

November 2022



Communion

A Monthly Newsletter from The Community Church of Barrington



An Attitude of Gratitude

This past Monday as Brian went from house to house collecting the candy within, it was my job to stand at a distance and yell, “What do you say?” To which he would declare, “Happy Halloween.” “No,” I would reply, “Say ‘Thank you.’” Then over his shoulder he’d yell so everyone on the block could hear, “THANK YOU!”

Even if you are not scoring sugary snacks, saying “thank you” is an important part of living together in society. Later this month we have a holiday dedicated to it. Being grateful shows appreciation for the efforts of those around you. Getting a thank you card in the mail or an appreciative text makes the receiver feel seen and gives them a sense of worth.

Sure gratitude is good for the recipient, but studies have shown that it can improve the health of the giver as well. Having an attitude of gratitude can benefit one’s mental health by providing a sense of happiness and life-satisfaction. On a physical level practicing intentional habits of gratitude can help with blood pressure, stress and inflammation, pain perception, and even make people sleep better. Imagine if there was a pill that made these promises. Stores would be sold out in minutes.

So, why is there not more gratitude? Why are we hesitant to thank one another? Sure, you may thank a person for holding a door or giving you your Pumpkin Spice Latte, but how much of that is a polite reflex and how much is true gratitude? Have you ever sent someone a card out of the blue thanking them for being in your life? Do you ever reflect on all of the people that went into making sure your dinner arrived hot on the table? Maybe, but probably not. As humans, we are wired to solve problems and get to the next challenge. We forge ahead without the need to pause and be grateful in the present moment. If we can, however, find the way to see every situation with gratitude, we will truly reap the benefits within. (*Continued on next page*)

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You might be the kind of person that is able to reflect and give thanks in the moment, but if you are not, here are three handy practices to increase your attitude of gratitude.

1. **Start the Day With Gratitude.** When you wake up, think of what you have to be grateful for that day. It can be as simple as being able to get out of bed. As you reflect, ask yourself, what is there to look forward to? Who will you see or speak to that you are thankful to have in your life?
2. **Keep a Gratitude Journal.** This can be a nightly activity, but it works best when done throughout the day. When you think of something for which you are grateful, write it down in the journal. This will keep your mind on being thankful even in tough situations.
3. **The Three Things.** Similar to the Gratitude Journal, this practice instructs you to find a space at the end of the day and write down three things that went well that day. What about them made them successful or beneficial? How can you repeat those practices again?

Whether you develop specific habits or simply increase your awareness of your blessings, be grateful. Your friends, mind, body, and soul will be grateful in return.

With Blessings and Gratitude,

Pastor Chris



Moderator's Update



Helping Others

According to sage advice from Oprah Winfrey, “helping others is the way we help ourselves.”

Here at Community Church, we have lots of projects going and lots of ways to help. We’re always in need of volunteers to help as we work to bring the joy and fellowship we experience every day out to folks in the greater Barrington area.

In October, we celebrated another tasty **Community Meal** as we prepared 185 turkey dinners for our local friends who have challenges in preparing a hot meal or simply making ends meet during these inflationary times. Many thanks to the group of chefs and volunteers who made this event a success!

Right after that, we celebrated **Halloween** here at Community Church, as Pastor Chris and his wife Renee handed out candy to lots of local children along with the assistance of their son, Brian. Additional thanks go out to Bill Marsh for his help in handing out the treats!

This month, we celebrated those who have gone on to grace during our **All Saints** service on **Sunday, Nov. 6th**. Completing our November events will be our **Cornerstone Sunday** service on **Sunday, Nov. 13th** when we will meet for a special agape meal service and complete our Stewardship campaign. If you’d like to help with the setup, please let Pastor Chris know.

Advent will commence with a time-honored tradition at CCB: **Hanging of the Greens!** We will celebrate the start of this very important season by meeting to clean and decorate the church for the holiday season. We will provide luncheon for our workers, so please join us to decorate on **Sunday, November 27th from 1:00 – 3:00 p.m.** As you can see, there are so many opportunities for our members to serve each other and the community. Please check your schedules and come on by to help!

Jayne Majzan



The Missions Committee met on October 11, 2022. Those present: James Majzan, Christy Davis, Carolyn Roussel, Jackie Phinney, Sandy Schroeder, Glee Huddlestone, Pastor Chris Shade, and (via phone) Lauren Davis.

Fourth-Sunday collection of fresh produce for the Barrington Food Pantry will continue throughout the fall and winter; however, CCB has received a request from Patrice Miller, coordinator of the Barrington Food Pantry, for tea, cereal, grocery products (general pantry items) and personal products. CCB does have two containers at the Grove Avenue entrance door for such donations,

which are periodically delivered local Food Pantries. These containers will serve as an additional means to support those in need, in addition to the collection of fourth-Sunday fresh produce. Designated donations are not considered part of pledges. There is continuous need for contributions to the Fund, which provides emergency relief to those in need of financial assistance for utilities, rent, food, etc. All initial requests are received by Pastor Chris and, if over \$200, approved by the Missions Committee prior to distribution.

CCB will participate in the annual children's snow boot drive for Barrington's Winter Giving Day in December. The donation period runs from the first week in November through the first week in December.

