

Connections

November 2021

Living with Gratitude

Corey Laughary, Senior Pastor



I looked up Psalm 9 in *The Message*, a contemporary translation of the Bible. It made me smile,

*I'm thanking you, God, from a full heart,
I'm writing the book on your wonders.
I'm whistling, laughing, and jumping for joy;
I'm singing your song, High God.*

Now, *The Message*, a paraphrase type translation, takes some liberties with particular words, but as the reader we sure get the sense that the Psalmist really loved God, and therefore was grateful, joyful and singing. I imagine a person strolling along, jumping on occasion, whistling a song of praise. Such a person could be you or me. When we delight in the good God, the good God has placed around us, the good God has done for us in Christ, and the Spirit God has given to live in us - it's hard not to be grateful and joyful.

My simple encouragement this month is to use your senses to develop your sense of gratitude.

Look around you and give thanks for the beautiful sights in your view (Psalm 121).

Listen with your ears and heart for the good God has done - it could be a bird's song, a child's laugh, or the still small voice of the Spirit (1 Kings 19:11-13).

Taste the delights of God's bounty from the Earth, let it remind you of the foretaste of heaven we receive by having the Holy Spirit (Psalm 34:8).

Smell the aromas of your kitchen or of the Autumn season, and think on the deep spiritual aroma of Jesus Christ (2 Corinthians 2:15).

Feel the thin Bible pages filled with the deep message of God's love, feel the earth beneath your feet, or soil in your hands, and as you do, know that God's presence and comfort are real (Psalm 23).

May the Spirit grow our sense of gratitude. And as we seek to be thankful in all situations (1 Thess. 5:18), may others come to receive the love of God.

Depending on Jesus,

Pastor Corey

“
And let the peace
of Christ rule in
your hearts, to
which indeed you
were called in one
body. And be
thankful.

Colossians 3:15

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Examine Your Thoughts

Tina Laughary, Congregational Care Director



Have you ever noticed how easy it is to complain? Complaint seems to just roll off the tongue, doesn't it? Why is it always easier to find something to complain about than it is to find something to be thankful for? If, right now, you are thinking to yourself, "Wow, I never knew Tina was such a complainer—I'm glad I don't struggle with that;" that may be true, however I would like to challenge you to a little experiment - for the next 24 hours, be mindful of what comes out of your mouth. How many times

do you say, "I'm tired," "My _____ hurts," "I don't like this," "I HAVE to do _____," or "I don't get to do _____." My guess is, it will add up quicker than you think. On the other hand—how often do you express gratitude? Try also to be mindful in the next 24 hours how often you say thank you or express your appreciation.

I think the bigger problem this little experiment exposes is that we aren't often mindful of our own words and thoughts. We allow our minds to think what they will and our mouths to follow suit with our words. Gratitude must be intentional. It is about being aware of our

very thoughts and taking them captive—taking charge of them before they direct us. Our thoughts are very powerful. We must intentionally use them for good—for thanksgiving, encouragement and praise. If not, we

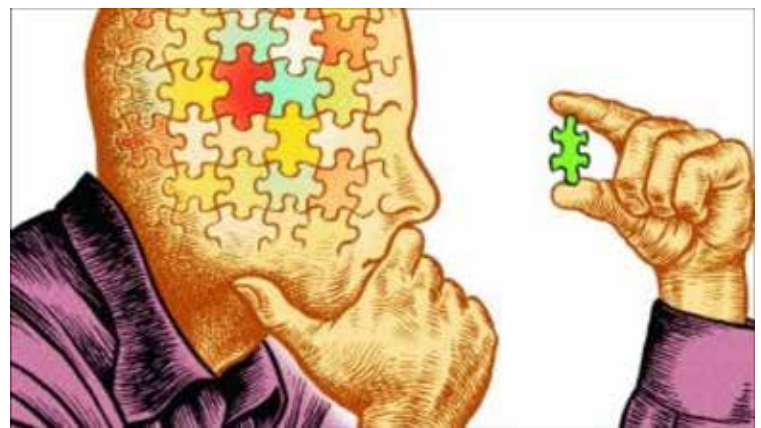
"Gratitude must be intentional. It is about being aware of our very thoughts and taking them captive - taking charge of them before they direct us."

will end up using them to tear down ourselves and others.

