



NOVEMBER 2022

# CONNECTING POINT

FIRST CHURCH OF CHRIST

## The Perspective - Changing Power of Gratitude



*"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."  
(1 Thessalonians 5:16-18)*

*"...be transformed by the renewing of your mind."  
(Romans 12:2)*

I've been reading *The Power of Positive Thinking* by Norman Vincent Peale lately. It's one of those classic books that has sold millions of copies, but for some reason I haven't gotten around to reading it until now. Probably because the title kind of put me off, but I'm actually **really** enjoying it!

One of the things that has struck me about this book is how many medical professionals the author has spoken to that link *physical illness to broken thinking*. One doctor he spoke to (Dr. Franklin Ebaugh) said the makeup of illness at hospitals was roughly as follows:

- 1/3 was organic (something physically wrong)
- 1/3 was part organic, part emotional
- 1/3 was purely emotional

In one clinic with 500 patients, *386 (77%) were found to be ill from unhealthy mental states*.

But what exactly is an unhealthy mental state?

### Anything negative.

I know, that's pretty broad. But as the saying goes - *garbage in, garbage out*. Nothing is neutral. If you find yourself in a rough place emotionally, consider your inputs. What have you been feeding on? And what affect has that had on you?

This is a big reason why I limit my exposure to Facebook and I *intentionally* don't keep up with much news. If something is really important, it'll find its way to me. If not, I'll focus on what I can control and not worry about the rest. It's easier for me not to feed on it if I don't even see it in the first place.

But what do you do if you can't escape a negative environment? What if your boss is the source of your

negativity, or a close family member?

In those situations, the best thing you can do is *practice gratitude*.

Dr. Robert Emmons, professor of Psychology at UC Davis, is considered by many to be the world's leading expert on gratitude. In his book, *Thanks*, he says that practicing gratitude can make you up to **25% happier**. There are many other physical and emotional benefits, including reduced stress, lower blood pressure, better sleep, and reduced risk of depression. Practicing gratitude can even slow down the body's natural aging process!

The crazy thing (at least to me) about gratitude is that *the specifics of your situation don't actually matter*. It's an **internal** perspective change. You don't deny that undesirable circumstances exist, you just choose not to focus on them. Instead of highlighting all the things that are going wrong, you find the things are going well.

There's lots of different ways to practice gratitude. One way is simply to keep a gratitude journal. I have done this on and off over the years myself, forcing myself every day to answer the question, *What am I grateful for?* It could be a conversation I had with a friend, the beautiful weather for a long walk, or something silly one of my kids or grandkids said.

Another idea might be to practice gratitude during a weekly date night with your mate or significant other. End the date by verbally expressing gratitude for something the other person has done during the last week.

A curious thing about verbal gratitude: I've noticed that verbalizing gratitude towards someone *instantly* dissolves any anger I may feel towards them. No one can make you madder than your spouse can (😡) but the minute you force yourself to find something positive and verbalize it, all those negative feelings instantly dissolve. I dare you to try it! I have found it *impossible* to stay upset while expressing gratitude.

With Thanksgiving coming up later this month here in the US, many of you will be getting together with family members. And for some of you, that may be a little stressful. But I challenge you not to let it get under your skin. You have the ability to change your perspective, and practicing gratitude is one great way to do it.

I'm thankful for each one of you!

Blessings,

Pastor David

# Gratitude Changes Everything



## Today's Truth

*"Give thanks in all circumstances"*  
(1 Thessalonians 5:18 NIV).

## Friend to Friend

Thanksgiving is just around the corner, and so I've been thinking about gratitude a lot lately. What is it? When should we show it? What does God say about it?

Paul wrote the Thessalonians, "Give thanks in all circumstances" (1 Thessalonians 5:18). Most read that verse and think it rather nice. So we slap a sloppy coat of thanksgiving on life and go about our day. In reality, most of us are thankful for very little.

