

VIEW FROM THE LAKE

Abiding Peace Lutheran Church

MINDFULNESS AS A GRATITUDE PRACTICE

by Pastor Serena

I have long had an ambivalent relationship with the November focus on thankfulness. On the one hand, I know the science behind gratitude practices, which shows demonstrable psychological and health benefits from incorporating regular habits to cultivate gratitude. On the other hand, the expectations of a "gratitude" month can feel unbalanced, as though we are only supposed to focus on good things for the entire month, and that we are somehow doing Thanksgiving wrong if we experience the normal ups and downs of living as a human being.

So, I have been contemplating how the practices of mindfulness might add some depth to the intentional cultivation of gratitude. Mindfulness (at least the way I am learning it through DBT) is about awareness, attention, and acceptance. It looks at reality without expecting to change it, but also without a sense of helplessness, because we do always have control over our responses to reality. In mindfulness, we pay attention to our thoughts and our emotions, and we take responsibility for the choices we make in whatever situation we find ourselves in.

It strikes me that this way of deliberately choosing our responses is a powerful gratitude practice. Not that we need to choose to "be grateful" in every circumstance; I think that would probably be forced. But being aware of our agency inside our own thoughts and emotions can remove the disempowering sense of circumstances just happening to us, whether good or bad. It allows our gratitude practices to encounter the entire spectrum of our lived reality. Sometimes we are conscious that it's easy to be grateful: yay! Sometimes we are conscious that gratitude is the exact opposite of our instinctive reaction, and that can be really appropriate. In those circumstances, we can face the truth while still being grateful for the chance to make a choice, for the self-awareness to be in control of how we grapple with pain, or disappointments, or frustrations. When we are mindful, we can stay grateful in tough situations without a Pollyanna-ish false positivity. We can be honest about what we are going through without feeling helpless. We can stay grounded and wise.

That's the kind of gratitude I want to try to practice this November.

Worship: 10:00 AM
Online/ In-person

December 2024 newsletter deadline: 11/27
Any news/ photos can be sent to Erin
aplcbuddlake@gmail.com

Our Mission and Purpose:

Abiding peace lutheran church makes christ known by welcoming all people to a supporting and accepting place to grow in faith and community and to serve the lord as people created by god, saved by christ and nurtured by the holy spirit. we are a reconciling in christ congregation, committed to the full inclusion and celebration of people of all sexualities, genders, and gender expressions, and to the work of racial equity.

Phone: 973-691-9393 Website: www.abidingpeacechurch.org

COUNCIL & MINISTRY

Officers

President	Cindy Pawlo
Vice President	Heather Nilsen
Secretary	Jackie King-Palermo
Treasurer	George Pawlo

Council Members

Cindy Pawlo	Jackie King-Palermo
Ken Schwier	Maria Jerez-Kearney
Shelli Skeels	Charlie Palermo
Sibylle Schroeder	Aaron Hyndman
Heather nilsen	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Ed. & Youth	Heather Nilsen
Evangelism	Aaron Hyndman
Fellowship	Demetria Laird
Finance	George Pawlo
Financial Secretary	Nita Persson
Messengers Dancers	Mary Kasakove
Mutal Ministry	Heather Nilsen
Property	Vacant
Social Ministry	Sibylle Schroeder
Seniors	Sibylle Schroeder
Stewardship	Nick Senior
Worship & Music	Mary Kasakove

Food Pantry Needs for November

- Parmalat milk
- Peanut butter
- Canned fruit
- Juice
- Hot dogs & buns
- Frozen meatballs
- Mashed Potato mix
- Rice
- Crackers
- Cake mixes
- Gluten free pasts

Our Staff

Pastor:
Serena Rice
pastorserena@optimum.net
c: 908-458-3940

Music Director:
Ben Schroeder
benmschroeder@gmail.com

Administrative Assistant:
Erin Porter
aplcbuddlake@gmail.com

Office Hours

Pastor Serena will hold office hours on Wednesdays most week. As always, check weekly bulletins and Monday e-blast for updates on the times she is scheduled to be in the office and free for drop-ins. In addition to posted hours in the office, Pastor Serena is also available to the congregation by cell phone or e-mail during the week: (908) 458-3940; pastorserena@optimum.net. Her day off is Saturday, so please refrain from sending non-emergency messages or calls on Saturday.

Erin will hold her office hours on Thursday of each week from 9:00-12:00. She can always be reached via email: aplcbuddlake@gmail.com

Pastor's November hours

Nov 4 – Nov 10

Wednesday, 11/6: 10:00am – 9:00pm
Sunday, 11/10: 9:00am – 12:00pm

Nov 11 – Nov 17

Wednesday, 11/13: 10:00am – 8:00pm
Sunday, 11/17: 9:00am – 12:00pm

Nov 18 – Nov 24

Wednesday, 11/20: 10:00am – 8:00pm
Sunday, 11/24: 9:00am – 12:00pm

Nov 25 – Dec 1

Monday, 11/25: 10:00am – 9:00pm
Sunday, 12/1: 9:00am – 12:00pm



November Readings

November 3

Isaiah 25:6-9
Psalm 24
Revelation 21:1-6a
John 11:32-44

November 10

1 Kings 17:8-16
Psalm 146
Hebrews 9:24-28
Mark 12:38-44

November 17

Daniel 12:1-3
Psalm 16
Hebrews 10:11-25
Mark 13:1-8

November 24

Daniel 7:9-10, 13-14
Psalm 93
Revelation 1:4b-8
John 18:33-37

We are grateful for this wonderful community

Reformation Sunday & Fall Festival



Thanks a bunch!

Thanks to Ursula Schroeder for planting the beautiful mums in the courtyard.

Thanks to the Stirrats for planting and tending the church garden, and providing beautiful garden flowers for the altar.

Sign Messages Wanted!

Want an easy way to help the church reach out to our community? Use your creativity to suggest new sign messages. Send your ideas to Pastor Serena.

We also always appreciate volunteers to help change the sign messages each week. A simple way to bless our neighbors.

NOVEMBER BIRTHDAYS AND ANNIVERSARIES

- 10 DON LARSEN
- 13 ANN ANDERSON
- 20 BEN SCHRODER
- 21 VANESSA PONCE
- 22 ROY & CARMELINA PERSSON



SENIOR EVENTS

Nov.20 Christmas/Holiday Party
 Bring a wrapped gift for the white elephant exchange.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11/1	11/2
11/3 Sunday School 10:15 Council Meeting 11:30	11/4 Worship & Music Committee, 1:15pm via Zoom	11/5 Faith Kitchen @ 9:00-12:30 Choir Rehearsal @ 7:30pm	11/6 AA 6:30 PM Post-election Gathering Service, 7:45pm	11/7	11/8	11/9
11/10 Worship 10:00 Reception of New Members, 10:00am Council Meeting @ 6:30pm, via Zoom	11/11 UFO Night @7:00pm	11/12 Choir Rehearsal @ 7:30pm	11/13 AA 6:30 PM	11/14	11/15	11/16
11/17 Worship 10:00	11/18	11/19 Choir Rehearsal @ 7:30pm	11/20 Senior's Ministry Holiday Party @ 2:00pm Prayer Service at Mt Olive Manor @ 4:30pm AA 6:30 PM	11/21 Lifeline Screening event, 9:00am-5:00pm	11/22	11/23
11/24 Reign of Christ Sunday, 10:00am Advent Craft Activity 11:30	11/25 Community Thanksgiving Service, 7:30pm	11/26 Choir Rehearsal @ 7:30pm	11/27 AA 6:30 PM	11/28	11/29	11/30