



November 2024 | Volume 29, Issue 11

# MONTHLY Newsletter

A PUBLICATION OF OUR SAVIOR LUTHERAN CHURCH

*The Mission of Our Savior:  
That all may know Christ,  
grow in Christ  
and joyfully go with Christ.*

Adopted 11/1998

## FROM OUR PASTOR...

Grace and peace from our Lord and Savior, Jesus Christ, amen.

**O**ur Stewardship Series is well underway, and I have spent time reflecting on my money story. As I reflected, I was taken back to my childhood and my perception of money.

My parents were very frugal with their income(s); they had to be. Not only were they taking care of their own family, but they were also caring for their aging mothers who lived below the poverty line. I used to think we were poor, but I realized my family found ways to stretch their dollars and still give to the church.

Spending time remembering has helped me realize there are two narratives, one of the past and one of the present.

Looking through the lens of the past, I see a young boy intimidated by money because it was a contentious topic. When times were lean, it meant pulling the extra spending and buckling down on the non-essentials. I used to hear we just can't afford it right now, and I wonder if this created a sense of fear in me that there was never enough.

Looking through the lens of the present, I see how hard my parents worked to provide, and I think about our many conversations with our children about disposable income. When mom died four years ago, and we were planning her funeral, I spent a little time conversing with her pastor. He had a pastoral relationship with our family for over twenty years. I don't quite remember how we ended up there, but we landed on my parent's faithfulness in giving.

I never knew this about my folks. I knew they gave, but I didn't realize to what extent. I still don't completely understand their giving, and honestly, that's okay. This was something they did as a couple and with God. Even when they said they couldn't afford it, they faithfully gave it to the church.

*(Continued on page 2)*

## 21ST ANNUAL PIES-4-YOU!

**T**his is the 21<sup>st</sup> year of our Pies-4-You Fundraiser that so many Our Savior members can be very proud of. We invite everyone to help with some part of this fundraiser; we have a job for everyone! **Join us on:**



- **Monday, Nov 11 at 8:30am** we will make the pie crust dough.
- **Thursday, Nov. 14 at 8:30am** we will make the apple pies.

- **Saturday., Nov. 16 at 8:30am** we will make all of the rest of the pies!

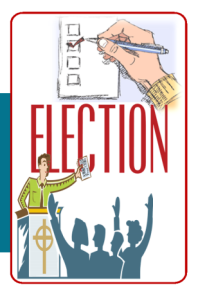
*(a snack table and lunch will be provided on Nov. 16; you are welcome to bring something to share if you'd like!)*

**If you can't make it at 8:30, come when you can and stay for as long as you're able!**



## UPCOMING EVENTS—see page 2

**Election of Church Leadership—November 17, 2024. Please see page 3 for more information.**



(Continued from page 1)

Over the years, we have evaluated and reevaluated our money story and done our best to be faithful in our giving. Looking back through these past and present stories, I see God is at work. These Stewardship stories have helped me step inside my stories and reflect on myself and my perceptions, and I have to say I am delighted to see the many ways God has accompanied me along the way.

I invite you to reflect on your past and present stories; what do you see, what needs to be healed, and what needs to be celebrated? I pray you can find some delight in your account, and if you need to find restoration from hard memories, it will come to you.

In Christ  
Pastor Chad



## UPCOMING EVENTS

- We have a great partnership with the Office of the Nebraska Synod. Pastor Chad recently invited Bishop Scott Johnson to guest preach; **Bishop Johnson will bring the Good News to OSLC on Sunday, November 10.** Along with preaching, the Bishop will host a meet-and-greet after worship; light refreshments will be served.
- Campus Ministry is revitalizing in part because of Pastor Jim Holthus' presence. As a partner congregation, Pastor Jim would like an opportunity to lead worship, preside at the table, and bring his student body along to experience the wonderful worship space of OSLC. **Please join us on Sunday, November 17, to hear the Good News preached by Pastor Jim and to meet several of the students from WSC.**
- Please join us for a **Thanksgiving Eve service on Wednesday, November 27, at 5:30pm.** This short service will include a brief devotion, a litany of prayer, and communion.