August 21 Mission Moment provided by Soul Harbour was well received. It was suggested that Missions consider Soul Harbour as a recipient of third-quarter funds; however, through generous personal gifts, \$500 will be donated to the charity without the need of CCB benevolence funding. Great is CCB's appreciation for Soul Harbour's presentation of its inspiring mission and the opportunity for Marshal and Unique to share some unconditional love with the congregation before service.

Fifth-Sunday Missions Moment will occur October 30, with Parenting for Non-Violence as our guest. Representatives from the organization will inform the congregation of its mission. Parenting for Non-Violence was founded ten years ago. Since that time, 3,000 parents have participated in workshops and counselling, which covers assistance and parenting suggestions for preschoolers through high school. The organization primarily serves the west and south sides of Chicago, where violence is most prevalent.

The Assistance Fund (formerly known as the Deacons Fund) is now the responsibility of Missions. Contributions to the Assistance Fund are Third-quarter benevolence funds in the total amount of **\$2,334.38** were available for distribution. The following charities were selected as recipients of the third-quarter funds, of which **\$2,300** was disbursed as follows:

| | |
|--|-------------------|
| ABC United (quarterly) | \$300.00 |
| ABC Metro (quarterly) | \$600.00 |
| BACOA (previously \$1,000 (2020) and \$1,000 (2016)) | \$500.00 |
| Hurricane relief to Florida (through American Missions Home Baptist, memo line: " America for Christ ") (a fund designated for Hurricane Ian disaster relief) | \$500.00 |
| Mercy Chefs* 711 Washington Street Portsmouth, VA 23704 (757) 292-4264 | \$400.00 |
| TOTAL DISBURSEMENTS (5) | \$2,300.00 |

***Mercy Chefs** is a 501(c) charity whose mission is "Just Go Feed People." It responds to natural disasters and national emergencies at a moment's notice, deploying professional chefs to prepare high-quality, hot meals on a mass scale for victims, first responders and volunteers, up to 15,000 meals a day, if needed! *Glee Huddlestone, Chair*

175th Anniversary Celebration



Community Meal



BUILDING COMMUNITY

Adult Sunday School

ADVENT
IN
PLAIN
SIGHT



A DEVOTION
THROUGH
TEN OBJECTS

JILL J.
DUFFIELD

November has a variety of offerings for Adult Sunday School. November 6th and the 13th will be the final two weeks of the **Animate: Faith** series looking at the Bible and Church. Each lesson will delve into the significance of these touchstones of faith and how they are meaningful in our lives. Then on Thanksgiving Sunday, November 20th, we will discuss “**Praying with Thanksgiving.**” How appropriate.

Starting on November 27th, we will begin using the book, ***Advent in Plain Sight*** to take us through Advent, Christmas and Epiphany. It uses everyday objects to portray God’s presence and the coming of Jesus in the world. Sunday School attendees are encouraged to purchase the book, but we will have copies to give away too.

Advent

We will begin the Advent Season with the “**Hanging of the Greens**” celebration (see below). Part of the decorating will be to set up at the Advent Candle display. Then, on each Sunday we will be lighting candles representing the Advent Sundays of Peace, Hope, Joy & Love. Additionally, during the sermon time, I will be incorporating ideas and imagery from *Advent in Plain Sight*. All this will make for a very visual Advent Season.

CCB Boot Drive

CCB is taking part again this year in the Barrington Winter Giving Drive. Our church is collecting NEW winter/snow boots for children. Any sizes are needed, but boy's sizes 4, 5, 6 and adult for older boys are especially needed. Please bring them to church on Sundays or deliver them to the office Tuesday-Thursday before **December 4th**. If you have any questions, please contact Carolyn Roussel (847-381-5447).



CHRISTMAS
**COOKIE
SUNDAY**
December 18th

Family Worship at 10:30 am

Cookie and Cocoa Party
after Service at 11:30 am



Please contact Cindy if you are able to bake cookies and/or bring cocoa
at: cindyalton@comcast.net



Join us for a festive time of cleaning and decorating!

November 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|-----|
| | | 1 Sharon Hornig Birthday | 2 | 3 Ted Newman Birthday | 4 Bill Marsh Birthday | 5 |
| 6 Worship Service 10:30 All Saints Sunday Fall Back | 7 Philip Roussel Birthday | 8 Valissa Hilligoss Birthday Cheryl Schroeder Birthday | 9 | 10 | 11 Peter Luchsinger Birthday Chris Newman Birthday | 12 |
| 13 Worship Service 10:30 Cornerstone Sunday | 14 BADC Mtg. Fellowship Hall | 15 | 16 Carol Marsh Birthday Potluck 6:00 PM Council Mtg. 7:00 PM | 17 | 18 | 19 |
| 20 Worship Service 10:30 Thanksgiving Sunday | 21 Laura Newman Birthday Maggie Pechan Birthday | 22 | 23 | 24 Happy Thanksgiving! Office Closed | 25 | 26 |
| 27 Worship Service 10:30 1st Sunday of Advent Hanging of the Greens 1:00 PM | 28 | 29 | 30 | | | |



A PRAYER OF THANKSGIVING

Lord God, on this day of Thanksgiving, we ask your blessings on our family, our friends, our home, our health—and on the food we are about to eat.

We thank you for this time together and the many gifts that you have given us.

Help us to remember in this time of bounty those less fortunate. And may your love consume us all that we might share in your glory.

Amen.

