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[Bethlehem Lutheran Church - Davey](https://www.facebook.com/BethlehemLutheranChurch-Davey)

Bethlehem Lutheran Church
PO Box 96
Davey, NE 68336

Council president—Jeff Atkinson—402-432-6212
Council members—Mike Unverferth, Judy Hornung,
Jerri Daugherty, Curtis Olson, Gabe Allen

November Helpers

Lector—Sandy Carlson

Cleaners—Weeks 1/2—Linda Sestak
Weeks 3/4—Unverferth

Ushers—Jon Mumgaard

Altar—Sharon Mumgaard

Communion Assistant—Open

Bethlehem Star



November 2021

Gratitude

November is a month naturally suited to the practice of gratitude - it is after all the month of Thanksgiving. Gratitude and thanksgiving are a significant part of the faith life – there's a whole section of hymns in our Evangelical Lutheran Worship book titled Praise and Thanksgiving. We say table prayers thanking God for food and the basic necessities.

There is a growing body of literature in the medical and mental health world that indicate that an intentional practice of gratitude is a great addition to our mental and emotional health toolbox. It sort of makes sense that it would help mental health, but in at least one study, the practice of writing down things participants were grateful for resulted in a decrease in visits to the physician for any reason. The powerful mind-spirit-body connection knows what's good for us even if our brains don't always.

We're often pretty good at expressing gratitude for the really big things – birth of a baby, marriage, new job, graduation, a cancer cure, etc. But what about the ordinary stuff of everyday life?

It can be tempting to live from one fun and exciting thing to the next and sort of just exist in the in between. I think social media might accentuate this. You can scroll Facebook or Instagram and see all the cool and exciting things going on in other people's lives. That can get us comparing our ordinary lives with the shiny, exciting and fun things in other peoples' lives and finding ours lacking.

Before social media, magazines and TV shows probably did the same thing – it just wasn't 24/7.

I seem to be prone to this temptation to live from one fun thing to the next and underappreciate the ordinary, everyday stuff of a life that's really pretty good. So for my faith practice this month I'm focusing on gratitude for very ordinary stuff. Ironically, I'm posting those daily on social media. But it's a way to keep me committed to it. And maybe it will spur some gratitude in others.

However you want to do it, I would encourage you to practice some intentional gratitude this month – write something each day in a journal or notebook, on a sticky note or whiteboard...or take a picture and post it to social media...or just store them in your phone.

Oh, and this will probably be a post at some point in the month, but I am grateful for all of you.

Christ' peace,

Pastor Kris

The Future

This will come as a shock to nobody, but our building isn't very accessible. We have begun to investigate some possibilities for improving our accessibility. We've had an engineer look and come up with some different options. We looked at some at the last council meeting and are waiting for one more drawing and estimate to come from him.

Council meets November 14 and we will look at the options. They range from a simple ramp to an addition to the building with accessible entrance and restroom. None are cheap. Whatever we decide to do for accessibility, if anything, will be determined by how we think about our future.

After the council has had a chance to look over the options, we will plan at least a couple of congregational meetings. What I don't want to do is throw up the different design options and start the conversation there. I hope to begin the conversation as more of a thought experiment—if money were no object and we could start over, what kind of building do we want? Who do we want to reach? What do we need, if anything, to make worship better? Are there other ministries we might like to offer and what would our space need to look like to do so?

I hope to begin these conversations in Advent. In the meantime, think about your own answers to those questions.

Opportunity to Serve

The Center for People in Need is having their Toyland event again this year after a year off due to the pandemic.

The dates are Friday December 3 through Tuesday December 7. Typically Saturday has been the day that works best for most of us. Time slots on Saturday are 8:45—10:45; 10:30—12:30; 12:15—2:15; 2:00—3:15. Please let Pr. Kris know if you would like to participate and what time slot works best. We've typically done it as a group, but if another day or time works better for you, you can also sign up as an individual. We typically bring diapers and are planning to donate wrapping paper as well, so if you aren't able to help but want to contribute, those options are available.

Calendar

Worship is also available on YouTube Live. Check the worship page on our website for the links to YouTube and to the bulletin: <http://bethlehemdavey.org/>

October

November 7 10:30 am—All Saints' Sunday with Holy Communion and remembrance of those who have died. As a congregation, we will remember Elaine Hansen.

November 14 10:30am—Worship
11:30 am—Council

November 21 10:30 am—Worship with Holy Communion

November 28 10:30 am—Worship—First Sunday in Advent

All Saints Sunday

All Saints Sunday is Sunday November 7. On that day we remember those from our congregation who have died. This year that will be Elaine Hansen. You will all be invited to light a candle in memory of someone you have loved and lost.

Freed for Life

The Freed for Life Banquet is Sunday November 7. This banquet is one of the biggest fundraisers of the year for the Nebraska Synod's prison ministries. These ministries bring the gospel of Christ's love to incarcerated people. They also prepare and equip incarcerated and newly released people to successfully transition to community living. I am not able to go, but I am not able to go, but here's the registration link: <https://nebraskasynod.org/event/freed-for-life/>

Others are welcome to contribute to the newsletter—just get items to Pastor Kris by 26th of the month