



The HOLY CROSS WORD

Words of news, information, humor and inspiration from Holy Cross

NOVEMBER 2014

"Share the Hope"

VOL. LVIII, NO. 3

FROM OUR VACANCY PASTOR

We win our struggles in uncertain times, so that's cause to be thankful

November is, of course, the month of Thanksgiving. I love the hymns that are associated with Thanksgiving, especially the hymn, "We Praise You, O God" (LSB, # 785). The first two verses are as follows:

We praise You, O God, our Redeemer, Creator;
In grateful devotion our tribute we bring.
We lay it before You, we kneel and adore You;
We bless Your holy name, glad praises we sing.

We worship You, God of our fathers, we bless You;
Through trial and tempest our guide You have been.
When perils o'ertake us, You will not forsake us,
And with Your help, O Lord, our struggles we win.

The words of this beloved hymn were certainly seen to be true in the first Thanksgiving, which the Pilgrims celebrated with the Indians of the Wampanoag tribe. The Pilgrims had heard of Indians, for exaggerated tales of the terrifying "heathen savages" who lived in the New World proliferated in both England and Holland. Thus, they expected to meet Indians – but were surprised at what happened when they did.

Upon landing at what is now Plymouth Plantation, the Pilgrim leaders were greeted by a "savage" speaking perfect English! His name was Squanto. Years earlier he had been kidnapped on Cape Cod and brought to England. He was put on display as a curiosity and paraded about as a mythical "noble savage" from the other side of the world. When the novelty of his presence began to wear thin, he was sold as a slave and sent off to Spain. There he was bought by a monk, who freed Squanto in an act of Christian charity and taught him the Christian faith. Squanto converted to Christianity, returned to England a free man, and bought passage back to his home in Massachusetts. Upon his return he was shocked to find that his entire tribe had been wiped out, years earlier, by a plague. His life had been spared by what he had considered his misfortune!

Squanto proved to be a great blessing to the Pilgrims. Skilled at hunting, trapping, fishing and planting, he taught the Pilgrims his various crafts. He also proved to be an eager translator between the Pilgrims and local Indians of the Wampanoag tribe, even persuading Massasoit, their chief, to sign a peace treaty with the newcomers. There probably would have been no thanksgiving feast in 1621 had it not been for Squanto.

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Some would label this story a good example of coincidence. We know better, don't we? "My times are in Your hand" confesses David in Ps. 31:15. With God, there is no coincidence. God, the Almighty Savior, was guiding Squanto through the many passages of his life, working His good and saving will in and through him. He will do the same for us in our day!

In these times of uncertainty, with, among other things, threats of disease and terrorism, let us look unto Christ and give thanks to God through Him. Our times are in His hands!

In Christ our Lord,

---PASTOR ROBERT BEINKE

St. Peter Lutheran, Norwalk

and Vacancy Pastor, Holy Cross





Saturday, November 1

7:00 p.m. – “Whist” Card Game Night
Proceeds to benefit the “Share the Hope” Fund

Sunday, November 2 – Daylight Saving Time Ends (2 a.m.) *All Saints’ Sunday*

Tuesday, November 4 – Election Day

5:00 p.m. – Holy Cross serves Community Supper
at St. John’s Episcopal-Bridgeport

Thursday, November 13

7:00 p.m. – Board of Directors’ meeting

Wednesday, November 26

7:30 p.m. – Thanksgiving Eve Eucharist

Thursday, November 27 – Thanksgiving Day *(Office closed and no preschool both on this day and Friday, Nov. 28)*

Sunday, November 30 – The Season of Advent begins

Wednesdays, December 3, 10, 17

6:15 p.m. – Advent Soup Suppers
7:30 p.m. – Advent Midweek Worship Services – *Holden Evening Prayer*

Sunday, December 14

11:45 a.m. – Decorating the Sanctuary for Christmas with
Gingerbread House Making activity *(right after the late service)*



HOLY CROSS LUTHERAN CHURCH

5995 Main Street, Trumbull, CT 06611

Office Phone: 203-268-4555; **Pastor’s Study Phone:** 203-268-7555

Church Office E-mail: holycrss@mindspring.com **FAX:** 203-268-5499

Website: www.holycrosstrumbull.org

Christian Preschool Phone: 203-268-6471 **E-mail:** mglennonhccp@mindspring.com

Worship Services – Sunday: 8:00 and 10:30 a.m.; Monday: 7:00 p.m.