Notice the Bible doesn't command us to **feel** thankful in all circumstances. Instead, it commands us to **"give** thanks in all circumstances." When I begin to praise God in a difficult situation, even if I don't feel like it, many times the scales fall from my eyes, and I begin to see glimpses of His glory sprinkled on the black backdrop of the situation like diamonds on black velvet.

Sometimes I don't see glory in tragedy, but I still can praise God because I know He is there.

Gratitude changes the lens through which we see the circumstances in our little slice of time. Thanksgiving changes our perspective despite broken dreams, broken relationships, tumultuous circumstances, and unfulfilled longings.

**As you praise God for who He is and thank Him for what He's done, your perspective of Him grows larger and your problems grow smaller.** As a result, you will experience a deeper sense of intimacy with God as the emotional gap between what you know to be true and how you feel at the moment closes.

On many occasions in the Psalms, David complained about his circumstances (Psalms 42; 57; 62). But more often than not, about midway through David's laments, he begins praising God for who He is and thanking God for what He's done. And you know what happens? All of a sudden David starts feeling better! Life isn't so bad after all! His problems grow smaller as his perspective of God grows larger, and he begins to see God's glory shining through the situation.

Why is that? In the writing of one little Psalm, David shifted from depression to rejoicing. He didn't wait until God changed his situation, solved his problem, or made him feel better before he began thanking Him.

Friends, when we stop complaining and grumbling and begin speaking God's love language of gratitude, our perspective will change as well. We will begin seeing moments of sudden glory through the lens of praise and thanksgiving—glory moments that were there all along but hidden from the grumbling eye.

## Let's Pray

Dear Lord, I praise Your Name. I exalt Your Name forever. Even though I may not understand what is going on in my life, I trust that You are good, and Your plans are good.

In Jesus' Name,

Amen.

## Now It's Your Turn

Today, read Psalms 145, 146, and 147. Take note of what the psalmist praised God for.

Make a list of 10 things you are thankful for and share them.

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# SUPPORT BIBLE BUDDIES MISSION

SAVE AND BRING IN  
YOUR PULL TABS

- ALUMINUM CAN TABS
- CANNED FOOD TABS
- CANNED PET FOOD TABS

PULL TABS ARE  
THE WAY  
FOR A SPECIAL  
PLACE  
TO STAY!



TYLER MILLER

## ONE BIG WORSHIP

SUNDAY,  
NOVEMBER 6TH

DOORS OPEN AT 6  
SERVICE STARTS AT 6:30

AT THE CHEROKEE  
COMMUNITY CENTER

# Midweek Bible Study

Tuesdays  
10:30 a.m.

EVERYONE IS WELCOME

## YES WE CAN



# 1,000 CANS

DONATIONS DUE BY NOVEMBER 1ST



# PRA YING THE PSALMS

## BIBLE READING PLAN

1. Psalm 4:1-8
2. Psalm 5:1-12
3. Psalm 39:12-13
4. Psalm 69:1-12
5. Psalm 69:13-18
6. Psalm 143:1-6
7. Psalm 143:7-12
8. Psalm 55:16-23
9. Psalm 67:1-7
10. Psalm 61:1-8
11. Psalm 17:1-9
12. Psalm 28:1-9
13. Psalm 51:1-9
14. Psalm 51:10-19
15. Psalm 31:1-5
16. Psalm 141:1-10
17. Psalm 116:1-7
18. Psalm 77:1-12
19. Psalm 18:1-6
20. Psalm 102:1-14
21. Psalm 130:1-8
22. Psalm 54:1-7
23. Psalm 84:1-12
24. Psalm 64:1-10
25. Psalm 88:1-9
26. Psalm 86:1-10
27. Psalm 86:11-17
28. Psalm 119:145-149
29. Psalm 6:1-10
30. Psalm 142:1-7
31. Psalm 3:1-8

## MINISTRY UPDATES

### Men's Breakfast

Saturday - November 5 @ 8:00 a.m.  
Fellowship Hall

### Christian Homemakers Meeting

November 10 @ 9:30 a.m.