## MUSIC FOR NOVEMBER

- |             |  |
|-------------|--|
| Nov 2 & 3   | Connie Webber, organist<br>Kaitlyn Michaelson, mezzo soprano (Sun) |
| Nov 9 & 10  | Sue Olson, pianist   |
| Nov 16 & 17 | Alan Bruflat, musician   |
| Nov 23 & 24 | Connie Webber, organist<br>Clarinet Spectrum (Sat & Sun)           |



The **first Sunday in November** is designated as **All Saints' Sunday**, a day on which we remember all those who have died in faith as well as celebrate the baptism of all God's children since last All Saints' Day.

As a congregation, we remember especially those members and friends who died during the past year:

- Donna Lutt
- Dustin Soden
- Elaine Draghu
- Vern Schulz
- Twila Wiltse
- Bernita Suber
- Helen Frahm
- Ruth Paulsen
- Chuck Rutenbeck
- Paul Dangberg
- Jeannine Anderson

May the Lord keep them in rest and peace until the great and glorious Day of Resurrection. And may the promise and hope we have in Christ Jesus bring comfort and strength to those who mourn these deaths.



Those who were baptized during the past year are:

- Brynnlee Marie Sokol
- Rhett James Aschoff
- Alice Elaine Koenig
- Evelyn Joanne Eskens



**NOVEMBER 23 & 24, 2024**



## THANK YOU'S...

**Wayne Food Pantry**—Thank you so much for your generous donations of \$300 dated August 27, 2024 and \$200 dated September 30, 2024, to the Wayne Food Pantry. Your donations help to enable us to provide nutrition to individuals and families in need in Wayne County, Nebraska.

Jenny Hammer,  
Wayne Food Pantry Coordinator

**Darrell & Saralou Danielson**—We would like to thank the Caring Cooks for the delicious meal delivered to us. Special thanks to Peggy Hank for the delivery!!

**Pastor Deb Hammer**—Thank you so much for the beautiful flowers in memory of my sister, Donna! You are so very thoughtful and I appreciate your support! I am so blessed to be a part of our church community!

**Family of Donna Meyer**—Thank you for the beautiful flowers and the support from the congregation you gave the family.

## Thank You!

Pastor would like to thank the OSLC congregation for their many thoughtful comments, cards, and goodies throughout October. Your kind gestures reflect just how wonderful you are. Thank you for all of your love and support; it means a lot to me.

Warmest Blessings, friends.  
Pastor Chad



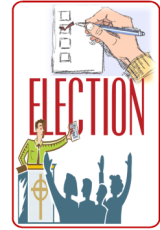
## CHURCH DECORATING

Christmas decorating for the church will take place **Sunday, November 24**, following worship. **Everyone is invited** to join us in decorating our church home for the Christmas season!

**Families are encouraged to participate together ...there will be ways for everyone to be involved!**

The Fellowship Ministry Team will provide lunch afterwards.

## NOTICE OF CONGREGATIONAL MEETING



A congregational meeting will be held **Sunday, November 17, 2024, 11:15am**. The purpose of this meeting is to present the proposed 2025 budget and to vote for church leadership positions—Church Council, the Foundation Board of Directors, and the Nominating Committee. Please plan to attend.

## 2024 NOMINATING COMMITTEE REPORT

**CHURCH COUNCIL:** (5 OPEN POSITIONS: 4-3-YEAR TERM, 1-1-YEAR TERM)

- Kim Dunklau
- Paula Gemelke
- Tim Hansen
- Amber Labenz
- Chris McGuire

**FOUNDATION BOARD OF DIRECTORS:** (1-5 YEAR TERM)

- Karma Magnuson

**NOMINATING COMMITTEE:** (4 OPEN POSITIONS: 1 YEAR TERM EACH)

- Jessica Weiland
- Cole Koenig
- Reagan McGuire
- Chele Simon

Serving on the 2024 Nominating Committee were Liz Hagmann, Melia Hefti, Steve McLagan, Audra Miller, Trisha Peters.



