

Dear Faith Shapers,

November always makes me think of thankfulness and I have been trying to live my life with more gratitude (thanks to Ann Voskamp's book One Thousand Gifts). To give up my ungratefulness for gratitude and anger for joy. To give thanks for everything. I am learning to be grateful and happy whether my hands are full or empty. Martin Luther once said, "If you want to change the world, pick up your pen." So I started a gratitude journal. In order to change, I needed a pen and a new habit—a habit of gratitude. It was not easy as busyness and hurry are a daily challenge. Hurry empties the soul, so I try to slow down and give thanks continually throughout the day. As I play with my kids, as I wash the laundry, as I work. The discipline of gratitude takes practice. Will you practice with me? As I practice, I can feel gratitude soak into my soul and I feel my life becoming the blessings I have received and I become a blessing to others. Thanks be to God!

May you be a blessing to others,
Lisa Kammerer
Associate in Ministry

A Time for Thankfulness

November is a time for thankfulness. Here are some ways to be grateful all month long.

1. Read Psalm 100.



2. Go to the grocery store and buy Thanksgiving dinner ingredients to give to a family who may not be able to celebrate Thanksgiving with a big meal. Deliver them to a family in need or to your local food pantry.

3. Write simple notes of appreciation each week during November.



4. Invite a guest to dinner and share the gifts of hospitality and friendship.

5. Take a blank November calendar and write one thing a day to thank God for.



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A New Thanksgiving Tradition



Place a chalkboard in your kitchen or dining room and have each person write what they are thankful for on the chalkboard. Take a picture of the chalkboard each year to capture these special blessings! You can even include this list in your table prayer before your meal. Make a thanksgiving book with the pictures so you can look back at the years of blessings! Start this tradition this year. It's never too early or late to count our blessings.

Technology Corner

Gratitude journaling on your smart phone.

Here are some great apps for keeping a gratitude journal. And the best part, it is always handy!

Gratitude365



This app uses a calendar form and you can add words and pictures. It's easy to use and it's fun to be able to see your month of gratitude in pictures! Pro version- \$1.99 Lite version- free

One Thousand Gifts



This app is based on the book One Thousand Gifts by Ann Voskamp. In her book, she challenges you to name 1,000 gifts (ways God loves you). The extra cool part, you can sync between devices and also use Instagram. Count your blessings and share your joy. Free app!



A good story draws people in. A good story takes us on an adventure. The best stories teach us some-

thing about ourselves. November begins the season of holiday gatherings. As you gather, share a story.

- ⇒ Share stories of holidays past
- ⇒ Share stories from your childhood
- ⇒ Share stories about what God has done in your life
- ⇒ Share stories about a lesson you learned.
- ⇒ Share stories about people and experiences that shaped your faith.

Throughout history, societies have passed on their values, beliefs, and traditions through stories. Pass the faith by sharing your story this holiday season.



Random Acts of Kindness

Kids are great imitators of what we do. If you want to make a difference in our world, try a small act of kindness. Small acts of kindness amount to a huge difference, especially when we teach kids to do service and develop compassion for others. Lead by example and help your kids recognize moments when we can serve others.

