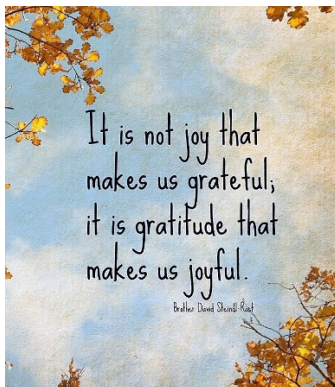


Old Dutch Church Steeple Chimes



November 2017

Social scientists are finding that being grateful is good for us. Robert Emmons, a leading gratitude researcher, using the simple tool of having people keep a “gratitude journal” in which they regularly record all the things for which they are grateful, has discovered that this simple exercise has wide-ranging effects. People’s blood pressure goes down, positive feelings increase, hostile feelings decrease, people sleep better and longer, are more alert, and their social relationships improve as they become better attuned to what is happening around them—more engaged, responsive, empathic, connected, generous, and less lonely. (For more: www.habitsforwellbeing.com/robert-emmons-the-benefits-of-gratitude).

It is probably some combination of our core natures and our nurture that causes some of us to be “sunnier” than others. But, it appears that practicing gratitude, taking account of the things in our lives for which to be thankful, can bring all of us into a place of greater contentment and joy.

I am mindful of all the times that the writer of the Psalms invites us to make a joyful noise to God and to come into God’s presence with thanksgiving. I don’t have to tell any of you that there is plenty NOT to be thankful for. Personal. Political. Professional. Local. Global. The Psalmist also invites us to offer our laments.

But in this season of thanksgiving, I want you to cultivate the habit of becoming mindful at the end of every day of the things—maybe many, maybe few, maybe small, maybe big—for which you are grateful. You don’t have to write it down, just take note, and give thanks. It will be good for you. And, at the top of your gratitude inventory, remember every day that you are loved by God who is unfailingly present and faithful AND immensely grateful for you!

Enclosed is your Thanksgiving envelope. Our special offering this year will go to the Caring Hands Soup Kitchen and Pantry at the Clinton Ave. United Methodist Church. Put your gift in the offering plate any time during the month of November. Let it be your special “gratitude” offering and with it, give someone who is hungry a reason to be grateful.

Blessings on your thanks-giving,
Pastor Renee

Hurricanes and Hunger: During the months of September and October you were asked to give more than usual. Your extraordinary gifts made it possible for us to send just over \$1,000.00 to Church World Service for hurricane relief in Texas and \$670.00 to the St. Thomas Reformed Church for hurricane relief there. In addition, we gathered \$1,425.00 through our Crop Hunger Walk. Some of these moneys will support global food relief and development, and some will provide weekend “food” backpacks to kids in Kingston who families are struggling to make ends meet. Thanks for your generosity!



Reminder: Daylight Saving Time ends on **Sunday, November 5 at 2:00 a.m.** Don't forget to set your clocks back one hour before retiring on Saturday night!



In Our Prayers

PRAYER CORNER

Hospitalized - **Austen Hearn** (2 yr. old nephew of Kim Hearn; with genetic defect), **Ah Tua Teo** (Deirdre Ourso), **Giada Pettengill** (18 mo. old with cancer), **Thelma Lucas** (Betty Williams)
Nursing Homes/Assisted Living - **Mary Markle, Audrey Hornbeck, Edna Atkins, Dorothea Clearwater, Maida Blankschen, Donald Bell, Aletha Takken** (Pastor Renee's

mother)

At Home – **Galen Kelly, Joel Brink, Ed Ford, Howard Hopkins, Meghann Kelly, the Milczarzyk Family - Dee, Mary Ann, Anthony, Annie; Sylvia Van Etten, Tom Pape, Marion Ostrander, Liam Lezniak**(Matt Hall), **Crystal**(Luci Windsong-Rain), **Lewis Oxendine**(Pat Hall), **Lynda Thaisz**(Pat Allen), **Ellen Fine**(Deirdre Ourso), **Linda Ferraro, Jennifer Potter** (Karen Van Kleec's sister), **Michael Fisher** (Gene Hall), **Toni** (Pat Hall), **Peter Rosier** (son of Henk & Barbara), **Stephen Miles** (son of Pastors Nick & Linda), **Solon De Usoz** (Deirdre Ourso's nephew), **Greg Little, Hannah Little, Paul Vanette, Patricia Martone** (Pat Hall), **Dave Sponaugle** (Gene Hall's brother-in-law)