VACANCY PASTOR: Rev. Robert Beinke *(from St. Peter Lutheran-Norwalk)*
[203-847-1252, stpeterlcpastor@yahoo.com](mailto:stpeterlcpastor@yahoo.com)

MUSIC DIRECTOR: Michael J. Gilbertson

BOARD OF DIRECTORS’ PRESIDENT: Kerry Geffert

BOARD OF DIRECTORS’ VICE-PRESIDENT: Michele Van Wart

BOARD OF DIRECTORS’ SECRETARY: Jeannie Mones

BOARD OF DIRECTORS’ TREASURER: Greg Dowling

NEWSLETTER MANAGING EDITOR: Cliff Schrock

NEWSLETTER PRODUCTION: Mary Schrock



MISSION STATEMENT

The mission of Holy Cross congregation is to carry out the Great Commission of our Lord (Matthew 28:18-20). We will share the love and forgiveness of Our Lord Jesus Christ with one another, our community and the whole world so that we can take part in the joyous privilege of “making disciples of all nations” through the power of the preaching and teaching the Word of God, administering His Sacraments, and joining together in service fellowship according to the confessional standard of the Lutheran Church (Article III).



Like
Holy Cross
on Facebook!



THE GOOD GIVER

**Words by Max Lucado,
from his book,
You’ll Get Through This**

“Gratitude gets us through the hard stuff. To reflect on your blessings is to rehearse God’s accomplishments. To rehearse God’s accomplishments is to discover His heart. To discover His heart is to discover not just good gifts but the Good Giver.”

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NEWSLETTER NOTES

Our next deadline is...

The next issue of The Holy Cross Word is the December edition. The deadline for all articles is Friday, November 14.

Due to the work load in the church office as we approach the Thanksgiving holiday, please be prompt with your submittals. Please turn in your article(s) to the newsletter mailbox, located outside the church office, or send them via e-mail to:

holycrss@mindspring.com.

Unless you have a lengthy article, we encourage you to use the “Information Form,” located in a box on the narthex table. You may use this form to submit details for upcoming events, the “We Are Family” and “Thank You” columns, and other short items. After filling it out (please sign your name), put it in the newsletter mailbox.



PRESIDENT'S JOURNAL

Church fellowship, like Thanksgiving, needs our attention to stay relevant, alive

It would seem irreverent to not write about Thanksgiving for the November newsletter. Of all American holidays it is probably the one that most transcends all cultural and religious groups within our country; it brings together families like no other holiday. Because of this I really hadn't given much thought to the fact that, at its core, Thanksgiving is a harvest festival.

Harvest festivals are common to regions and countries around the world where an agrarian lifestyle plays an important role in people's lives. Our own historical roots of Thanksgiving harken back to the Pilgrims when agriculture was central to their livelihood. But today? It seems that thankfulness for the harvest plays a lesser role to the meal, the football and the shopping.

Church fellowship is similar to Thanksgiving and harvest festivals. At one time it seemed that a family's church played a central role in the family's life. It was where you found everyone on a Sunday morning. There were attendance pins for Sunday School. The church building was busy during the week with meetings of Bible studies, ladies service groups, and confirmation class. There was an active adult fellowship schedule and participation in the youth group was a given.

But no longer. Sunday mornings are perceived as one of the few times to relax and sleep in, or other activities have encroached upon the once sacrosanct morning. Add in our current pastoral vacancy and one finds our current Sunday morning attendance. Sunday School attendance is spotty and aside from a core group, attendance is off by almost 20 percent.