## 2024 RADIO BROADCASTS

**Consider sponsoring a radio broadcast.** Radio broadcast of our Sunday morning worship service can be heard live on KCTY-The City 98.9 FM, 1590 AM and online at waynedailynews.com as well as the Wayne Radio app for iPhone or Android .

**The remaining available dates for 2024 are November 10 and December 22.** Please contact the church office (kris@oslcwayne.org or 402-375-2899) to reserve a date.

**Thank you to all who support this ministry of the church!**



## CIRCLE & MINISTRY GROUP MEETINGS

### EXECUTIVE BOARD MEETING

- Tuesday, November 5, 10am

### JOY CIRCLE

- Wednesday, November 13, 2pm  
Program: "Thanksgiving"  
Leader: Phyllis Rahn  
Hostess: Sue Olson

### CHARITY CIRCLE

- November 11, 14 & 16  
Program: Pies-4-You  
Leader: Kim Dunklau, Cynthia Puntney, Karma Magnuson, Teri Koenig

*(See more about Pies-4-You on page 1)*

### VISITATION MINISTRY GROUP

- Wednesday, November 20, 1pm

### QUILT MINISTRY GROUP

- No Meetings until Spring

*All women of the congregation are always welcome and invited to participate.*



### ALTAR GUILD

**Altar Guild workers for November:** Mary Stalling, Cheryl Henschke, Marsha Roth, Janet Sievers, Mary Hansen, Teri Koenig, Dorothy Wert, Karen Zach, Lynette Lentz, Cynthia Miller, Joan Baier, Denise Broders, Trisha Peters, Martina Swanson, Sharon Flee Paula Gemelke, Virginia Backstrom, Debbie Bargholz. Please check the worship assistant schedule for the date and time.



## GREETINGS!

**D**ear Ladies!

I hope you all attended the Pink Flamingo Nite! I really enjoyed the speaker, Juli Burney, and all of her humor. My jaws ached from laughing! It was great to look at the crowd and see everyone having a good laugh.

Mark 12:41-44 - The Widow's Mite—Beginning in the late 19<sup>th</sup> century, Lutheran women were given small Thankoffering boxes to place in a special location in their homes as a visible reminder of blessings received. Women would add coins to those boxes almost daily as particular blessings were noted. Thankofferings show gratitude for God's blessings and give us an important and tangible way to express that gratitude. It is a tradition grounded in our celebration of community, of meeting together to joyfully give thanks for what God has given us. Bring your Mite Box and join us on November 13<sup>th</sup> for Joy Circle, when Phyllis presents a Thankoffering service for all of our Mite boxes.

Thank you to all who donated items for the Lutheran World Relief School Kits, Health Kits and Quilts. We have packed up 38 School Kits, 13 Health Kits and 33 Quilts, to be taken to the LWR pickup location. Pastor Chad will be having a Blessing Service for these items on the weekend of November 2 & 3. How thankful the recipients of these items will be, I can only imagine!

Please mark your calendar for the Our Savior Lutheran Women of the ELCA Christmas Luncheon, on December 11<sup>th</sup> at noon, in the social room. Please bring your own table service and a salad or dessert to share. Meat and potatoes will be provided! In case of inclement weather and we must cancel, it will be announced on KTCH radio. It is hard to think of inclement weather with the beautiful fall colors and warm temperatures we are having.

Count your Blessings & turn in your "Mite Box"!

Keep a song in your heart and a smile on your face.

Dorothy Wert,  
WELCA President

### WELCA PURPOSE

**A**s a community of women, created in the image of God, called to discipleship in Jesus Christ and empowered by the Holy Spirit, we commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the church, the society and the world.



