

*"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.<sup>5</sup> For the Lord is good and his love endures forever; his faithfulness continues through all generations."*

*Ps. 100:4-5*

## Heartfelt Gratefulness

November is the month of gratitude and praise for all God has done for us. This season, let us reflect on the blessings and the times of struggle in our lives. In the good times, we acknowledge that God has supplied our needs and some of our wants. In times of struggle, we grow stronger in our faith as we depend on God to redeem us.

At the Thanksgiving table, I will ask the question I ask every year: "What are you grateful for?" Every time that question is asked, people seem caught off guard and forced to give an answer. They may say, "I am grateful for my mom or my family, or I am grateful that I am alive." I don't think we take the time to be really grateful.

I listened to an author talk about the body and how God regulates our hearts. It beats without us having to do anything but breathe. Even our breath is regulated by the ebb and flow of the spirit. We go to sleep and rise each day with a gentle touch of God's love. We can see and hear, not knowing where the ability is from. All I can do is be grateful and give God grateful praises.

Grateful praise is when we add something to what we say. Like, "You are the best." or "Thanks s-o-o-o much," It may be a song that translates how we feel about the good that we have received. I believe if we change our simple gratitude to grateful praise, our gratitude will be heartfelt. So, stop during this Thanksgiving and really think about the goodness all around you, and you may find yourself giving heartfelt gratitude through grateful praises.

Pastor Tracey



### Laity Day

Laity Day was celebrated at St. Luke's on Sunday, October 27, 2024 at the 10:30 a.m. Worship Service. Bill Brown, our Lay Servant, preached and Marcia Grubbs, Bobbie Strum, Jo McDowell, Alan R. Kyle, and Ibbie Smith participated in the Worship Service. All Laity were recognized at the service. What a great day!!



## Financial Report

As we near the end of the year our thoughts turn to sharing the holidays with friends and family. Also approaching is the time for making estimates of giving for the coming year. There are two important thoughts related to our church's financial health. First, year end giving is important. The fourth quarter of the year is almost always the one in which contributions are the largest and we urgently need that to be true this year. By December 31 we hope to have paid all our outstanding bills including apportionments and still have a significant cushion as we move forward in 2025.

In 2025 our goals include increasing our local mission activities in the community and grow St. Luke's membership among many other things. To do that I hope that when you complete your estimate of giving for next year that you are each as generous as you can possible be.

In the mean time, go with God and remember his final command to the disciples as a group, *"love each other as I have loved you."*

## Young at Heart

Young At Heart will meet at church on 11/13 at 10:00 a.m., travel to Williamsburg, have lunch at the Old Chickahominy House, then cross the river on the ferry to Surry. All are welcome. We are having a Coat Drive in November and December - new or gently used. The Belmont Food Pantry containers have been moved to the parlor to alleviate congestion in the fellowship hall. Thank you for your support of the Belmont Food Pantry Mission.

## Special Celebration!!

There will be a celebration for Opal Holshouser's 100th birthday on November 16, from 1-3 pm here at St. Luke's in the fellowship Hall. If you plan to attend, you must let the church office know no later than Monday, November 11th. Also in lieu of gifts, please make a contribution to St. Luke's UMC in Opal's honor. It would be neat if you would mail a birthday card to Opal at 4143 Tanbark Road, N. Chesterfield, VA. 23235. What joy she will have opening all the cards!!!!



## St. Luke's Face Book Page

Make sure you like the St. Luke's Facebook page to keep up with everything going on at church. Also, please like and share the posts and events. The more we share and like, the more others will see what a wonderful place St. Luke's is -- and all the things that we are doing! Here's a link to our page:

<https://m.facebook.com/St-Lukes-United-Methodis Church-486188658201339/>

**The Preschool community is collecting Thanksgiving sides for Belmont Food Pantry to go with the donated turkeys. We are collecting through Thursday, November 14th if you would like to contribute. There are boxes at each door. Pastor Tracey made this experience more meaningful by talking about sharing during chapel time.**

**Good News:** We have engaged the services of a new florist for our altar flowers. The cost for an arrangement on Sunday is now \$35.00. The sign-up calendar is on the bulletin board leading into the sanctuary. Please take a moment to see if the Sunday you would like is available and sign up on the Flower Calendar or call the church office (804-276-7000).

**Helpers are needed!** If you would like to help with the repairing of the shed, please let Wilmer, Clinton or Bobbie know. Hours - 9:00 am to mid- afternoon. All extra hands will be appreciated.