What do you think? Are we moving in the right direction? If not, what will *you* do to change it? If you're not part of the solution, are you part of the problem?

See you in church,
---KERRY GEFFERT
Holy Cross President



*And lo,
I am with you
ALWAYS...*
--Matthew 28:20

COMMUNITY SUPPER

Serve the Lord by serving the needy a welcome meal

WANTED: More volunteers for the Community Supper!
NEEDED: 4:25 p.m.—TWO more volunteers to help slice ham
NEEDED: 4:50 p.m.—TWO more volunteers to help get trays of food onto the serving tables



For the third month, there has been a shortage of volunteers to assist serving. It's embarrassing that the great members of St. John are willing to jump in and help serve. They already set up the dining hall, clean up afterward and wash all the dishes...cheerfully...and they do this every Tuesday evening. With their help and assistance 114 meals were served on October 7. Plenty of cooks arrived at 1 p.m.: Barbara White and Grace Lutheran-Stratford members Diane Hintz Schyhol, Maria Nocarro, and John and Helen Harper. Anna Mae Berger arrived at 4:25 to pour grape juice. When Diane became aware of the shortage of servers, she returned to help slice ham and serve. She was joined by Jim Leslie and Grace-Stratford member Saviden Semon.

---DAVID and MARY ANN SCHILLER

Take Note

DURING OUR PASTORAL VACANCY anyone in need of spiritual care may contact— Rev. Robert Beinke, our Vacancy Pastor, at St. Peter Lutheran Church in Norwalk, 203-847-1252, stpeterlcpastor@yahoo.com. You may also phone Kerry Geffert, Board President, 203-925-8341; Pat Deloge, Head Shepherd, 203-261-9434; or the Church Office, 203-268-7555 (*office hours are Monday-Friday, 8 a.m. to 2 p.m.*).



**PRAISE GOD FOR HIS
ABUNDANT GOODNESS!**

*Join your Holy Cross family & friends
at the annual
THANKSGIVING EVE EUCHARIST
Wednesday, November 26
7:30 p.m.*

DISCIPLESHIP COMMISSION

Food involved in past, future events

I hope everyone enjoyed the summer! Holy Cross ended the summer with our annual picnic gathering. It was held on the patio this year and everyone seemed to enjoy themselves. It was a great day to reconnect with our Holy Cross family. Many, many thanks to the grilling talents of Greg Dowling, Jon Halls, John Anantharaj and the "grill master" Rick Van Wart.

If you weren't able to attend the picnic don't worry – we will be serving up some hearty soups in December! Yes, the Advent soup suppers will be here before we know it. Please consider joining us for delicious soup and homemade breads. Mark your calendar for Wednesdays, December 3, 10 and 17! The soup suppers begin at 6:15 p.m., followed by our midweek Advent Worship.



The college students were sent some Halloween treats to help them study for those mid-terms. We know the kids enjoy feeling connected to their Holy Cross family through these care packages. If I don't have your son/daughter's college address, please e-mail it to me at pasnaab@yahoo.com so I can include them in future care packages.

Hope to see you in church!

---DONNA BOGEN
Discipleship Director

COVENANT TO CARE FOR CHILDREN

Special thank you for the baby gifts

In September we brought this need to the congregation: Our "adopted" DCF Social Worker, Mimose, had been assigned an infant girl to her caseload, and the baby's mother was in jeopardy of losing the baby to a foster home. This young mother had to prove she had safe living quarters for the baby and could provide the basic necessities of food and clothing. Mimose worked hard to find a temporary place for this mother and baby to live and brought the need for food and clothing to us. We thank all of you who responded with your very generous donations of formula, baby food, bottles, diapers, wipes, clothing, bathing items, books and even a couple of snuggly toys. And we received quite a few gift cards to Walmart and Target. Mimose keeps the gifts cards and will personally shop with this young mother when she has a need for more diapers or food.