### Esther Circle

November 16 @ 1:30 p.m.  
Gift Plates

### Midweek Bible Study

Tuesdays @ 10:30 a.m.  
Chapel  
Current Study: Gospel of Mark

### Bible Buddies

Wednesdays @ 6:30 p.m.  
Fellowship Hall

### Community Thanksgiving Meal

November 24 @ 11:00 a.m.

# NOVEMBER CELEBRATIONS

### November 2

Andrew Rupp

### November 3

Ava Schroeder (BB)

### November 6

Tim Vannatta

### November 7

Alexander S. (MCS Student)

### November 11

Johnsner S. (MCS Student)

### November 12

Sawyer Hilt (BB)

### November 14

Kevin Schmillen

### November 16

McKenize Booher

### November 19

DeAngelo E. (MCS Student)

### November 23

Brooke Joy

### November 27

Brian Nelson

### November 29

Polly Fishman



## MEN'S MONTHLY BREAKFAST

SATURDAY - NOVEMBER 5

## BREAKFAST COFFEE DEVOTIONS

Starts at 8 a.m.



FELLOWSHIP  
HALL

## When the Church Comes to Jesus

Fall 2022  
Sermon Series

Revelation 6 - 22

The book of Revelation is not about what has or will happen, it's about what always happens. And even though what always happens is suffering, violence, deception, and evil, God still sits enthroned as King over all of it. A time is coming when His reign will not need to be revealed and everyone will see it - but until that day, the Church must come to Jesus for patience, boldness, and hope in world that is not our own.



# Ways To Give

THANK YOU FOR YOUR GENEROSITY



[www.cherokeefcc.com](http://www.cherokeefcc.com)



Text FCCGIVER to  
1-888-364-GIVE (4483)



First Church of Christ  
772 N. 2nd Street  
Cherokee, IA 51012

## Accura of Cherokee (Countryside Estates) Christmas Party

It is that time of year again to start thinking about Christmas and preparing to make the residents of Accura smile during the annual Christmas Party! The date will be Sunday, December 4th at 2:00 p.m. Accura of Cherokee currently has 38 residents.

Staff suggests personal gifts such as shampoo, body lotion, hand lotion, blankets, 2023 calendars, etc. (something they can use) in the \$10 range.

We will sing Christmas carols with them for entertainment. We can bring in baked cookies and bars. There will be no sign-up sheet for baked goods. Please bring them with you when you attend the party. Last year we supplied individual ice cream cups. It is a big treat for the residents. Monetary donations for ice cream will be accepted. Please give those donations to Pam Cronin. Once the need is met, no more will be taken.

All church members are invited to attend the party! The best thing is: masks are no longer required to be worn in the facility. However, if you do not feel well, please do not attend.

### Instructions:

- Please take a tag from the tree, write your name on the sheet of paper (located on the small table by the tree) that you have taken a tag from the tree. This way we will know a gift is being bought for that tag. The tag will either have lady or man written on it.
- When you bring the wrapped gift back to the church, please mark the paper again, before placing the gift under the tree.
- If you would rather contribute money for a gift instead of shopping, give your donation to Pam Cronin or leave it at the church office with Nancy. Pam will do the shopping for you. If you choose to donate money for this event, please have it to Pam or the church office no later than Friday, December 2nd at noon.

The residents enjoy this program very much and it is a wonderful way to express Jesus is the reason for the season! Merry Christmas!

