

2024 November



Yucca Breeze

THE UNITED CHURCHES OF HOT SPRINGS, SOUTH DAKOTA

Pastor's Pulpit:

November ... the real beginning of the transition from Autumn to Winter and the move from a little cool to ... "my, its cold!" Thanksgiving is just a few weeks away. It is appropriate that we have a day where we can look back and be thankful for the blessings that the preceding 10 months have brought, even in the midst of hard times. But is giving thanks really that important? Well, according to Bible Metrics:

Gratitude, particularly in its concrete expressions of 'thanks', 'thanksgiving', and 'thankful', appears hundreds of times in the Bible. In the King James Version, 'thanks' occurs 73 times, 'thanksgiving' 28 times, and 'thankful' 3 times.

God's Word is full of verses that beckon us to come and consider, realize and cherish, acknowledge and express words, and more, attitudes that reflect real appreciation and thankfulness! But what about physical and emotional benefits? Are there any? Consider the following in a short article put out by the Mayo Clinic asking the questions:

Can expressing gratitude improve your mental, physical health?

"Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease. If a pill could do this, everyone would be taking it. Your brain is designed to problem-solve rather than appreciate. You often must override this design to reap the benefits of gratitude.

What's the right amount of gratitude?

Simply stated, gratitude should be practiced daily — just as you'd take that magic pill if it existed. Try starting your day by thinking of someone you're grateful for as soon as you wake up. It could be appreciating a friend who sends you funny texts, a teacher who recognizes your child's gifts, or the barista who hands you your coffee and shares friendly conversation. Later, thank that person with a text, note or kind word when you see the person.

Behavior changes biology.

Remember that behavior changes biology. Positive gestures benefit you by releasing oxytocin, a hormone that helps connect people. Some people call it the love hormone. You'll also benefit the person on the other end of the gesture. After all, who doesn't like to be thanked for their efforts or just for being who they are? Sharing kindness can make you healthier and happier.

Track your gratitude.

Another idea is to keep a gratitude journal. Set aside some time during your day, perhaps while attempting to relax your mind before sleep. Think back on your day and write down the things that went right. Maybe your spouse took care of a household repair, you heard your favorite song on the radio or you saw a double rainbow. Try writing about the many blessings you may have taken for granted, such as having clean water or having certain abilities. Our lives are full of reasons to feel thankful. Sometimes we need to remember to notice them."

Pretty simple stuff, really. I think most of us are genuinely grateful people. We have so very, many reasons to be happy and appreciative ... and yes, thankful. But there are seasons: seasons of struggle, seasons of doubt and seasons of fear. There are seasons that seem to stretch on forever and we wonder where God is. And as far as thankfulness? ... not even on the radar!

What can we do when we're in the midst of such times? There really are no simple answers. But maybe as long as we have days like "Thanksgiving" it can spur us on to take stock of our entire lives and purposefully note what we truly can be thankful for: Jesus ... Family ... Friends!

Sometimes, however, our ungratefulness can be traced back to a poor decision we have made, leaving us living with the results and feelings of that situation. Sometimes we have let situations just get out of control in our minds and more, in our hearts. A few weeks ago, I touched on the subject of bitterness in our Christian lives and I gave a few thoughts about how can we begin to deal with any root of bitterness that may have begun to dig its diabolical roots deep into our hearts and souls.

Bitterness and gratefulness are the oil of vinegar of our spiritual lives. They simply cannot coexist at the same time without one affecting the other! If bitterness is affecting our ability to get back on some level of emotional ground where thankfulness can begin to once again take root and begin to grow, consider the following. If we are feeling bitter towards someone, then as a Christian we may want to:

- Be quick to forgive ...forgiveness is for you not for the other person!
- Be ready to consider and deal with items that have been brought to light.
Sometimes God uses others to point out areas in our lives that although they hurt us to acknowledge, they are still what we need to hear and become aware!