## PASTORAL ACTS

- † A funeral service was held Thursday, October 3, for **Ruth Paulsen**. Ruth died September 18, 2024.
- † A funeral service was held Tuesday, October 22, for **Paul Dangberg**. Paul died October 13, 2024.
- † A funeral service was held Monday, October 28, for **Jeannine Anderson**. Jeannine died October 18, 2024.

## WITH SYMPATHY



Our sympathy is extended to the family of **Chuck Rutenbeck**. A visitation will be held Saturday, November 8, from 7-9 and a funeral service will be held **Sunday, November 10**. Chuck died October 10, 2024.

## IN OUR PRAYERS

We remember in prayer those who were hospitalized in the last month: Carol Bauermeister, Linda Young, Bonnie Baird

## “YOU VISITED ME...”

The Visitation Ministry Group meets to sign and send cards to church members and to share a visit with friends. Please come and be a part of our Visitation Ministry Group. The group will meet on **Wednesday, November 20, at 1pm**.

For more information about this wonderful ministry, please contact Rhonda Blecke, Sandra Lutt or the church office.

## SLEEPING MAT MINISTRY

Sleeping mats are made from plastic shopping bags. This is a great way to recycle all those plastic grocery bags! (A basket is available in the narthex to collect CLEAN bags.) There are several steps to preparing the bags before the mats can be crocheted...so **there are opportunities for all to participate!** Join us on **Thursday, November 7, and Monday, November 18, from 9–11am**.

Consider being a part of this wonderful ministry; both the VA in Omaha and Orphan Grain Train look forward to receiving the mats!



## WORSHIP SERVICES— at Wayne Countryview & Kinship

Worship with Communion is offered on the first Tuesday of the month—**November 5**.

- Wayne Countryview at 2pm
- Kinship at 3:30pm.

Worship is also offered the third Tuesday of the month at Kinship at 3:30pm.

- **Tuesday, November 19**

## WACAM Worship Services

- **November 18-22**—Radio Devotions
- **November 20**—Devotions at Kinship
- **November 24**—Worship at Countryview, 1:30pm



## OWL'S BIBLE STUDY

The OWL's Bible Study meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month. This study led by Mary Mohl is using a resource from Augsburg Fortress entitled *Songs of the Faithful: Psalms*. Join them on **November 6 & 20, at 10am** in the multipurpose room. You do not need to be an Older Wiser Lutheran to join us—just come, no matter your age! Everyone is welcome!



## KINSHIP BIBLE STUDY

Bible Study at Kinship meets on the 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, at 3:30pm. This study led by Sharon Garvin uses Lectionary Bible readings and a resource from the ELCA entitled, *Daily Discipleship*. Join them on **Thursday, November 14; no Bible Study on November 28, Thanksgiving**. Everyone is welcome.



- 1 Cindy Von Fange
- 3 Veronica Jaqua
- 4 Lisa Karel, Brenden Swanson
- 6 Jill Brodersen, Jason Jorgenson
- 7 Aaron Daniels
- 8 Bill Blecke
- 9 Alec Shaffer
- 11 McKaeya Becker
- 13 Jace Jorgensen, Lindy Labenz
- 14 Martina Swanson, John Vakoc
- 16 Roger Lentz
- 19 Tim Keller, Lee Larson, Cohen Woehler
- 22 Ron Carnes, Devan Henschke
- 23 Perry Backstrom
- 25 Vernon Bauermeister, Sophia Petersen
- 27 Jon Gathje, Betty Heier, Tyler Robinson, Corby Schweers
- 28 Brian Johnson
- 29 Logan Miller, Lou Wiltse



## & ANNIVERSARIES

- 2 Chad & Tiffany Henderson (11)
- 8 Shawn & Elizabeth Milligan (27)
- 13 Robert & Kathy Burke (42)
- 20 Joe & Carrie Wendte (14)
- 23 Ron & Sandra Wriedt (57)
- 24 Bryan & Nancy Reinhardt (51)
- 29 Darrell & Cynthia Miller (33)

*If we have missed your birthday or anniversary, please accept our apology and let the church office know.*



## REMINDER...

**DAYLIGHT SAVING TIME** ends on **November 3**. Be sure to set your clock back one hour before retiring on Saturday night!