Thank you so much,

Pam Cronin



GIVE THANKS WITH A  
GRATEFUL HEART

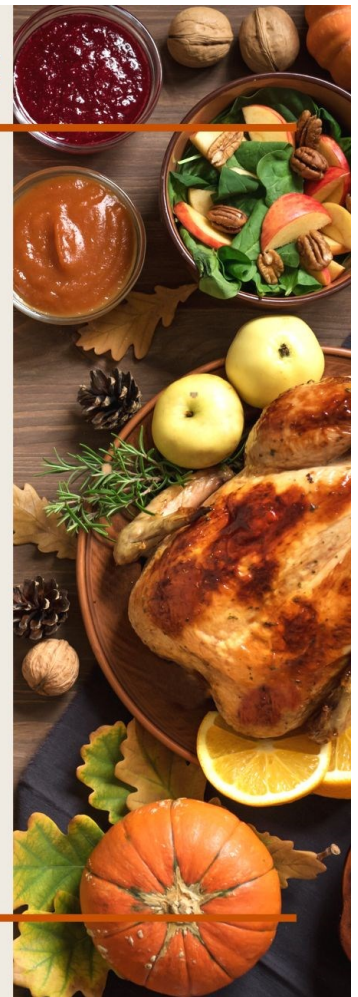
# ANNUAL COMMUNITY THANKSGIVING DINNER

A FREE MEAL FOR ALL THOSE IN OUR COMMUNITY

First Church of Christ - Lower Level Fellowship Hall  
772 N. 2nd Street  
Cherokee, Iowa 51012  
(712) 225-2667

**November 24, 2022**

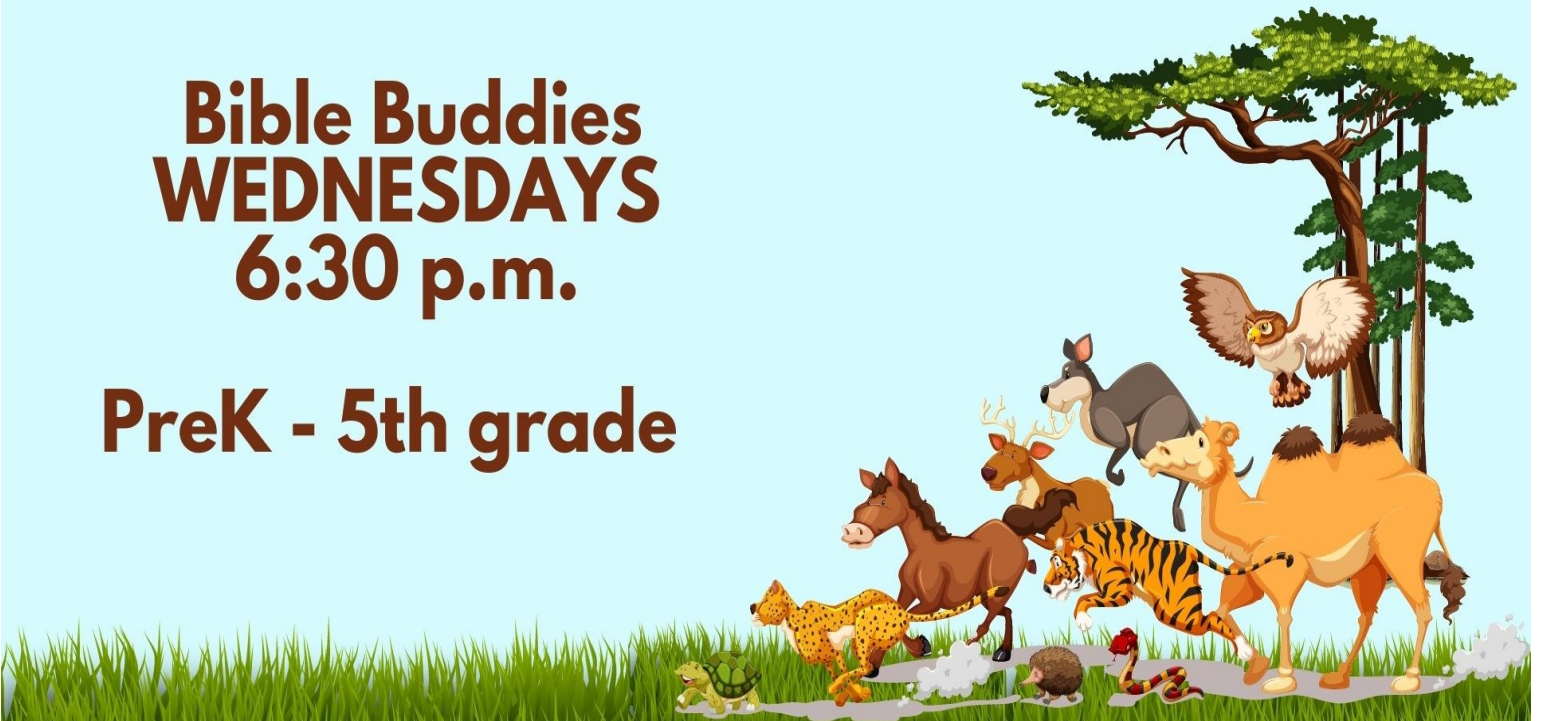
**11 a.m.-2 p.m.** *(or until food runs out)*