During the month of November, our church encourages people to write thank you notes and share our gratitude with others—which is a good thing and I am FOR it. However, I would challenge you, this year to go one step deeper and expose the internal grumbling that can poison you from the inside out. This year—commit to flip the script of your thoughts and change the complaint to thanksgiving. I think you will be surprised by the difference it makes in your mood and ultimately how you treat the people in your life. It can even improve your relationship with your Heavenly Father who is the author of all

that is good and worthy of praise in this life. Will you accept my challenge and begin this journey with me?

"This year-commit to flip the script of your thoughts and change the complaint to thanksgiving."



- Who? Kids age 3 and potty-trained through 5th grade
- What? Sunday School
- Why? Learn about Jesus and have some fun
- When? Sundays at 10:15 AM
- Where? Palouse Federated Church Fellowship Hall

Sunday School is in session! All ages are meeting together for Sunday School each week in the Fellowship Hall from 10:15 – 11 AM.

If you have questions about Sunday School, or you would be willing to teach one Sunday a month, contact Brenda Cook at (208) 669-1990 or talk with Pastor Corey. Teen and adult helpers also are needed.

Masks required for those ages 5 and older.

Bible Study Schedule

In-Person and Zoom Options Available
Contact the Church or Your Bible Study Leader for More Information

Tues. | 5:30 AM | Men

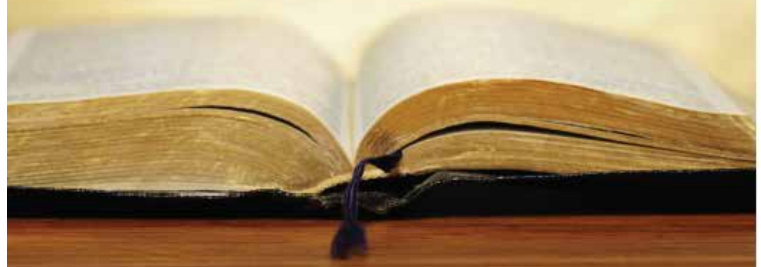
Tues. | 10 AM | Mixed Group

Wed. | 9:30 AM | Ladies

Wed. | 6:30 PM | Middle School

Wed. | 7 PM | High School

Thurs. | 9 AM | Ladies



Thanksgiving Eve Service
Wed. | Nov. 24 | 6:30 PM

On the eve of Thanksgiving, join us as we gather to give thanks and praise - choosing a life of gratitude.



WHITMAN COUNTY LIBRARY

Palouse | 509-878-1513 | palouse@whitcolib.org



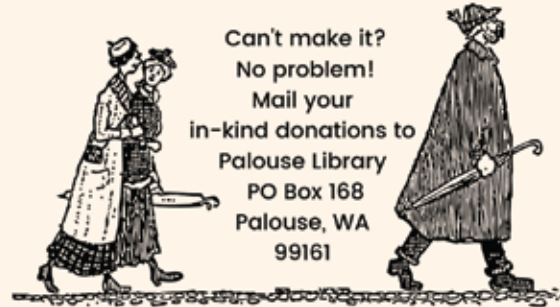
ANNUAL
TURKEY LEG

SUPPORTING THE PALOUSE LIBRARY SINCE 2004

Thursday, November 25 - 8:00 AM - Palouse Library

Join the Palouse Library, your friends, and your neighbors in a day of good cheer and gratitude! Take a walk with us and drop a donation in the jar - as all proceeds go toward funding new books and programs in Palouse.

Donuts + Coffee generously provided by the Palouse Federated Church and Palouse Family Foods.



Can't make it?
No problem!
Mail your
in-kind donations to
Palouse Library
PO Box 168
Palouse, WA
99161



Event will follow COVID safety guidelines (masks and social distancing) as per state requirements on November 25



HONORING ALL WHO SERVED

Veterans Day

Veterans Day Service
Nov. 11 | 11 AM
Palouse Federated Church
Bell Tower

Join us for an outdoor service of remembrance and gratitude as we honor veterans.

Uganda Update

Due to the upheaval of the Ugandan school system as a result of Covid-19, Pastor Martin, and our partners at the Hope for All Children Orphanage have secured private tutors to ensure that the children continue to have access to education. Your donations to the Uganda Mission have made this possible in partnership with the church where Pastor Martin serves.

This month, we are sharing some photos of the children. Some of the older children are now enrolled in Welding School as well.