Mimose has informed us that this young mother and her baby moved out of the temporary shelter in mid-October and has obtained an apartment through supportive housing. While the baby remains in Mimose's caseload, the mother is working with a case manager to maintain a budget and to help her find a job as well as affordable, yet safe daycare.

Thank you again for your generous response to our social worker's immediate caseload need. A thank you note from this young mother and a picture of the baby are posted on the Social Ministry bulletin board.

Yours in Christ,
---MARY SCHROCK AND CINDY CICCIA
Covenant to Care Liaisons

**DAYLIGHT SAVINGS
TIME ENDS**

*Turn your clock back one hour
before going to sleep on
Saturday, Nov. 1. Enjoy the
extra hour of sleep!*

SUMMERFIELD FOOD PANTRY

Food aid is a year-round need, but particularly at Thanksgiving

As we look forward to sharing a Thanksgiving meal with family and friends, remember those that are hungry. Please touch the lives of our hungry neighbors by contributing non-perishable food items (no glass containers). Listed below are some food suggestions:

- 100% fruit juice
- Canned vegetables & fruit
- Chunky soups & beef stew
- Macaroni & cheese
- Peanut butter
- Powdered milk
- Rice/dry & canned beans
- Spaghetti & sauce
- Tuna or other canned meat

Or consider donating Thanksgiving ingredients for a nutritious holiday meal:

- Canned yams
- Applesauce
- Cranberry sauce
- Stuffing
- Chicken broth
- Gravy
- Or any non-perishable item your family enjoys



The collection box is under the narthex table. Knowing you have helped those that have so little, we wish you Thanksgiving blessings.

---CINDY CICCIA for the
Social Ministry Commission

HOLY CROSS CHOIR

Do you have a cold coming on? Research says, join the choir and sing to lessen the severity

If you pay attention to the announcements—both verbal and written—that have been issued via Holy Cross forums, you've likely heard a request to have members join the Adult Choir. A likely benefit of joining the choir is that you'll help us sound better, plus, you'll have fun.

In a recent Wall Street Journal article about “novel steps to keep respiratory illnesses at bay in the months ahead,” research was released on six things to do to “stay free of respiratory illnesses or at least make a speedier recovery.”

The steps included practicing yoga and meditation, taking certain probiotics, sleeping at least eight hours at night, taking one to two grams of Vitamin C a day and/or 75 milligrams a day of a zinc lozenge within 24 hours of the first cough or snuffle, interacting with others to help alleviate stress, and this brilliant idea: exercising...your vocal cords. The story says:



“Japanese researchers recently tested this strategy by taking blood and saliva samples from a group of people over age 60 before and after a singing exercise. Levels of stress-related hormones like cortisol dropped after study participants belted out a song, while levels of immunoglobulin A, a substance that deflects viruses and bacteria, rose—both evidence of a stronger immune system. Consider joining a choir or choral group to keep microbial invaders at bay.”

So joining a choir is fun, helpful to its sound, and healthy too! To gain this benefit, talk with Michael Gilbertson or a choir member about joining.

---CLIFF SCHROCK
Holy Cross Word Staff and Adult Choir member

OUR FLOCK

Christian caring and praying at Holy Cross: Here's who we recently prayed for

This is the Shepherds' Commission's "FYI" column letting our members know for whom we have prayed during our recent worship services. Please continue to remember these people in your prayers.

We remember our members: **Gary Jackson; JoAnne Meyer; Anita Schoch**, recovering from heart-valve replacement surgery; and for our homebound members – **Emma Fengler; George Morris** and **Harvey Pomerenk**.