(Names will remain on our At Home Prayer List for one month, unless otherwise requested)

Missionaries - **Rev. Aaro Rytkonen/AI Amana Center** (Oman), **Jim & Beth Harrison** (Bahrain)

Military Service - **James Bonestell** (son of Ken & Rebecca Rosier)

Church Life Committee of the Classis of Mid-Hudson encourages us to regularly pray for one another. This month we are asked to pray for the Gardiner Reformed, 11/5; St. John's Reformed, Red Hook, 11/12; Rhinebeck Reformed, 11/19; St. Remy Reformed, 11/26.

Matt Hall sends his thanks for your prayers on behalf of his friend, Dave Hoffman. Dave is home and doing much better. Matt also thanks you for your continued prayers for young Liam Lezniak, son of friends of his. Liam is holding his own but still faces more surgery to re-position his vital organs.

Our prayers and sympathy go to Deirdre Ourso and Aaron Cowan and their family on the death of Aaron's 7 year old cousin in a car accident upstate.

Our prayers and sympathy also go to Howard & Candy Hopkins and family on the death in late September of Howard's cousin, Rudy Hopkins.



Prayers of Thanksgiving

Kingston Interfaith Thanksgiving Celebration will be held on Tuesday, Nov. 14, 7:00 p.m. at Temple Emmanuel, Albany Ave., Kingston. The theme of the Celebration is "**Holding Safe Spaces with and for One Another.**" For this Thanksgiving Service, congregations are invited to offer a song or a prayer of joy, gratitude, and respect, and a dessert for the fellowship time that will follow the Service; if you would like to make such an offering, please leave a message in the

church office. This is a beautiful time of meeting our neighbors of many faiths and offering our thanks to the Creator and Sustainer of our lives, and of all that is!



Thanksgiving
WORSHIP SERVICE

A Native American Thanksgiving Service will be held in our Sanctuary on **Sunday, November 19th at 10:30 am.** The service will be enlivened by Native American drumming, songs of healing and blessing, a "Green Corn Ceremony" in celebration of the goodness of the Creator, and the celebration of the "Lord's Supper" in thanks for God's work of reconciling a divided humanity. Participating in the Service will be members of the Association of Native Americans of the Hudson Valley and the Reformed Churches in Kingston—Church of the Comforter, Fair Street, and Old Dutch Church. Everyone in our community is widely welcome to join in this spirited, multicultural Thanksgiving Service. Following the service, all are invited to a luncheon in Bethany Hall.

The folks at Caring Hands are working hard to provide a Thanksgiving meal to those in our community who are unable to leave their homes, and they need your help, support and generosity. They are asking for donations of: turkeys, turkey gravy, instant mashed potatoes, cranberry sauce, canned green beans, and stuffing mix. Please drop off food items to Caring Hands, 122 Clinton Ave., Kingston. Turkeys should be delivered by Friday, November 17th. If you can make a donation, volunteer, or if you need a meal delivered, please call the Clinton Avenue Church at: 845-331-7188.



Old Dutch plans to supply 10 turkeys for the feast; we are also collecting donations to purchase 30 pies. If you would like to donate toward the pies, please send your donation to the church office or place it in the Sunday offering. Checks may be made payable to Old Dutch Church. Any monies not needed for the pies will be sent to Caring Hands for their ongoing ministry of feeding the hungry in our area.

Wreaths, Sweets, & Dutch Treats, a fund-raiser for the Sinterklaas Festival, will be held in Bethany Hall on Friday evening, November 17th, beginning at 5:30 pm. Speak to Rob Sweeney for tickets and info.