# JESUS IS WILD ABOUT YOU!

**Bible Buddies  
WEDNESDAYS  
6:30 p.m.**

**PreK - 5th grade**





Mr. & Mrs. Nelson  
**THANK YOU!**

FOR ALL YOUR GIFTS, SUPPORT, AND  
PRAYERS AS WE CELEBRATED OUR WEDDING



Celebrating  
**THE NEXT CHAPTER**  
**OF THEIR LIVES**  
*Marty & Shari Eldredge*  
**Sunday, Nov. 6, 2022**  
Church lobby following worship services  
**Join us in wishing them well  
while enjoying refreshments.**

*Thank you*

Dear Church Family,

Please accept my heartfelt thank you for all of the ways so many of you expressed your love, support, and encouragement to me throughout Pastor Appreciation month, as well as for my birthday. I love being your pastor and serving the Lord alongside you in this place. Angela and I are truly blessed

"I thank my God through Jesus Christ for all of you." ~Romans 1:8

Love,

*David*

Pastor David

**SUNDAY**

*Kids  
Ministry  
Available*

**PRE-K - 5TH GRADE**



*Harvest Offering Rummage*

# SALE

**Wednesday - Saturday**

**Nov. 2nd - 5th from 10 a.m. - 6 p.m.**

**Nov. 12th - 15th from 10 a.m. - 6 p.m.**

*Main Street Relics*

**415 W. MAIN**

**CHEROKEE, IA**

**ALL PROCEEDS GO TOWARD  
FIRST CHURCH OF CHRIST HARVEST OFFERING**



# November Worship Team Schedule

<b>6-Nov</b>	<b>13-Nov</b>	<b>20-Nov</b>	<b>27-Nov</b>
<b>Children's Church</b>	<b>Children's Church</b>	<b>Children's Church</b>	<b>Children's Church</b>
Sholeen Sparks	Polly Fishman	Dixie Draper	Angie Hall
<b>Children's Sunday School</b>	<b>Children's Sunday School</b>	<b>Children's Sunday School</b>	<b>Children's Sunday School</b>
Sholeen Sparks	Polly Fishman	Dixie Draper	Angie Hall
<b>Communion Mes-</b>	<b>Communion Mes-</b>	<b>Communion Mes-</b>	<b>Communion Mes-</b>
Guy Fishman	Mike Sparks	Dennis Smith	Kirk Nelson
<b>Worship Leader</b>	<b>Worship Leader</b>	<b>Worship Leader</b>	<b>Worship Leader</b>
TBD	David Hall	TBD	Sharon Henkel
<b>Singers</b>	<b>Singers</b>	<b>Singers</b>	<b>Singers</b>
Sharon Henkel	Mark Casey	Nancy Nelson	David Hall
Larry Heschke	Marcia Casey	Dennis Smith	Mark Casey
Angela Hall	Nancy Nelson	Angela Hall	Marcia Casey
<b>PowerPoint</b>	<b>PowerPoint</b>	<b>PowerPoint</b>	<b>PowerPoint</b>
Nancy Nelson	Braella Inman	Braella Inman	Nancy Nelson
<b>Sound</b>	<b>Sound</b>	<b>Sound</b>	<b>Sound</b>
Mike Sparks	Larry Heschke	Mike Sparks	Larry Heschke
<b>Janitors</b>	<b>Janitors</b>	<b>Janitors</b>	<b>Janitors</b>
TBD	TBD	TBD	TBD

## NOTE:

We would like to let you know that the worship team schedule may vary from week to week. We are going to be flexible in light of our beloved, volunteer worship director's health. Please keep Wren and Dennis Smith in your prayers.

