

A Message from The Pastor



We begin and end this month of November with reasons to thank God. On November 1st, All Saints Day, we thank God for those persons in our lives who have guided us, nurtured us, held us accountable. We thank God for those who have shown us how to be a follower of Christ. We thank God for all those who have come before us to lay a foundation of faith upon which we can build. We thank God for persons who understood how world changing our faith is and had the courage to stand up against “evil, injustice, and oppression in whatever forms they present themselves”. We thank God for that person who saw our possibilities and helped us to live them out. We thank God for the people God placed in our lives to show us what it means to love. At the end of the month, we celebrate Thanksgiving. We thank God for those with whom we gather. We thank God for the yummy food at our Thanksgiving meal. We thank God that we have food to eat all year. We thank God for our loved ones who could not gather with us. We thank God for a multitude of blessings on Thanksgiving Day. There are studies that prove that a grateful heart is a healthier heart: literally improving our physical health and also improving our mental and emotional health. Gratitude lifts our mood and teaches us how God has blessed us, even in the tough times. Maybe you would like to expand or begin a practice of gratitude? You could try this: before you get out of bed in the morning (or as soon as possible), thank God for ten blessings. Are you able to think of ten reasons to thank God every morning? These reasons for gratitude could be simple (the hot cup of coffee you will soon drink) or more complicated (a friendship). I thank God for Perry Hall United Methodist Church members!!! Psalm 145: 8-10 “The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, his compassion is over all his creation. All your works shall give thanks to you, O Lord, and your faithful ones shall bless you!”

Blessings,
Pastor Margery