- Realize how much a situation is actually hurting not only the church of Jesus, but also ourselves and others. Are we sowing a root of bitterness? Are we letting bitterness grow?
- We are to be strong together as we stand for Christ and His Word. We need to be assertive and against root of bitterness that might take root in our midst ... and ...
- Be determined to move on.

That last piece of advice is so very important. There is so much to be thankful for in this life. Why waste the time and energy and mental anguish being stuck in something that we just need to let go. Forgiveness is the bride of Thankfulness. So, let's all move on together and watch with thankfulness as autumn slowly fades... and a new season is upon us.

Blessings,

Pastor David

NEW MARY MARTHA BIBLE STUDY on the Old Testament Book of

Amos

**Thursday Mornings / 10:00 am
In the Fireside Room
Fellowship and Bible Study**

Verse by verse study on the prophet Amos by Dr. Chuck Missler, internationally known author and Bible expositor.

*"I will restore the fortunes of my people Israel,
and they shall rebuild the ruined cities and inhabit them;
they shall plant vineyards and drink their wine,
and they shall make gardens and eat their fruit.
I will plant them on their land,
and they shall never again be uprooted
out of the land that I have given them,"
says the LORD your God. " Amos 9:14-15*

**ADULT BIBLE STUDY
SUNDAY MORNINGS — 8:30 AM
IN THE FIRESIDE ROOM**

UPDATE!!!



PART 2, AD 500-1500

**A SURVEY OF CHURCH HISTORY
BEGINS SUNDAY, NOVEMBER 24TH**

If you missed Part 1 of this study, you can still take Part 2!

ABOUT THIS SERIES

Many Christians know little about the history of the church. As a result, they're missing a testament of God's steadfastness over the centuries. In this monumental study series, Dr. W. Robert Godfrey sheds crucial light on church history, demonstrating God's promise to build and preserve His church so that "the gates of hell will not prevail against it" (Matt. 16:18).



Dr. W. Robert Godfrey is a Ligonier Ministries teaching fellow and chairman of Ligonier Ministries. He is president emeritus and professor emeritus of church history at Westminster Seminary California. He is the featured teacher for many Ligonier teaching series, including the six-part series *A Survey of Church History*.



DON'T FORGET!
Set you clocks back
one hour
this coming Saturday night
November 2nd!!!!

NOVEMBER MISSION EMPHASIS

**THE CORNERSTONE
RESCUE MISSION**

**WOMEN'S
AND
CHILDREN'S HOME**

"We serve the physical and spiritual needs of more than 500 people everyday and we've impacted the lives of thousands more over the years. Many have gone on to lead fulfilling, independent lives and contribute to the community in many ways."

The Women and Children's Home at Cornerstone Rescue Mission opened in March of 2005. The home provides a safe place for homeless women and children. Families are the fastest growing segment of homelessness. The shortage of affordable housing and an increase in poverty are two reasons we are seeing such a demand for rooms in the home.

Many of these single mothers have three (3) or four (4) children under the age of 5. The Mission provides shelter and assistance to an average of 350-400 women and children annually. The home allows these women and children a chance for stability and healing while becoming self-sufficient and independent.

Our "Loose Change" Offering for November will be gathered on Sunday, November 10th.

If using our giving envelopes, please write CORNERSTONE on the line designated for missions. Thank you for your faithfulness to our missions!



Operation Christmas Child Shoeboxes 2024

**There are empty shoeboxes waiting to be filled
located on the Mission Table in the Bethany Room
and also in the Fireside Room.
Grab a box ... or two ... to fill!!
ALL shoeboxes must be at the church
no later than November 10th.**

The United Churches Shoebox Page

How many children can we bless
with the Good News of Jesus Christ
by building shoebox gifts online? If
you're worried about shopping you
can build a shoebox online!

Just follow the link we have included
in this email. The directions to build
a shoebox are easy to follow.

May God bless all who give and all
those who will receive!!!