Do you play piano, keyboard, guitar, or drums? Can you help us amateurs pull it together? Can you clean, dust, and vacuum? We need you! If the thought just ran through your mind that you can and should help with worship . . . consider that the Holy Spirit calling . . . and answer. Thanks!



# Jesus in Revelation

His head and hair were white like wool, as white as snow, and His eyes like a flame of fire; His feet were like fine brass, as if refined in a furnace, and His voice as the sound of many waters; He had in His right hand seven stars, out of His mouth went a sharp two-edged sword, and His countenance was like the sun shining in its strength.

## Revelation 1:14-16

GARMENT <small>Rev. 1:13</small>	SHARP SWORD <small>Rev. 1:16</small>	REDEEMED <small>Rev. 5:9</small>
GOLDEN BAND <small>Rev. 1:13</small>	COUNTENANCE <small>Rev. 1:16</small>	WHITE HORSE <small>Rev. 19:11</small>
HAIR <small>Rev. 1:14</small>	SUN SHINING <small>Rev. 1:16</small>	RIGHTEOUSNESS <small>Rev. 19:11</small>
WHITE AS SNOW <small>Rev. 1:14</small>	HE WHO LIVES <small>Rev. 1:18</small>	JUDGES <small>Rev. 19:11</small>
EYES <small>Rev. 1:14</small>	FOREVERMORE <small>Rev. 1:18</small>	MAKES WAR <small>Rev. 19:11</small>
FLAME OF FIRE <small>Rev. 1:14</small>	KEYS <small>Rev. 1:18</small>	MANY CROWNS <small>Rev. 19:12</small>
FEET <small>Rev. 1:15</small>	HADES AND DEATH <small>Rev. 1:18</small>	NAME WRITTEN <small>Rev. 19:12</small>
FINE BRASS <small>Rev. 1:15</small>	LAMB <small>Rev. 5:6</small>	NO ONE KNEW <small>Rev. 19:12</small>
VOICE <small>Rev. 1:15</small>	SEVEN <small>Rev. 5:6</small>	ROBE <small>Rev. 19:13</small>
MANY WATERS <small>Rev. 1:15</small>	HORNS <small>Rev. 5:6</small>	DIPPED IN BLOOD <small>Rev. 19:13</small>
RIGHT HAND <small>Rev. 1:16</small>	SPIRITS OF GOD <small>Rev. 5:6</small>	THE WORD OF GOD <small>Rev. 19:13</small>
SEVEN STARS <small>Rev. 1:16</small>	WORTHY <small>Rev. 5:9</small>	ROD OF IRON <small>Rev. 19:15</small>
MOUTH <small>Rev. 1:16</small>	SLAIN <small>Rev. 5:9</small>	



D L B M A L I P D E M E E D E R E W Q J E M A A L C K X  
M E C J H J C O G K S R N H S X N D B R Q S E G D U J M  
K E Y S H O R N S T M A K S G N S C I S K D G M C H Y V  
M Y G K D J B V C F B H R D E J Q F U N E V E S Y D N M  
A W J K S X D Y S N N E I U V O F N H Q L Y X H C O T K  
N H W E Y G R X E A T P H L X O S J F Y I I T L O G W H  
Y P Q I C Q I D M A P V V G E H L Z O C J R R J U F C T  
C E G M T Z L E W E V O F M I F L D M F O S O P N O M A  
R X N F U O W Y D S T U A N P W U C B W S L D T T S T E  
O A S U G R N I R C J L I F B N O G X E L N O E E T H D  
W H R E I A N A O J F N D Q N V P N N G S Q F E N I E D  
N B I T M B T G W P G N M M L J S S S P S U I F A R W N  
S K T D L S B X S K R I O N K Y U W D S L B R M N I O A  
D E O O N F N T P N G U Z A Y O L Y Q Z A H O C C P R S  
N U O E R X M Y R Y T P T N E M R A G P A E N K E S D E  
X D V M N W R Q A H B K C T D C Y H U I N T T Y U E O D  
B E B A O X Y R H N B H H E F F Y M R M N X T I W V F A  
S U B K O Y O W S H V G U E R O M R E V E R O F H F G H  
G H X E N Y Q T X N I D N A H T H G I R Q L F J D W O V  
S F V S E L P R S R V S N V W C Y C B L B Q V S V B D V  
E H F W K H R O Y G I I O Q M R F W H I T E H O R S E C  
J Y A A N D F J L K A I N B W Q Q V C B R O B E B J Q G  
U A E R E N P V X L C V S P K F R G S S A R B E N I F W  
Y Z B S W N P I S E J Q I H E W H O L I V E S G I P A S