A Note of Thanks

Dear Church,

We are so thankful for the love and support of our whole church family as we shifted addresses these past several weeks. It would not have gone so smoothly were it not for the wonderful people that prayed for us, helped move boxes from point A to point B, made meals, and inquired to see how we were doing. We felt truly loved in a time of temporary upheaval in our lives.

Thank you to each and every one of you for supporting us through the chaos. Moving is never easy, but you all made it better through your actions and loving support! We appreciate you!

Gratefully,

The Laughary & Sievers Families



Above Left: Children at the Hope for All Children Orphanage write thank you notes to the church for supporting their continuing education.

Left: Praise, who visited the U.S. in 2018 for heart surgery, is doing well.

Above: Two of the students enrolled in welding school.

Youth Group Activities (In-Person + Zoom)

Middle School Youth Group (Grades 6-8)
Wednesdays | 6:30 - 7:30 PM

High School Bible Study (Grades 9-12)
Wednesdays | 7 PM

Please contact Vanessa Moore
with any questions:
(509) 595-1910
vanessa@palousechurch.org



Save the Date

Quarterly Business Meeting
November 21, 2021
10:15 AM
Fellowship Hall/Zoom

Ministry Updates
Presentation of 2022 Budget
Voting on Board Members
Peggy Collier
Jim Fielder
Dennis Griner



Palouse Food Pantry November 17th

1-2:30 PM & By Appointment
Calvary Chapel of Palouse

Order Online: palousefoodpantry@gmail.com
Or Call the Pantry: (509) 595-3048
In-person pick up, or delivery by request.



Thanksgiving Turkey Distribution November 19th

5 PM & By Appointment
Calvary Chapel of Palouse

Order Online: palousefoodpantry@gmail.com
Or Call the Pantry: (509) 595-3048
In-person pick up, or delivery by request.

You can access online worship resources, sermon audio, newsletters, and
online giving at: palousechurch.org



Remembering with Gratitude Malden Fire Relief 2020-21

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
1 Thessalonians 5:18

\$11,046.33 Donated & Distributed

Gift certificates to re-print and frame lost family photos.

Gift certificates for food and fuel.

Bills paid.

Purchase and construction of a shed.

Purchased materials for a second shed.

Help with transportation.

Support during health crises.

Prayers, personal gifts and housewarming gifts.

Connection and support offered to four families.

Pastor Cory & Family
Jace & I wanted to say
thank you for your love &
kindness during our diffic
time. We appreciate
gift cards!! as
daughter that
"Stuffy" alligator
It was so nice
your wife!!
Keep in touch.
So much!!

Palouse Federated Church Family-
Thank you so much for
your kindness & generosity.
Words will never be enough
to say Thank You for
thinking of us during
this time.
Jace

Gratitude & Climate Change

Terry Keller

I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.

Psalms 9:1

I haven't been feeling very grateful in the past few weeks. The ongoing drought, with the occasional drib-drib of rain, wears on me. I am frustrated by the lack of progress our leaders are making on mitigating climate change. I am worried we won't make the necessary changes in time. I regret that we ever started using fossil fuels in the first place.

However, after reading an interview with Katharine Hayhoe, a leading climate scientist and Evangelical Christian, I can see that, yes, fossil fuels have helped humanity a great deal and perhaps gratitude is in order. Okay, no perhaps about it, gratitude is in order. (I encourage you to check out her interview at:

<https://biologos.org/podcast-episodes/katharine-hayhoe-global-weirding/>).

Fossil fuels have brought us to where we are today. Many of us have houses that are warm in winter, some of us even have cooling for summers like this past one. Transportation is both easy and convenient. We've benefitted from lots of nutritious food, hot water for hygiene, improved medicines, and a subsequent higher life expectancy. Our western societies have gained wealth. We've enjoyed a lot of really good things through our use of fossil fuels and our ability to think, imagine and create. I am grateful for these blessings. They are a gift from God, the Creator of all.

There are costs, though—as with many good things—especially as greed has caused us to overreach. Some of the costs include: Pollution, environmental degradation, extinctions, an ever-widening gap between rich and poor in this country and throughout the world, climate change - with more frequent and intense natural disasters as a result, children and young people depressed by a looming dismal future, people afraid - retreating into enclaves and blaming others, and a profound lack of gratitude in a culture and economy dependent on the misperceptions of constant need and societally-justified desire fulfillment made possible by the higher productivity brought about by fossil fuel use.