November BIRTHDAYS THIS MONTH

02 Cathy Olstad	15 Jerry Cantu
02 Todd Wynia	16 Jennifer Campbell
06 Deann Arneson	16 Jayden Whiteface
10 Owen Meadows	19 Paul Pickerill
11 Florence Jost	23 Myrna Halls
12 Bob Puffer	25 Alexis Cape
13 Mystic Brave Hawk	29 Kathy Myers
14 Barb Beery	

November Anniversaries

25 Tom & Judy Hofer
25 Bob & Mary Puffer
25 Adam & Anna Swift



If your name is not included on the Birthdays and Anniversaries list and you would like it to be added, please contact the church office: by email: ucassist@gwtc.net or call 745-5640.

THIS AND THAT

THANK YOU!:

Thank you for the wonderful lunch that was provided after Dale's funeral. We appreciate all that you did. *Judy Hansen & Family*

WORSHIP SERVICES AT SEVEN SISTERS:

The United Churches will be hosting the **Sunday afternoon Worship Services at Seven Sisters on November 3, 10, 17, 24 from 2:00-3:00 pm.** Pastor David will be leading the services, which are always a blessing, so join us if you can!

PASTOR'S SERMON SERIES:

November 3	"Overcoming"	John 16:16-33
November 10	"Glorious Christ"	John 17:1-5
November 17	"Intercession"	John 17:6-19
November 24	"Church Prayer"	John 17:20-26

UNITED WOMEN:

The United Women will meet on Tuesday, November 19th at 1:30 in the Fireside Room.

YOUR ATTENTION PLEASE!!!!!!

- **The Baptist Denomination Annual Meeting will be held on Sunday, November 17th, 12:30 pm in the Fireside Room.**
- **It's time to start thinking about Annual Reports! Annual Reports will be due into the church office no later than January 1, 2025.**



**PLEASE REMEMBER TO BRING IN
THOSE LYNN'S DAKOTAMART
RECEIPTS!
FUNDS FROM RECEIPTS ARE USED FOR
OUR GOOD NEWS CLUB AND YOUTH
ACTIVITIES. THANK YOU!!**

A Note from the Spicers

Thank you all for your prayers for us. Walter's doctor has been pleased with the healing of his eye and has lifted all restrictions on his health. But he does not know if Walter's vision will be as clear. When the retina detaches, some of the cells can die. If a large percentage of them die, his vision will be darkened like people before their cataract surgery. He will not know his clarity until the gas is gone. Because the doctor changed the concentration of gas in Walter's eye to aid in the healing of the detached retina, the fluid in his eye is being replaced at a slower rate. This means that he cannot see well through his left eye (light passes through the fluid, not the gas, to transmit the "pictures"). It has been a challenge for him and can make him tired quickly, sometimes it can make him off balance and not able to see things on his left side. That also means he is not able to drive yet, but the doctor said the gas should be gone in two to three weeks!

During the first quarter of school, the middle school English teacher quit. We could not get an English teacher for grade 8 for the second quarter, so they asked Walter if he could teach during the second quarter. Walter agreed. He has been out of the classroom for a while and the methods for language arts have changed since he last taught English, and it is a new curriculum to him so it is more time-consuming for him to prepare for his two classes, but Walter is enjoying being with students again. Please pray that we have someone to teach middle school English for the second semester, so he has more time for all of his administrative duties.

I, Cheryl, had a good time seeing our newest grandchild, Eleanor Smith. It was such a special time to see her, hold her, and encourage Abby as she adjusts to a new little one, juggling her responsibilities at home, taking care of her daughter, and getting sleep. We praise the Lord that the owner of the company she works at allowed her to work from home so she can spend more time with Eleanor.

It was also a blessing to see our daughter, Ashley, and her daughter, Chrystella, for a few days when they came up to meet Eleanor. Chrystella was full of energy and a delight. It was fun to see the young moms together and sharing experiences. It was encouraging to see my parents as well and spend time with them. It really encouraged them.

Thank you for your prayers,

Walt & Cheryl Spicer



Ashley & Abby With Kids