



“Fenimorian News from the Pews”

November 2022 – Volume 1 No 6

Special Thanksgiving Edition

Gratitude and Thankfulness With Purpose:



Love, Joy and Peace Fenimorian Family,

The much-celebrated Thanksgiving Day holiday observed in the United States is a time of reflection for many. The bible however teaches us that thankfulness and gratitude is a prominent theme in scripture; a way of life that has a purpose and is to be expressed continuously. 1 Thessalonians 5:16-18 tells us to “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”



As believers we know that we were created in love by God, “knitted together in the womb” under His watchful eye for the purpose of serving Him. He made us to be like Him and wants us to reflect Him by loving, caring and serving one another abroad and at home.

Psalm 136:1 tell us to “Give thanks to the Lord, for he is good. His love endures forever.” God’s love is constant!! We can also be thankful for God’s deliverance and ever-present hand of protection needed perhaps in times of illness, unhealthy relationships or anything that hinders turning our “mourning into dancing.”

Continues on pg. 1 column 2

Continuation from page 1 column 1 (Gratitude and Thankfulness)

In Psalm 30, David exalted the Lord for lifting him out of the depths and not letting his enemies’ gloat.

This Thanksgiving as we remember that “every good and perfect gift is from above” let us all make an extra effort to not focus on ourselves but with purpose “choose” gratitude and thankfulness for all that the Lord has given and done for us.

*With a heart of gratitude have a blessed Thanksgiving,
Sis Kim Jackson, Newsletter Ministry*

Upcoming Church Events:

Prayer on Zoom every Tuesday @ 8:00pm

Bible Study every Wednesdays @ 7:00pm. We are studying the Book of Acts

Prayer on Zoom every Tuesday @ 8:00pm
All Saints Sunday **AND International Day of Prayer** 11/6/22

Worship Committee Mtg., Monday, 11/7/22 @ 7pm & each following Monday for the month

Fenimore UMC Charge Conference Saturday 11/12/22 @ 11:00am in FH

The United Women In Faith, Sunday 11/13. Time TBD

Christ the King Sunday 11/20/22

First Sunday of Advent **AND** UM Students Day 11/27/22

Food Pantry Distribution hosted by Ladies in Waiting in Fellowship Hall every Tuesday between 10:00am-1:00pm

Grab & Go Breakfast hosted by Family Life Ministry on the 4th Tuesday of each month.

Senior Citizen Center in Fellowship Hall Mon., Wed. & Thurs. 10:00am-4:00pm

From the Desk of the Pastor Jackson:



Grace, mercy and peace!

We are entering the season of harvest where toward the end of it for some there will be family and friends gathering around the television watching football games and eating of huge meals.

Thanksgiving day, this uniquely American celebration does not come close in compassion for those of us who give thanks every day as followers of Jesus Christ.

While some cheer during the football game, we cheer the fact that we have already won the eternal contest. While some feast on a delicious spread, we feast on the bread of life each and every day.

If you, like me will be gathering to watch football and enjoying a well-prepared meal, give thanks for it while being grateful for who we are in Christ Jesus our Lord.

Never cease to remember and share with others that, “just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.” (Col. 2:6-7)

Pastor Jackson



Strictly for Laughs



What would you get if you crossed a turkey with an evil spirit? ***A Poultrygeist***

What did the turkey say before it was roasted? ***I'm stuffed***

What can you never eat for Thanksgiving dinner? ***Breakfast or lunch***

What always comes at the end of Thanksgiving? ***The letter G***

Why did they let the turkey join the band? ***Because he had drumsticks***

If the Pilgrims were alive today, what would they be most famous for? ***Their age***

Where does Christmas come before Thanksgiving? ***In the dictionary***

Source: v-r-a.org

Submitted by Sis Kim Jackson



Excerpts taken from Joshua Straub, 11/7/2018

Lifeway.com article entitled: *How to Teach Your Kids To Be Thankful*

It is important to fight entitlement by thinking about your blessings. The upcoming holidays are the perfect soil for the growth of entitlement, especially with technology and screens being the most popular gifts given to children in America.

Continues on pg. 3 column 1

*Continuation from page 2 column 2
(How to Teach Your Kids To Be Thankful)*

The holidays are ripe for entitlement not just because our kids receive presents -often in excess-but because unlike ever before, they can see what they don't have.

Reversing entitlement begins with gratitude. But it starts with parents. Following are a few ways to teach your kids what it means to be thankful:

Either at dinner or before bedtime each night, describe for your kids what you're thankful for and ask them what they were thankful for that day.

Practice becoming more openly thankful toward one another in front of your kids.

Send a short "thank you" email or text message to someone you're thankful for.

Submitted by Sis Kim Jackson

The Second of a Three-Part Series Entitled 60 Ways to Live Longer, Stronger and Better

How to replace pandemic bad habits and get healthier now

by Nicole Pajer with Clint Carter, **AARP**, May 5, 2021

Clean Up Your Diet

21. Bribe yourself into eating vegetables. Find a salad dressing or dip you love; you'll be more inclined to eat veggies dipped in it.

22. Store fruit at front of the fridge. When you bring fruit home, immediately wash and put in a bowl at the front of the top shelf rather than in a drawer. The minute you open the fridge, it will prompt you to eat some.

23. Portion out nuts. In a study that appeared in BMC Medicine in 2013 of adults ages 55 to 80 at high cardiovascular risk, those who ate more than

three servings of nuts per week were 39 percent less likely to die of any cause over the next five years of the study. The problem is that people often overindulge and eat them straight out of a large bag or can. Prepack them into individual serving sizes in zip-close bags so you have just one serving, not five.

