

EDGCUMBE Presbyterian Church

Midweek Update

November 20, 2018

REAL GRATITUDE

My colleague Kara Root points out that “Thanksgiving is a ripe time for fake gratitude.” You know, saying how thankful we are for something but not actually *feeling* grateful?

I am going suggest two antidotes to “fake gratitude”: **self-empathy** and **specificity**.

Self-empathy means we don't give in to the temptation to fake the feeling, but instead we meet ourselves right where we are. With empathy.

- *Hey! Look at that pain that just popped up out of nowhere when Dad (or my sister or Aunt Bea or whoever) made that comment!*
- *Wow, look at the grief that rises up when I think about who isn't at the table this year.*
- *I am so sad / happy /surprised that I don't have a place to go this Thanksgiving.*

And when we give ourselves that empathy, we can come back into the moment enough to begin to look again. To consider. To honor our own experience and feelings. So when we do share gratitude, it comes out of the reality of our life.

The second idea is specificity. It's one thing to say, “I'm grateful for my family.” It's another thing to look each member of your family in the eyes and tell the specific ways that you are grateful for that person. You can do this with family or friends or fellow church folk or anyone in your life. NO ONE is offended by real gratitude, gladly shared.

Let's not fake it this year.

ADVENT DECORATING & SING-A-LONG

After worship on Sunday, December 2, we will finish hanging the Christmas greens, eat yummy food, and sing Christmas songs around the piano to welcome the season. All are welcome!

STEWARDSHIP

If you still need to turn in your 2019 pledge information, please get it to the church office at any time (secretary@epchurch.org or 651-698-8220).

WORSHIP & ARTS

This team will meet on Tuesday, Nov. 27, at 4:15pm at church. All are welcome.

PRAYERS

- Prayers for the residents of the Montreal Highrise as we move into the fourth decade of serving Thanksgiving lunch there.
- Prayers of gratitude for the people of Edgcumbe Church, for our lovely property and building, for the joy of gathering to serve and worship together.