 6:00 PM *no special talent required



CHRISTMAS SUNDAY AT AMC DECEMBER 22 9:30am CE Classes 10:30am Worship



Bring family and friends to worship with us as we celebrate the birth of our Lord and Savior, Jesus Christ

JESUS IS LORD! Merry Christmas!

DECEMBER BIRTHDAYS & ANNIVERSARIES

- 1st Archer Borntreger
- 3rd Eve Hughes, Sandy Snyder
- 5th Austin Kauffman Kendall Schrock
- 11th Lucy Yoder
- 12th Janet Gingerich, Trinity Schrock
- 13th Michael & Brittnay Yoder
- 17th Linda Schrock
- 19th Edna Gingerich, Jackie Carter, Les Helmuth, Vera Yoder

22nd - Xander Everhart
25th - Levi Yoder
27th - Cory & Emily Kauffman Ervin & Nancy Kuhns Jake & Maranna Chupp
28th - Larry Yoder, Lela Reynolds Vernon & Irlene Chupp
29th - Bob Plank, Ron Thomas
31st - Vernon Chupp

21st - Larry & Pat Yoder

FIRST FRUITS ~ STEWARDSHIP ~

Oct. 27 - \$5,350 | Nov. 3 - \$6,009 Nov. 10 - \$2,395 | Nov. 17 - \$5,954 *no tithes/offerings were taken on November 24 due to AMA Community Thanksgiving Service To give tithes & offerings, please place them in the boxes at the back of the sanctuary or mail your envelope/check to the church at: 710 E Park, Arthur, IL 61911. Please include your envelope so your number can be recorded