

FROM YOUR PRESIDENT

AN ATTITUDE OF GRATITUDE

November is the perfect time of the year to sharpen our “attitude of gratitude”. Research shows expressing gratitude can increase overall well-being, from better relationships to better sleep. Recalling what you are grateful for trains your brain, over time, to become happier.

Some ways that might help you get started:

Document It – Keeping a journal or making a list gives you visual evidence of things you are grateful for.

Choose Your Words – Grateful people speak differently. They often use words like: blessed, fortunate, happy, and/or content.

Model It – Don’t overlook the power of being a role model. You are NEVER too old to be an example.

You may be thankful for: God’s grace and His presence in your life, stillness, friends, freedom, sunrise, sunset, music, the future, family ... hopefully your list goes on and on.

Psalm 95

O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the LORD is a great God, and a great King above all gods. In his hand are the deep places of the earth: the strength of the hills is his also. The sea is his, and he made it: and his hands formed the dry land.

Blessings,
Janis

“To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent – that is the triumph over old age.”

Thomas Bailey Aldrich

SENIOR

CRIER

NOVEMBER



THANKSGIVING LUNCH

NOV. 20TH - FLC

AFTER 11 AM SERVICE

SIGN UP IN FOYER

FROM BRO. TIM:

Well, here we are again, Thanksgiving and right around the corner Christmas. While trying not to diminish or take away from Thanksgiving, knowing as I look around that I am extremely blessed, I realized this week while planning for the next few weeks that **The Advent Season** is almost upon us. The Sunday after Thanksgiving is the beginning of Advent.

Advent is a season in the Christian year that lasts for about four weeks. It begins four Sundays before Christmas and ends on Christmas Eve, that is why there is some variation in its length.

This year has been a great year for me as well as challenging in many ways. My parents are aging and I see that now more than ever with more frequent doctor visits and hospital visits. I also realize that I too am aging. Did I really say that?

It doesn't seem possible that I have a son, Stephen, that is graduating from the Police Academy at Gateway College. Stephen was 6 weeks old when we came to High Springs with us. David, my middle child is 17 and about to graduate High School, and Bethany, my youngest is now 15. I am getting older!

Pam and I were married over 22 years ago. It doesn't seem possible, but it is. The older that I get the more I understand what is important.

The most important thing in this life is our relationship with the Jesus Christ. Either you have one or

you don't. When we leave this earth we will see Him face to face. Christmas is about Christ.

Are you ready to meet our Glorious Savior. Maybe this would be a good time to sit down and write out all of our blessings? I Pray each of you would have a Happy Thanksgiving.

Don't forget to sign up for the Thanksgiving luncheon put on for our senior adults Sunday Nov. 20 after the 11:00 service.

Senior Festcoming to Lake Yale April 3-5, 2017.
Total Cost 175.00 (inc. lodging, conference fee and all meals)
Deposit is 50.00 (Non-refundable)
There are only 22 tickets available!
Sign up in the foyer or call the church office 454-1505

Blessings, Pastor Tim
Jer. 29:11 NIV

HAPPY ANNIVERSARY

- NOV. 10th** - Bill & Judy Webb
- 19th** - Frank & Kay DeLoach
- 21st** - Randy & Gail Allen
- 23rd** - Alain & Gisele Arrendell
- 23rd** - Joe & Marie Elder
- 28th** - Alan & Linda Boyd

HAPPY BIRTHDAY

- NOV. 1st** - Warren Godsmark
- 2nd** - Susan Davis
- 3rd** - Rex Hancock
- 6th** - Marian Buzbee
- 6th** - Lou Westmoreland
- 7th** - Madge Nipper
- 9th** - Allen Sullivan
- 10th** - Tina Arnau
- 10th** - Bob Fitzgerald
- 10th** - Joe Peterson
- 12th** - Patsy Presnell
- 12th** - Betty Sutton
- 13th** - Sue Cary
- 14th** - Dave Friar
- 14th** - Robert Isbell
- 14th** - Eloise McCormick
- 15th** - Randy Durden
- 15th** - Frank Preston
- 15th** - Kim Teele
- 18th** - Isabel Smith
- 20th** - Beulah Lee
- 22nd** - Dewey Glenn
- 22nd** - Tim Staley
- 24th** - Susie Blankenship
- 24th** - Gerald Johns
- 25th** - Pat Combs
- 26th** - Gale Faulk
- 28th** - Calvin Jensen
- 29th** - Mary Fitzgerald
- 29th** - Chuck Talton

- NOV. 30th** - Wayne Bloodsworth, Jr.
- 30th** - Mary K. Anderson

STAFF BIRTHDAY

- NOV. 11th** - Sharon Mock

DATES TO REMEMBER

- NOV. 6th** - Church Wide Picnic After 11 AM Service
- 20th** - Thanksgiving Lunch FLC after 11 AM Service – Sign up in Foyer
- DEC. 13th** - YAH Christmas Party @ Mae & Pat's Watch for details
- JAN. 15th, 2017** – Sr. Adult Day Phil Waldrep, Speaker
- APRIL 3rd – 5th, 2017** - Senior Fest Lake Yale – Watch for More info

CHRISTIAN LOVE & SYMPATHY



Kellie & David Rendek & Family in the passing of her dad, Charlie Roberts.

Carrie & Keith Barnes & Family in the passing of her dad, Charlie Roberts.

Patty Forrester & Family in the passing of her brother, Charlie Roberts.

Time change.....Fall back 1 hour next Sunday, Nov. 6th !!!!