

Lay Reader Schedule for November

Nov. 3 – Holy Eucharist 9:30 a.m.

Lay Reader: Sherry VanDoren

Nov. 10 – Holy Eucharist 9:30 a.m.

Lay Reader: Joanne Groves

Nov. 17 – Holy Eucharist 9:30 a.m.

Lay Reader: Michael Mornard

Nov. 24 – Holy Eucharist 9:30 a.m.

Lay Reader: David Wheeler



Coffee Servers - November

Nov. 3 – Marie Wheeler

Nov. 10 – Evie Reints

Nov. 17 – Marla Lichty

Nov. 24 – Sherry VanDoren

***Ushers for November –
Joanne Groves &
Cheryl Severtson***



Bishop Tarrant will be visiting Grace Church on Sunday, December 15th. Anyone needing a baptism or to be received should

contact Mo. Jean as soon as possible.

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Sunday, November 3rd, is All Saints Sunday and will feature Tony Jones giving the sermon. He is from the Minneapolis area and is a consultant in the areas of the emerging church, post-modernism and Christian spirituality. Following the service, a UTO brunch will be served by ECW as we give thanks for our many blessings. (UTO envelopes & boxes will be at the back of the church.) Also, there is a sign-up sheet in the secretary's office if you want your deceased loved one(s) to be remembered during the service.



Acolyte Schedule November

Nov. 3 – Holy Eucharist

Audrey Rubish &
Emma Freeman

Nov. 10 – Holy Eucharist

Donika Bjorke &
Cecelia Kleinsasser

Nov. 17 – Holy Eucharist

Henry Rubish &
Nick Freeman

Nov. 24 – Holy Eucharist

Nik Voss &
Joey Hotchkiss

VESTRY will meet on Tuesday, November 19th, at 7:15.

Notes from Mother

Jean...

An Attitude of Gratitude

The phrase, "Attitude of Gratitude" was first coined years ago by motivational speaker Zig Ziglar. It's now a sort of stock phrase to haul out when you want to boost someone's spirits in a time of sadness or trouble. Personally, if anyone, no matter how well-meaning, dared to use that around me during such a time, I'd be tempted to abandon my pacifistic sensibilities and punch them in the nose. Good thing no one has tried!

My non-peaceful reaction aside, this phrase really does come out of a profoundly spiritual place and deserves a second look. Gratitude is pretty self-explanatory, but what about attitude? The word "attitude," according to the Merriam-Webster online dictionary, has several meanings. Here are a couple of them that are interesting to think about:

The first definition, "*A mental position with regard to a fact or state (e.g., a helpful attitude) or a feeling or emotion toward a fact or state.*" is the one we usually think of when we think about attitude. So an attitude of gratitude here would be looking at facts and circumstances through a grateful lens. A simple enough concept, but often can be difficult to pull off when we're feeling really down or when life is kicking us around a bit. So let's look at some of the others.

Another definition is, "*A ballet position similar to the arabesque in which the raised leg is bent at the knee.*" Interesting, but what does this have to do with gratitude? To further clarify, an arabesque is when the dancer stands on one leg, on their tip toes, and holds the other leg in the air either behind them or in front of them. If you've ever tried this, it's really hard, unless you're a trained dancer. To achieve it, you have to have really strong muscles and excellent balance. Balance in your body is key to dance and balance in your life is key to gratitude. The Benedictines were on to something in their Rule. A third of the time, approximately, was to be spent doing work, a third in relaxation and recreation, including time for prayer and reading, and a third getting sufficient rest. Not a bad way to keep balance in our lives!

A third definition of attitude is "*The position of an aircraft or spacecraft determined by the relationship between its axes and a reference datum (such as the horizon or a particular star).*" When you're flying, and especially when you're landing, it's very important to know how you are oriented with regards to the ground. Airplane instrument panels have a little gizmo called an attitude indicator, or artificial horizon, to help the pilot stay level. Interesting, but what does it have to do with gratitude? Well, our spiritual horizon is God. As long as we stay oriented on him we will be okay. The main thing that helps us stay focused on God is prayer, and it's through prayer that we express our gratitude to God for all the blessings of our lives.