## QUARTERLY MEETING

## OF THE FOUNDATION

The fourth-quarter meeting of the Foundation Board of Our Savior Lutheran Church will be held on Monday, November 18, at 7pm. All grant applications need to be turned in by November 11 to be considered. Applications are available in the Church Office.

## YOU'RE INVITED... TO COFFEE with Council

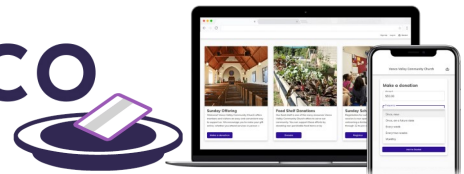


Coffee with Council is an opportunity to meet with members of the church council for coffee, refreshments and discussion. Join them prior to worship, 9am, **Sunday morning, November 10**, in the church narthex.



November 28, 2024

**VANCO**  
FAITH



You can give electronically to OSLC—just download the Vanco Mobile app OR go to our website at <https://oslcwayne.org/give/>

## GENERAL FUND FINANCIAL REPORT

	As of	
	October 15, 2024	Year-to-Date
Beginning balance, 9/15/2024	\$41,100.79	\$26,252.03
Add: Income	34,323.65	327,903.08
Less: Expenses	-30,717.85	-309,448.52
Ending balance, 10/15/2024	\$44,706.59	\$44,706.59

If you have any questions about this report or other church finance matters, please contact Tom Hansen (402-518-0640) or Paula Gemelke (402-369-2176).

## COUNCIL CORNER

### —Monday, October 14, 2024 Meeting

- Council learned that Sunday School children will begin to prepare for the Christmas Program. The program will be held during worship on Sunday, December 15.
- Property reported that Kone Inc. made repairs to the elevator.
- Council learned that the Front Porch has had great success on Friday nights with approximately 30 students in attendance and that the Wednesday night Youth Group has had great attendance as well.

The next meeting of the Church Council will be **Monday, November 11, 2024.**

## DOLLAR DOOR OFFERING

### —Northeast Nebraska Juvenile Services Center

Each month our Dollar Door Offering (*offering plate in center of the Narthex*) goes to support the efforts of a different ministry. The November offering will go to the Northeast Nebraska Juvenile Services Center in Madison. (*Monies raised will be delivered to the center in December when members go for the annual Christmas visit.*)



## CALENDAR ITEMS

**Reminder...** please contact the church office regarding any meetings or gatherings scheduled; especially those held after office hours, so that they can be added to the master calendar. If no evening activities are listed, the church building is locked at approx. 5pm.

## PUBLICATION DEADLINES

**For the Weekend Bulletin:** by 11am each Thursday.

**For the Monthly Newsletter:** 20th of the month.

## RESOURCES

- Wayne County Family Coalition (402-375-2200)
- Wayne Food Pantry & Backpack Program (402-375-2669 – [fpcwayne.org/food-pantry](http://fpcwayne.org/food-pantry)) In order to use the Wayne Food Pantry, please call or email in advance if you need assistance. All inquiries are confidential.
- Wayne Food Truck – Saturday, November 23, at Journey Christian Church



This newsletter is published monthly as an update on the life and activities of

### ***Our Savior Lutheran Church***

421 N Pearl Street  
(located at the corner of 5th & Main Street)  
Wayne, Nebraska 68787  
402/375-2899

*A congregation of the  
Evangelical Lutheran Church in America*

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### ***Website:***

*www.oslwayne.org*

### ***Weekly Worship Opportunities:***

**Saturday Evening: 5:30pm**

**Sunday Morning: 10am**

(streamed live and posted to our Facebook page:  
Our Savior Lutheran Church, Wayne NE (ELCA)  
and broadcast live on AM 1590 and FM 98.9)