Our use of fossil fuels has brought us many blessings, but the costs are piling up and threatening our very survival on Earth. It rained on the Greenland ice sheet this summer, increasing the ice melt. Hurricane Ida cost \$50 billion. The state of Washington has spent \$153 million annually over the past five years on fire suppression (dnr.wa.gov). Idaho has spent \$50 million already this year (<https://www.idahostatesman.com/news/local/environment/article253588644.html>). Federal fire fighting was \$3,143,256,000 in 2018; \$1,590,000,000 in 2019 (that's as far as the chart at nifc.gov goes). We're spending a lot of money dealing with disasters, and these numbers don't even take into account the personal losses people endure. Importantly, neither do they take into account all the other non-monetary costs I mentioned above.

In addition to all of that, did you know fossil fuels are subsidized by us, the taxpayers? According to Hayhoe, "In the U.S. alone, they're subsidized to the tune of \$650 billion a year, which exceeds the Pentagon's budget and is 10 times more than the U.S. spends on education." We subsidize fossil fuels 10 times more than we spend on education! That doesn't include the profit fossil fuel companies make. They profit and we subsidize them. Hayhoe goes on, "Globally, they are subsidized at 6% of the entire world's GDP."

Think of the progress we could make on reducing greenhouse gases, if we subsidized renewable energy instead of fossil fuels. We have the technology and as Hayhoe points out, in parts of the U.S., solar and wind are cheaper than natural gas and coal. So what are we waiting for? Something easier to do? Climate change certainly isn't waiting for a "convenient" option to come along.

"We are among the wealthy, the lucky, to be in the country we're in, to have the standard of living we have, to have the resources to repair some of the damage from natural disasters. I am incredibly grateful for that. But I realize that my gratitude can not be a mere 'thank you' and then carry on as usual."

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In her book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* (Milkweed, 2013), American professor Robin Wall Kimmerer talks about gratitude. Two things in her chapter "Allegiance to Gratitude" stick out for me.

"We know that appreciation begets abundance."

"Cultures of gratitude must also be cultures of reciprocity. Each person, human or no, is bound to every other in a reciprocal relationship. Just as all beings have a duty to me, I have a duty to them."

If I recognize and am grateful for/to everything that makes my life here possible, then I see that I am living in abundance, that there's plenty to go around, that God provides all we need. If I am grateful for everything that makes my life on Earth possible, then I have a duty to see that all of those things in turn have what they need to live. In Matthew 6:28-32, Jesus says:

"Consider the lilies of the field, how they grow...If God so clothes the grass of the field, will he not much more clothe you...? Therefore do not be anxious...your heavenly Father knows that you need them all."

God knows what we need. God also put us on Earth to take care of it, so it can provide what we need - there's the reciprocity. Fossil fuels have helped us to this point and I am grateful, but our use of them is now degrading the Earth and us and becoming far too costly. It's time to move to a way of life that is sustainable, that gratefully acknowledges the abundance and helps that abundance to thrive.

A Sensory-Based Gratitude Activity

Tim Sievers, Connection Director

Can you identify one smell, one sound, one texture, one taste, one sight to which you have never before paid attention and sense the wonder in that moment to stoke the fire of gratitude in your heart? Freshly baked croissants. Rustling leaves. Corduroy. Strawberries. A soaring bald eagle. Be grateful for everything your senses reveal to you! But more importantly, remember the source of the good and the one who gave you your senses:

“Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.”

James 1:17

I'm grateful for...

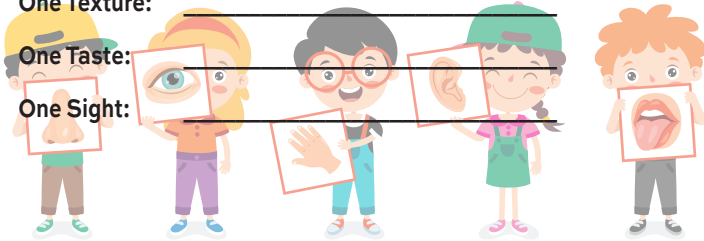
One Smell: _____

One Sound: _____

One Texture: _____

One Taste: _____

One Sight: _____



Gratitude Resources

Gratitude Yard Signs and **Campaign Buttons** now are available at the church. Additional resources, like **thank you cards** also are available. The **Tower of Gratitude** has returned for another year. Stop in today, write something you're thankful for on the magnetic leaves and watch our gratitude grow!



635 N BRIDGE ST | PALOUSE, WA 99161