And finally, the fourth definition is "*An organism's state of readiness to respond in a characteristic way to a stimulus (like an object, concept, or situation).*" How can we be ready to respond to life with an attitude of gratitude? The answer is the same thing a ballet dancer or a pilot needs to be successful – practice, practice, practice. Practice keeping your life in balance between rest, work, and recreation every day. Practice orienting yourself to God every day through prayer. As you practice these things, you will find yourself living in a state of readiness to respond to everything around you with a grateful heart. You will have developed your Attitude of Gratitude. Don't wait – start today!

May God's blessings abound in your life, in this month of Thanksgiving and always!

Mother Jean

A Thanksgiving Prayer

We give you thanks, most gracious God, for the beauty of earth and sky and sea; for the richness of mountains, plains, and rivers; for the songs of birds and the loveliness of flowers. We praise you for these good gifts, and pray that we may safeguard them for our posterity. Grant that we may continue to grow in our grateful enjoyment of your abundant creation, to the honor and glory of your Name, now and forever. Amen.

Jr.&Sr. "Episcopalooza Zone"

Mrs. Groves is retiring from counseling, and in December, her office will officially become the home of the HMS & HHS Youth. We need donations to turn this room into a home: bean bags, chairs, games, lamps, rugs, posters and, of course, good old cash. Please call or email Sarah if you have anything you'd like to donate.

Grace Episcopal Kids, don't forget to fill out your Sunday Service card. For every Sunday you attend church or Sunday school, write your name on an index card found at the back of the church on the table. Give the card to Mo. Jean or to Sarah, and after collecting four cards, you'll earn a pass to the movies

Youth Schedule for November

Sunday, Nov. 3

(Daylight Savings Ends – Fall Back!)

Sunday School: 9:20 – 10:15

Acolytes: Audrey Rubish & Emma Freeman

Wednesday, Nov. 6

Episcopalooza & Community Service

Community Service Opportunity: 5:00

Supper Served by Voss & Freeman: 6:00

Youth Group: 6:20 – 7:30

Sunday, Nov. 10

Sunday School: 9:20 - 10:15

Acolytes: Donika Bjorke & Cecelia

Kleinsasser

Wednesday, Nov. 13

Episcopalooza –

Acolyte Practice for All: 5:15

Brown Bag Supper: 6:00

Youth Group: 6:20 - 7:30

Sunday, Nov.17 Youth Service

Please be at the church by 9:15

Acolytes: Henry Rubish & Nick Freeman

Old Testament: Patrick Burns

Psalm: Donika Bjorke

New Testament: Jesse Hotchkiss

Prayers: Audrey Rubish

Ushers & Offering: Joey Hotchkiss & Will Burns

Elements: Emma Freeman & AnneClaire Rubish

Wednesday, Nov. 20

Family Fun Night

Supper provided by Freemans: 6:00 to 6:30

Bowling: 6:30 to 7:30

Sunday, Nov.24

Sunday School: 9:20 – 10:15

Acolytes: Nik Voss & Joey Hotchkiss

Wednesday, Nov. 27

No Episcopalooza – Thanksgiving Break

Happy Thanksgiving!



****Christmas Pageant & Party, December 15th. Mark your calendars! ****

Episcopal Church Women

The annual Hurly Burly event was held October 11th and again was a wonderful success! Our coffee & rolls in the morning, noon lunch, collectors table, bake sale and 50/50 tickets helped us gross \$2325. We wish to thank everyone who helped and look forward to a repeat performance next year!

The next meeting of ECW will be Sunday, November 10th, following the service.

Church Women United
World Community Day

Friday, November 1st
 1:30 p.m.

Salvation Army
 237 Illinois Ave. SW

Everyone Welcome!

November Birthdays, Anniversaries & In Memorium

- 1 John Haggar (B)
- 2 Elisa Vicuna (B)
- 3 Paige McAreavey (B)
- 5 Kristi Wilcox (B)
- 7 Tamyka Thomas (B)
- 8 Doris Weeks (I.M.)
- 9 Charles Locker (I.M.)
- 11 Wendy Voss, Stephen Clark, Trudy Schroeder (B); Ester Sebring-Ewing (I.M.)
- 14 Dawn Johnson (B); Lois Clark (I.M.)
- 18 Grant Eddy, Tonya Thomas (B)
- 19 Jon Wells (B)
- 21 Gertrud Bonnemann (I.M.)
- 22 Goldie (Wells) Markey, Dennis Johnson (B); Jim Powell, Walter Bonnemann (I.M.)
- 23 John & Gail Sievert, (A); Edward Smith (I.M.)
- 24 David Wheeler, Stephen Locker (B)
- 28 Gary Haggar (I.M.)
- 29 Fr. Arthur Cowling (I.M.)
- 30 Bert LaFee (I.M.)