**Sunday School: (N-5th)**

Sundays—10am; Fall/Winter/Spring

**Confirmation: (6th-8th)**

Wednesdays—6pm; Fall/Winter/Spring

**- Staff -**

**Rev. Chad Rademacher**  
*Pastor*

**Connie Webber**  
*Director of Music*

**Bridget Vaith**  
*Coordinator of Youth & Family Ministry*

**Virginia Kniesche**  
*Coordinator of Children's Ministry*

**Kris Robinson**  
*Administrative Assistant*

**- Church Council -**

**Kelly Grone** *Interim President*

**Larry Lueders** *Vice President*

**Paula Gemelke** *Treasurer*

**Jessica Wieland** *Secretary*

**Marion Arneson** **Ron Carnes**

**Kim Dunklau** **Jim Hansen**

**Mary Mohl**



# Our Savior Lutheran Church

5th & Main Street | Wayne, Nebraska 68787  
402/375-2899



*God, whose giving knows no ending,  
from your rich and endless store:  
nature's wonder, Jesus' wisdom,  
costly cross, grave's shattered door,  
gifted by you, we turn to you,  
off'ring up ourselves in praise;  
thankful song shall rise forever,  
gracious donor of our days.*



ELW #678—OneLicense No. A-717314

## NOVEMBER 2024



Our Savior Lutheran Church  
421 N. Pearl Street  
Wayne NE 68787

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Giving Thanks For:



# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 All Saints Day	2 5:30pm Worship
3  9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship 11:15am OWL's Luncheon	4 10:30am Staff Meeting 5:30pm Property Team Meeting 5:45pm Executive Committee 6:30pm Fellowship Team Mtg	5  10:00am Cluster Text Study 10:00am WELCA Executive Board 2:00pm Communion @ Wayne Countryview 3:30pm Communion @ Kinship Pointe	6 10:00am OWL's Bible Study 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm HS Youth Group	7 9:00am Sleeping Mat Ministry 6:00pm Women Who Love to Talk-and Eat	8 Wedding Rehearsal	9 3:00pm Adam & Victor Wedding 5:30pm Worship 7:00pm Funeral Visitation
10  9:00am Coffee with Council 10:00am Sunday School 10:00am Worship w/Bishop Scott Johnson 1:30pm Funeral-Chuck Rutenbeck	11  8:30am Pies-4-You 10:30am Staff Meeting 7:00pm Church Council	12 10:00am Cluster Text Study	13 10:30am WACAM 2:00pm Joy Circle 6:00pm Confirmation 7:00pm HS Youth Group	14  8:30am Pies-4-You 3:30pm Bible Study @ Kinship	15	16  8:30am Pies-4-You 5:30pm Worship
17  9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship w/Pr. Holthus & WSC LuMin Students 11:15am Congregational Meeting	18 9:00am Sleeping Mat Ministry 10:30am Staff Meeting 5:00pm Worship & Music Ministry Team	19 10:00am Cluster Text Study 3:30pm Worship @ Kinship Pointe	20  10:00am OWL's Bible Study 1:00pm Visitation Ministry Group 3:39pm Devotions @ Kinship 6:00pm Confirmation 6:00pm Joyful Noise 7:00pm HS Youth Group	21  6:30pm Christmas in Wayne Parade of Lights	22	23  9:30am Wayne Food Truck @ Journey Christian Church 5:30pm Worship
24  9:00am Fellowship Hour 10:00am Sunday School 10:00am Worship 11:15am Christmas Decorating & Lunch 1:30pm Worship @ Countryview	25 10:30am Staff Meeting	26 10:00am Cluster Text Study	27 5:30pm Thanksgiving Eve Service	28  Office Closed	29 Office Closed	30 5:30pm Worship



# PRAYER Time

## Living a Grateful Life

What comes to mind when you hear the word *Thanksgiving*? Is it the big turkey and stuffing meal you traditionally have on Thanksgiving Day? Is it spending the day with family or friends? Is it the Pilgrims who first celebrated Thanksgiving with Native Americans? Thanksgiving Day is important because it is a designated time assigned to encourage us to pause and be mindful of the blessings we have. It is a day to give thanks. To demonstrate and celebrate gratitude, you don't need a particular holiday to show thankfulness. Showing gratitude can and should be practiced daily.