# Board Nominations Due November 6, 2022

It is time once again to consider your nominations for our Board of Elders and Deacons for the upcoming year. Included in this newsletter is a nomination form. The form gives a description of the type of person who is eligible to be nominated to our board. We ask that you read these carefully and refer to the scriptures cited in the description. Consider your nominations through thoughtful prayer.

We also ask that you do not nominate someone whose current term has not yet expired. The term expiration dates are listed next to each of the current board members names. If their term does not expire at the end of 2022 please do not nominate them as they will continue to serve until their term has expired.

Nominating someone doesn't mean the person will accept the nomination or that they are eligible. The current board members will contact your nominees to find out if they are both eligible and whether or not they will accept your nominations.

## **Nominations are due no later than November 6, 2022.**

They can be mailed in to the office or brought in and put in the nomination box located on the table in the lobby. The election of board members will take place on December 6, 2022. Election ballots will be available on that day in the lobby and in the bulletins. We ask that you attend worship that day to turn in your ballots.

The Annual Congregational Meeting will then take place following worship services on Sunday January 8, 2023. We highly encourage you to attend the Annual Congregational Meeting. If you have something you want to address at that meeting please contact the office to be placed on the agenda.

Those of you who lead small groups or ministries please begin thinking about and submitting your annual report for publication in the First Church of Christ 2022 Annual Report. Please have your reports typed in a Word document and attach it to an email to be sent the office at [office@cherokeefcc.com](mailto:office@cherokeefcc.com).



## Total Attendance and Offerings

Date	Attendance	Offerings
09/25	96	\$2968.00
10/02	72	\$3569.00
10/09	94	\$3409.04
10/16	71	\$1931.00
10/23	98	\$2355.00



2022

# HARVEST OFFERING

GOAL

## \$25,000 - \$30,000

FOR PURCHASE OF NEWER LOWER MILEAGE MINI VAN FOR CHURCH USE

### NOVEMBER 20, 2022



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## BIBLE CLASSES

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10:40 a.m.

**Christian Standard Curriculum**  
Chapel

**Ladies Class**  
Room 7 - Downstairs

**Men's Class**  
Room 8 - Downstairs

**Children's Class**  
Downstairs

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## MISSIONS WE SUPPORT

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Nebowa Christian Camp  
Midwest Christian Services  
Deaf Missions  
International Disaster Emergency Services  
Rapha International  
Voice of the Martyrs

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## CHURCH INFO

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**Worship**  
Sunday Mornings  
9:30 a.m.

**Office Hours**  
Monday - Friday  
9 a.m. - 2 p.m.

**Leadership**  
Pastor David Hall (641) 638-4762  
Mike Sparks, Elder (712) 261-4730  
Kirk Nelson, Elder (712) 540-9591  
Larry Heschke, Elder (712) 221-7592  
Mark Patten, Deacon  
Barry Nelson, Deacon  
Tom Mortenson, Deacon

**Website**  
[www.cherokeefcc.com](http://www.cherokeefcc.com)  
FB: @firstchurchcherokee

**Phone:** (712) 225-2667  
**Email:** [office@cherokeefcc.com](mailto:office@cherokeefcc.com)



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