We prayed for our family and friends: **Bob Agate**, father-in-law of Lydia Struzik's friend Sandy recovering from brain surgery; **Sandy Agate**, friend of Lydia Struzik, recovering from back surgery; **Gail Agria**, recovering from cancer surgery; **Hayley Annino**, friend of Kathryn Struzik, at home following a stem-cell transplant; **Gada Awada**, co-worker of Pat Deloge, going through chemo for stage 2 breast cancer; for all those serving in the military, including **Michael Collins; Penny Dalrymple**, friend of Paul Hagberg, for healing; **Linda Desabella**, friend of Patty Peterson, battling cancer; **Joseph Dombrowski**, Michele Van Wart's uncle, for continued improvement as he undergoes treatment for multiple blood clots; **Susanne Dowling**, Greg's mom, for a speedy and healing recovery of an infection in her shoulder; **Marti Fischer**, cousin of Carol Burns, who is blind and paralyzed; **Kathy Gardner**, Jim Leslie's sister recovering from cancer surgery; **Kay Geffert**, Kerry's mother, suffering from essential tremors; **Abby Haggerty**, 9-year-old student at Christian Heritage School, recovering from successful brain surgery; **Kathleen Kassouf**, mother of a friend of Kathryn Struzik, who was diagnosed with lupus; **Betty Kessler; Mary Koch**, niece of Ron Froehlich, who has finished chemotherapy treatments; and **Ramona Kondracki**, wife of a co-worker of Jim Leslie, who has begun chemotherapy for cancer in her sinus cavity.



We also prayed for **Ed Lavin**, friend and neighbor of the Van Wart and Jim Atkinson families as he recovers from surgery; **Emmy Lightfoot**, relative of the Dowlings, diagnosed with epilepsy; **Eleanor Lynn**, friend of Effie Solaz, experiencing paralysis following a stroke; **Jean Matthews**, Chris Matthews' mother-in-law, following open-heart surgery; **Edgar Meyer**, Don's brother, who has pancreatic cancer and is undergoing chemotherapy; **Joan Meyer**, friend of the Dietmans, in rehab following knee-replacement surgery; **Kylie Middlemass**, Anita Beer's granddaughter, responding well to various therapies as she works through the difficulties of autism; **Gertrude Moran**, friend of Anita Schoch, going through treatments for lymphoma; **Chris O'Brien**, friend of Mary and Otto Atkinson, paralyzed as a result of an accident; **Dick Olson**, Christian and Ian Witschy's grandfather who had aortic-valve replacement surgery; **Luis Rivera**, friend of Doris Bernt, who had a lung transplant; **Dagmar Rosenberg**, Ingrid Leibold's sister, recovering from surgery to remove a tumor from her pancreas; **Nancy Saad**, friend of the DiLallas' who has completed chemo and radiation for breast cancer; **Lois Sanders**, daughter of Ron Froehlich, who has finished chemotherapy treatments following breast surgery; **Joey Senft**, cousin of the Senft family, with ALS (Lou Gehrig's disease); **Lorraine Tamas**, neighbor of the Leslie's, who suffered a stroke; **Mike Tavares**, friend of the Deloge's, battling side effects of Valley fever; **Andy Turnbull**, Scott's brother, in remission from leukemia; **David Van Wart**, Kimberly Atkinson's dad and Rick Van Wart's brother, in rehab following a fall; **Craig Wilson**, son of friends of the Deloge's, recovering from tongue cancer surgery; and the anonymous people, including Dawn.

If your friend or family member is on this list, be sure to keep us updated on his or her progress. During our pastoral vacancy, when you have prayer requests or updates to those on this prayer list, deliver them to the church office and the Shepherds' Commission will include the requests in this monthly report.

NOTE: If you would like to be included in our e-mail Prayer Circle, please provide your name and e-mail address to the church office.

---PAT DELOGE
Shepherds' Commission



IN THE MAILBAG

From the Geffert Family

Dear friends in Christ,

We were overwhelmed by all the support and many words of comfort upon the passing of my father, Harold Geffert, this past August. Thank you for all the prayers these past years as Dad battled, and finally succumbed to, cancer. He lived a great life and was able to end it on his terms, ready to be with the Lord. We greatly appreciate your support of our family during the difficult days of saying good-bye until we meet in heaven.