Gratitude is a thankful appreciation of what we receive. It is the act of recognizing and acknowledging the good things that happen. Often when we consider what we are grateful for, profound life experiences and events come to mind; such as the birth of a healthy baby or a new job opportunity. We have other everyday pleasures such as enjoying the sunshine or laughter with a friend. Consciously expressing gratitude for these pleasures can help us grow our daily gratitude practice which results in greater appreciation for all God has provided.

Living a grateful life has many benefits to our overall well-being. It starts with just noticing the good in life. People who are grateful experience higher levels of happiness. They feel more positive emotions and enjoy good experiences. Grateful people feel less pain, less stress, and less fatigue. They benefit from better physical health, better sleep, stronger immune systems, and are able to express more compassion and kindness.

### Keeping a Gratitude Journal:

1. Use a notebook, your cell phone's notes application, or your laptop or computer – whatever works best for you.
2. Begin by looking back over your day to see the things for which you are grateful that you did nothing to deserve.
3. Write down (or type) 3 to 5 things for which you feel grateful. Do this at least 3 times a week - preferably every day.
4. Here are some tips:
  - Be as specific as possible.
  - Get personal by focusing on people for whom you are grateful.
  - Consider what your life would be like without certain people or things rather than just adding up all the good stuff.
  - See good things as "gifts".
  - Record events that were unexpected or surprising.
  - Say, or write, a prayer to God thanking him for all the gifts and blessings from your day.

Keeping a *gratitude journal* forces us to pay attention to the good things in life we might otherwise take for granted. We start to become more attuned to the everyday sources of pleasure around us. Our outlook on life can shift in noticeable ways.

Another practice to help you live a grateful life is the **Contemporary Daily Examen** by *Teresa A. Blythe*. This practice allows you to look back on the events of your day and turn them into prayers.

1. Set aside some quiet time and make yourself comfortable.
2. Take several deep breaths to calm or settle your thoughts.



# PRAYER *Time*

3. Review your day.
  - A. Think of 3 things that brought you joy during your day.
    - If you could relive any one of those moments, what would it be?
    - Why was that particular moment such a joy?
    - Sit with that moment and allow it to give you joy again.
    - Offer your gratitude to God for that moment.
  - B. Think of 3 things that caused you regret during your day.
    - If you could go back and change any one moment in your day, which would it be?
    - What caused you to regret that particular moment?
    - Sit with that moment and feel whatever emotion comes to you.
    - Offer that moment to God for healing.
  - C. End by giving thanks to God for all the ways God has been present during your day, both in joy and pain.

This practice of Contemporary Daily Examen encourages us to find God in all things and to realize He is always present in our daily lives. We are not meant to beat up on ourselves for any regrets, but rather let go of anything that stands between us and God.

**Ephesians 5:20:** In the name of our Lord Jesus Christ,  
always give thanks for everything to God the Father.

**I Thessalonians 5:16-18:** Be joyful always, pray at all times, be thankful in all circumstances.  
This is what God wants from you in your life in union with Christ Jesus.

**James 1:17:** Every good gift and every perfect present comes from heaven;  
it comes down from God, the Creator of the heavenly lights,  
who does not change or cause darkness by turning.

**I Timothy 4:4-5:** Everything that God has created is good;  
nothing is to be rejected, but everything is to be received with a prayer of thanks,  
because the word of God and the prayer make it acceptable to God.