*** Mo. Jean & Michael's new address:
1400 21st St. SW, #199**



VESTRY MINUTES– Oct. 15, 2013

(unapproved)

Grace Church Vestry met at Grace on October 15, 2013. Present were Mo. Jean Mornard; Marla Lichty, Sr. Warden; Douglas Bjorke, Jr. Warden; Lyn Steen; Beckie Freeman; Ron Wheeler; and Marie Wheeler, Treasurer.

Mo. Jean led in opening prayer and reflection. Information about Saint Teresa of Avila, one of only two female Doctors of the Church, was handed out by Mother Jean.

Old Business: Minutes from September minutes were moved by Marla and seconded by Beckie to approve the minutes, all approved.

Treasurer's report: Marla moved and Beckie seconded to approve the treasurer's report, all approved.

Sign update: Frontier Signs has installed the sign. Ron moved and Marla seconded to pay the Frontier Signs \$598.03, which includes installation; all approved.

Sr. Warden's Report: Marla has been working with Mo. Jean on her annual evaluation.

Rector's Report: Mo. Jean reported on the work Wendy Voss has done with the Karen families in helping them with citizenship paperwork. Mo. Jean is working on clarifications of the budget, outreach, and in-kind expenditures for next month's meeting. She is also working on some grant writing. The first meditation night was October 9th. There was a new family in church last Sunday.

Jr. Warden's Report: Doug reported about some lighting concerns; the thermostats being left on "hold" and then forgotten about, and signage. He will be servicing the furnaces, as they are on.

New Business: Cheri Bjorke, Stewardship Committee member, reviewed with the group the questionnaire results. She also submitted advertising options and ad choices. It was decided upon to run a 2x4 ad for 1 week for 4 weeks between Thanksgiving and Christmas at \$82.80 per run.

Medical Trust Insurance: It was confirmed with Barney from Diocesan office that the medical trust insurance conforms with the affordable care act. Mo. Jean asked that her husband, Michael, be put back on the medical insurance with her. Marla moved and Doug seconded to add Michael to the Medical Trust Insurance during this open enrollment period.

November 3: All Saints Day, UTO Brunch and Tony Jones will be speaking during the November 3rd church service. Tony is a speaker and consultant in the areas of emerging church, postmodernism, and Christian spirituality. He is from the Minneapolis area. He will waive his speaking fees in exchange for a place for him and his hunting dog to stay and hunt that weekend. Joanne Groves has offered her home. Jorge Vicuna has offered to assist in finding hunting ground.

Outgoing vestry members and wardens: It was determined that Beckie Freeman and Ron Wheeler's terms are up in January. They are to find their replacements and provide the meat for the annual meeting.

Next meeting will be at 7:15 PM, November 19, 2013.

Beckie moved and Marla seconded to adjourn the meeting at 9:00 PM.

Respectfully submitted,
Douglas Bjorke, Clerk

Epiphany Guild

The Guild will meet at Marie Wheeler's home on Monday, November 18th, at 7:00 p.m.

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Remember—Daylight Savings Time ends November 3rd, so set your clocks back one hour or you'll be early to church!

Coborn's receipts for August, September and October are due by Sunday, November 10th. They can be left in the office for Gladys to pick up. Thank you!

Don't Forget...

NEWSLETTER ARTICLES ARE DUE IN THE OFFICE BY THE 20TH OF EACH MONTH

KINDERNOOK CORNER
Throughout October we studied Fire Safety. Local firefighters visited the 3's class and students in the 4's class boarded People's Transit for a trip to the North Fire Station.
"Cowboy and Cowgirl Day" was a highlight—special thanks to the Scholl Family for making our fun and learning possible!
This month we will celebrate "being thankful." We will be reading the story Stone Soup, which teaches us to share what we have. We will also be participating in a "Care & Share Food Drive" to help our local Salvation Army. We welcome any donations!
Looking ahead, we have planned Kindernook's Christmas Program for Thursday, December 12th, at 7:00 pm.
We wish each of you a very Happy and Blessed Thanksgiving!!!