**Remember our December and January newsletter will be combined. Be thinking of any items of interest you would like to include in this newsletter for December and January.**



## BE INFORMED

Keep up with all that's going on within the Virginia United Methodist Conference by visiting —

**<http://www.vaumc.org>**





## Upheld in our Prayers

Prayers for peace in Israel, Gaza and Ukraine

Prayers for our Military

Carolyn Beeckler	Opal Holshouser
Gayle Rouse	David & Bonnie Urbanski
John & Joan Crawford	James & Charlotte deKrafft
Vernon King	Annie Davis
Wilmer & Phyllis Downs	Joan Varner
Deannie Reynolds	Ronnie & Shirley Weade
Isabella Jones	Leanne Rohlk's daughter
Pastor Tracey's Dad	Doris Jenkins
The Jones Family	
Tara Biggs (Peggy Uglow's daughter)	
Brenda Burch (Clinton Gary's sister)	

### Our Military

Robbie Bowen, Aaron Frankey, Larry Russell

*See our weekly Tuesday email for a complete listing of all prayer requests.*

## November Birthdays

November 5	Eli Barefoot
November 9	Jennifer Miller
November 10	Joan Crawford
November 13	Olivia Gary

November 16	Rachel Edwards
November 17	William Brown
November 17	Seth Lyons
	Cameron Jones
	Seth Lyons

### November 19 **Opal Holshouser (100 years old)**

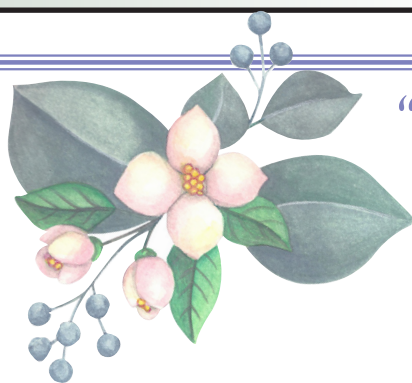
November 22	Addison Gary
November 24	Katelyn Heath
	Hazel Saunders

November 26	Phyllis Downs
November 27	Nancy Ladd
	Sadie Jones

November 28	Mark Taylor
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## Anniversaries

November 10	Zeb & Hazel Saunders
November 28	David & Bonnie Urbanski



## "With Our Deepest Sympathy"

Our sympathy is extended to the family of Peggy Uglow who claimed the promise of the resurrection on September 28, 2024.

Our sympathy is extended to the family of Shirley Jones who claimed the promise of the resurrection on October 11, 2024.

Our Sympathy to Rachel & Todd Gary and family. Rachel's father, Thomas Theodore Hilliard, Jr claimed the promise of the resurrection on Saturday, October 19, 2024.



Blue Ridge Mountains Virginia by Crissy Lorrin

### Important Dates — Mark Your Calendar:

- November 1, 2024 – 10-2:00 pm Home Schooling Fellowship Hall  
9:30 am set up for memorial service for Shirley Jones- Fellowship Hall  
7:30-9:30 pm – Nazarene Church- Sanctuary
- November 2, 2024 – 1 pm - Memorial Service for Shirley Jones  
Reception to follow – Fellowship Hall
- November 3, 2024 – 9:30 am – Adult Sunday School  
10:30 am – Worship Service – All Saints Day  
11:30 am – Choir Practice  
1:30-6:00 pm Nazarene Church
- November 6, 2024 – 10:30 am Women in Faith
- November 8, 2024 – 10-2 pm Home Schooling
- November 9, 2024 – 4:00-6:30 pm - Nazarene Band Practice
- November 10, 2024 - 9:30 am – Adult Sunday School  
10:30 am. Worship Service  
11:30 am – Choir Practice  
1:30-6:00 pm – Nazarene Church
- November 11, 2024 – Veteran's Day (Last Day to notify office if you are attending Opal Holshouser's birthday party on November 16, 2024 , 1-3 pm
- November 12, 2024 - 9:30-12:30 Preschool  
7:00 pm Finance Committee Meeting by Zoom
- November 13, 2024 – 0:30 am – Young at Heart
- November 16, 2024 – 1:00-3:00 pm Opal Holshouser's 100 Birthday Party
- November 17, 2024 – 9:30 am Adult Sunday School  
10:30 am. – Worship Service  
11:30 am – Choir Practice
- November 18, 2024 – 10:00-10:15 – Preschool Chapel
- November 19, 2024 – 10:00-10:15 – Preschool Chapel  
7:00 pm – Administrative Council Meeting by Zoom
- November 22, 2024 – 10:00-12:00 – Quilting Group  
10:00-2:00 pm – Home Schooling Group
- November 24, 2024 – 9:30 am. Adult Sunday School  
10:30 am. – Worship Service  
11:30 am – Choir Practice
- November 26, 2024 – Ecumenical Thanksgiving Service, 6 pm,  
Southminster Presbyterian Church, 7500 Hull Street Road, N. Chesterfield, VA. 23235
- November 28, 2024 – Happy Thanksgiving**



*St. Luke's seeks to be a spiritual community where all God's children experience Christ's love and redemption and where we share this through worship, fellowship, education and mission for the community and the world.*

[www.stlukesrva.org](http://www.stlukesrva.org)

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