In peace,
---KERRY GEFFERT AND FAMILY

THANKS A BUNCH!

This column recognizes the gifts of time and talent our church members provide to do God's work in our church and community. If you have an item to include in this monthly "thank you" column, please jot it down and put it in the "newsletter" mailbox.

To **Sheryl John** who spontaneously and efficiently helped clean the altar and put away the communion ware on September 21 after the late service. Thank you, **Sheryl**, for also filling in as the late-service acolyte on that day.

To **Donna Bogen** for coordinating the Church Picnic on Sept. 21. Donna had quite a few people who stepped forward to help her with set-up, kitchen prep, grilling and clean-up. Special thanks to all these helping hands!



To **Jim and Lorraine Finch** for their beautiful garden flowers used for the altar arrangements during September and October.

To the Holy Cross members who helped with either shopping, cooking or serving at the

October 2 Community Supper at St. John's Episcopal-Bridgeport: **Anna Mae Berger, Jim Leslie, David and Mary Ann Schiller, and Barbara White.**

To **JoAnne Meyer** who continues to select hymns for the Worship services while we are in our pastoral vacancy.

To **Linda Suhr** for her weekly commitment to serve as the church office volunteer.

To **Jim Atkinson, Kerry Geffert and Paul Hagberg** for serving as the lay leaders of our Monday Evening Worship service over the past month.



Seafarers International is an organization that provides a safe harbor for the crews of merchant ships when they come into port. It was established in the U.S. in 1982 and provides numerous services to the crew members when they arrive in port from distant places.

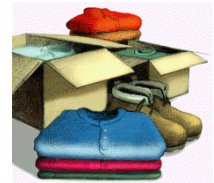
---A simple fact from our Social Ministry Commission

SUMMERFIELD CLOTHES CLOSET

Do some cleaning and pull unneeded clothing to donate

Cleaning out your closet and have gently-used fall clothing you no longer need? Please donate to the Summerfield Clothes Closet. The clothing collection box is next to the narthex table, under the bell tower console.

---SOCIAL MINISTRY COMMISSION



COVENANT TO CARE CORNER

Annual "Giving Tree" will be in the narthex in the latter half of November

As you make preparations for the upcoming Thanksgiving and Christmas seasons, we hope you will include in your hearts – and your gift-giving shopping list – one of the children that is under the care of DCF through the Covenant to Care for Children program. By the end of November, we will have from our adopted social worker, Mimose Ulysses-Laurenard, the current list of children under her care. Before giving us her list, Mimose will do her best to sit with each child/teen to try to find out what toys (or other items for the older kids) they most desire. For many of the children, this will be the only Christmas gift he or she will receive. When we last spoke to Mimose, she had just over two dozen children under her care, but this number can vary from week to week. So as the month of November winds down, please look in the narthex for the Christmas "Giving Tree."

Yours in Christ's Service,

---CINDY CICCIA & MARY SCHROCK

Covenant-to-Care Liaisons



THE WRITER WITHIN

Of many compelling reasons to be in worship, keeping our church strong during a vacancy is valuable

There are a lot of compelling reasons for being part of a church. Leaving out the worship experience for a moment, church life offers many chances to interact with people. Social stimulation is one of the most important things you can do to be healthy, both physically and mentally. But there is also the fact the church offers chances to help your fellow man, gets you out of the house and moving, preventing a sedentary lifestyle, and gives you the opportunity to show the skills you possess.

Now, in turning to worship, a line of thinking that has always been out there but has grown in popularity is that "I am a good person, and don't need to worship to enhance my life or prove how good I am."

I have to admit that such thinking sounds logical and valid. I consider myself a Christian person who tries hard to do the right things and be a great citizen. I feel spiritually right.

But the thought of not attending church to worship does not make sense to me. I feel the need to keep the spiritual link a worship service provides strong and healthy. If I were to become complacent and only come to church a couple times a year, I know that spiritually I would become a lesser servant of God and not be as effective as He would want me to be.