24. Decorate healthfully. If chocolates are on the table, you'll eat them. Hide the less-healthy snacks and put fruit and nuts on the table within reach.

25. Snack before you shop. Going to the grocery store on an empty stomach — even if it's a digital store — can lead to unhealthy impulse buys. Have a bite to eat, and while you're eating, write out a shopping list and stick to it.

26 Drink your fiber. Throw some fruit into the blender right before it goes bad. Try blending a banana, an orange and spinach; throw in some walnuts for even more fiber and omega-3 fatty acids.



NICK FERRARI

Get Back In Shape

27. "Commute" even if you work from home. For many of us, COVID means no commuting to and from the office — which means no moving, either. Use that gift of time for a walk, bike ride or jog. In a study, older women who averaged 4,400 steps per day (compared with just 2,700 steps) were 41 percent less likely to die during a follow-up of 4.3 years.

28. Set a "stretch timer." Use the timer to prompt you to stand up and get your blood flowing and **muscles moving once every hour**. Your brain needs oxygen to be productive — so if that's how you can persuade yourself to get up and move, then do so!

29. Take your phone calls standing or walking. They're called "mobile phones" for a reason. Each time yours rings, stand up or go for a walk. It's an easy way to decrease the amount of time you are sedentary.

Set Boundaries With Technology

30. Turn off all phone notifications. Americans are already checking their phones an average of 96 times a day, according to research from 2019, so you're not going to miss anything.

31. Establish no-phone zones, starting with no phones at dinner and in the bedroom. One review of 290 studies by a Swedish university researcher that was published in 2018 found an association between frequent mobile phone use and depressive symptoms and sleep problems.

32. When you wake up, don't reach for your phone. Do something you love instead: Journal, stretch, make coffee or read one book chapter. Get an alarm clock so you won't need to rely on your phone to wake up.

33. Go screen-free one day a week. "My family and I have [turned off all screens](#) for one full day each week for 11 years, and we spend the day doing things we love. It's our favorite day of the week," says author Tiffany Shlain.

Improve Your Relationships

34. Do the dishwasher boogie. Pick a chore you both hate and turn it into a nightly dance party. Dancing together in the kitchen or anywhere in your house will remind you of how much fun you both are.

35. Make eye contact over dinner. Hold each other's gaze for 60 seconds. It will help you find the grace, beauty or soul in each other's eyes!

36. Give Friday night thanks. Share three things you're grateful for every Friday night over dinner (or any other night of the week). This is a terrific habit

that will give you a new perspective on your family members.

Conquer Loneliness

37. Keep your list of loved ones close. Write three to five names on a Post-it note and stick it on your fridge or near the computer, or post their photos. Typically, we're happier if we feel deeply connected to a few relationships we want to prioritize rather than trying to stay in touch with everyone.

38. And make short, regular check-ins to loved ones. A study showed that even [a few 10-minute phone](#) calls each week can reduce loneliness by 20 percent.

39. Call one long-lost friend every week. We often talk ourselves out of reaching out, thinking we'd be interrupting them or they won't welcome hearing from us. But being the one who initiates contact can be a great gift — and another way to cure loneliness. In a study published in 2020 in the journal *Heart*, male and female cardiac patients who reported feeling lonely were two and three times more likely to die, respectively, a year after their hospital discharge.

40. Give little gifts. A handwritten card, flowers, an act of service or a texted photo are examples of how we can bring joy to both ourselves and those who may be lonely or anxious.



Submitted by [Deborah Jackson](#)



November



BIRTHDAYS
THIS MONTH



*“May our **God** bless you today and each day that follows
May you hear His voice
Follow His footsteps
Be comforted by His care
And live in His grace
Now and forever”*

AMEN
(Taken from Bing .com)



ELECTION DAY November 8, 2022

*Newsletter Ministry:
Kim Jackson and Gillian Prince – Co-Editors
Sophia Eversley, Cynthia Grant, Rev. Roger Jackson*





PRAYER WARRIORS

REQUESTED FOR: INTERNATIONAL DAY OF PRAYER FOR PERSECUTED CHRISTIANS

Restricted Nations:

“Countries where government sanctioned circumstances or anti-laws lead to Christians being harassed, imprisoned, killed or deprived of possessions or liberties because of their witness. Practices prevent Christians from obtaining bibles.”

PRAY FOR:

North Korea, China, Vietnam, Malaysia, Cuba, Columbia, Saudi Arabia, Afghanistan, Pakistan, Kazakhstan, Turkey, Syria, United Arab Emirates, Qatar, Bahrain, Jordan, Iran, Iraq, Egypt, Libya, Algeria, Azerbaijan

Hostile Areas:

“Nations or large areas of nations where governments may attempt to provide protection for the Christian population but Christians are routinely persecuted by family, friends, neighbors, or political groups because of their witness.”

PRAY FOR:

India, Nepal, Ethiopia, Israel, Lebanon, Mali, Burkina Faso, Nigeria, Central African Republic, Kenya, Tanzania, Cameroon, Uganda



JOIN A GLOBAL PRAYER MOVEMENT



Jordan



India



Syria



Lebanon



Ethiopia

“Persecuted Christians in restricted nations have counted the cost and considered Christ worthy, so they prayerfully approach each day with an obey-at-any-cost mindset. Anchored by an understanding of God’s greatness and with their desires fixed on His eternal kingdom, they approach life differently from most Christians in free nations.” *Cole Richards, President, The Voice of the Martyrs, 9/2022 Edition*

“When extend our love and help to persecuted Christians, we receive an astonishing blessing in return. Persecuted believers provide us with examples of bold faith in the face of severe opposition.” *Pastor David Robbins, VOM Church Leader Network*



Sunday, November 6, 2022 and throughout the month of November **PLEASE PRAY**