It is maintaining a connection that David Foster Wallace wrote about in an article, "All That," published in The New Yorker in December 2009. He wrote that he had grown up with atheist parents who tolerated his questions on religion and he lauded their conduct as exceptional. He said that it was the sort of nonjudgmental, respectful attitude that religion itself (as he saw it) tried to promote in its followers. The key thing he wrote was that in the second year of seminary, during his first adult crisis of faith, he thought "how the fact that the most powerful and significant connections in our lives are (at the time) invisible to us seems to me a compelling argument for religious reverence rather than skeptical empiricism as a response to life's meaning." His mentioning a connection is crucial; we get connected to God when we come to church and worship with others; when we remain distant our connection weakens. There is an invisible connection from child to parent and from man to God. We need the tangible connection with our church and our fellow Christians.

Regarding regular church attendance being beneficial to good physical and mental health, I also like what the Concordia Plan Services newsletter had in its Fall 2012 issue. In a review of 69 studies, regularly attending church is linked to a lower incidence of death from cardiovascular disease.

Similarly, a Norwegian study published in the International Journal of Psychiatry in Medicine found that the more time a person spends at church, the lower his or her blood pressure. (The study strengthened an American study that had already reached that conclusion.)

Furthermore, Psychology Today reports that regular church attendance also boosts mental health by providing feelings of hope and belonging, as well as increasing self-esteem and sense of self-worth. That makes sense because as Christians, we know we are loved: "But God shows His love for us in that while we were still sinners, Christ died for us (Rom. 5:8)." That hopeful feeling comes from believing in everlasting life through our faith in Christ.

There are so many benefits to being at church in worship, and so few acceptable reasons for not attending. Consider one more positive: as Holy Cross goes through its pastoral vacancy, we need to remain knitted in our Christian faith to stay unified and strong for the sake of our church's future.

---CLIFF SCHROCK

Holy Cross Word Staff



Please Mark Your Calendar....

So many activities fill our calendar in December, so we ask you to set aside the early afternoon of Sunday, Dec. 14, for festive fun and fellowship. You may choose to help decorate the sanctuary or decorate your very own gingerbread house in the Fellowship Hall...or both! Details will follow, but for now, please save this date!

CELEBRATING NOVEMBER BIRTHDAYS



Nov. 2:	GAVIN DOWLING	Nov. 14:	JON HALLS
Nov. 3:	KRISTEN CERONE	Nov. 15:	RYAN MATTHEWS
	ALEX RICCIO	Nov. 16:	BERNICE ERICKSON
	PEGGY LIPTACK		JOEY VAITKUS
	ALEXIS RODRIGUEZ	Nov. 18:	CHRISTINE MATTHEWS
Nov. 5:	LYDIA STRUZIK	Nov. 22:	STEPHEN SEDERQUEST
Nov. 6:	OTTO ATKINSON	Nov. 24:	MATT SATHER
Nov. 7:	MICHAEL ANTONIOU		HARALD DALE
	KEVIN CONTE		EMMA GENTRY
Nov. 8:	TIM SATHER	Nov. 25:	KEITH CHIRGWIN
Nov. 9:	SIGOURNEY NORMAN	Nov. 30:	ANTHONY DELMEDICO
Nov. 11:	BOB BURNS		CRAIG MONES
	DYLAN CHIRGWIN		LINDA SUHR
	JODY KNIGHT		NORINE ZALENSKI
Nov. 12:	INGRID CERONE		

CHURCH CHUCKLES

Giving Thanks

WORDS FOR THE SEASON

Kids are grateful naturally

Adults aren't the only ones who benefit from counting their blessings. Research shows that thankful kids get better grades, experience less depression and jealousy, and maintain a more positive outlook on life.

Experts emphasize that parents must model gratitude, especially in today's consumer-driven culture. But professor Robert Emmons notes that being thankful usually comes pretty easily for children. "Kids have a natural affinity to gratitude," he says. "They often teach parents as much or more about gratitude than the other way around."

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