

THE MOSAIC

Published monthly by

EMMANUEL BAPTIST CHURCH

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November 2020

Volume XXXVII No. 11

Pastoral Ponderings

*Rejoice always, pray without ceasing, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you.*

1 Thessalonians 5:16-18

I'm challenging myself this month. I'm setting a goal to keep a gratitude journal. Every day, I will write down at least one thing for which I am grateful. I am not that great at maintaining this kind of discipline, so I'm keeping it simple. My entry will just say "*Dear God, today I am very thankful for . . .*"



I invite you to join me. It doesn't need to be fancy. Every day write down what you're thankful for. Do it for thirty days and see what happens. I'm doing it because I want to be a more grateful person. I'm doing it because I'm going to be preaching on gratitude this month and I want to practice what I preach. I'm doing it so that every day I will intentionally focus on the positive, because there is a lot of negative vying for my attention. I'm doing it because I've read that there can be some physical benefits. The practice of gratitude has been linked with better sleep, lower blood pressure, stronger immune systems, decreased loneliness and increased generosity. It seems that this spiritual discipline, like many others, can improve our wellness and make us better, healthier human beings.

If you choose to do a gratitude journal this month, I would love to hear about it. In fact, I will probably be seeking your input into gratitude-related questions for worship. If you practice gratitude in other ways, I would also be grateful to hear about that. Please call or email me to share.

I am getting an early start on my journal. Here's my entry for November 1, which happens to be All Saints Day:

"Dear God, today I am very thankful for the saints at Emmanuel Baptist Church. I appreciate their enduring love, creativity and sense of humor. This year I am especially grateful that they keep showing up for you and for each other."

Blessings,
Kathy



FOCUS will re-open for in-person breakfast on Tuesdays and Wednesdays beginning November 10. This is happening on a trial basis with much deliberation and preparation to reduce the risk of Covid-19 infection. Volunteers are needed. Training will be provided. Orientations will happen via Zoom on Friday, October 30 at 1:00 p.m. and Monday, November 2 at 10:00 a.m. with in-person events on November 5, 6 and 9. For more information or to volunteer, please contact Belinda Quay at 518-443-0460 or belindaq@focuschurches.net

*Remember the
Food Pantry...*

toothpaste



“Grateful is when you know what you have and you’re glad about it.”

Hannah, age 9



Advent Planning in the Works

Advent begins November 29. The Advent/Christmas Worship Design Team is hard at work, anticipating a holy season of hope and love and peace which we will share together. More information coming soon.

Veteran’s Day: November 11



Deadline for the December MOSAIC is November 18.



Virtual Potluck Dinners Scheduled

Not even a world-wide pandemic can come between Emmanuel and a good potluck. Join us from the comfort of your own home for dinner with friends. A tentative schedule is below.



To attend, you need to sign-up please.

Please send an email to Kathy Moore with zoom dinner and the date in the Subject line. You can attend one or as many

as you like. Recipes and menus to share are welcome! If you have questions, please email Judy Henningson.

- Friday, 10/30, 7pm - Halloween/Samhain special (an emphasis on pumpkin and corn, all treats, no tricks)
- Friday 11/6, 7pm - Post election,relaxing finger food/comfort food night (apple pie, mac and cheese, pizza, chicken soup, burgers and fries... whatever says comfort to you)
- Saturday, 11/ 21, 6:30pm - Italian night - Pasta, Pizza, Porchetta, Panna Cotta....
- Friday, 12/4, 7pm - Latinx night - Tacos, Ropa vieja, Pernil, enchiladas, Guacamole ...
- Saturday 12/ 19, 6:30pm - Dessert! - Christmas cookies and hot chocolate/hot toddies (with any old optional entree...)
- Sunday, Jan 10, 2021, 6:30pm- Middle eastern favorites (lamb, hummus, falafel, pita, OLIVES!, cucumbers & yogurt, etc.)
- Friday, Jan 22, 7pm - Asian food night - Beef with broccoli, Raw Tuna, Tofu in peanut sauce, Hunan eggplant! (hint, order from your favorite take out if you're tired)



If the theme doesn't float your boat, come anyway with your own menu. You can still chat with friends in Zoom-space. On Zoom, all foods are created equal!



"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

-A.A. Milne

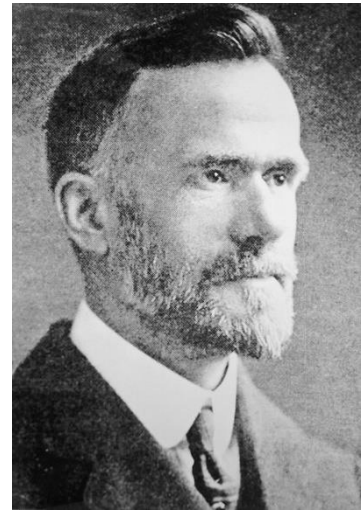


Thanksgiving Day Prayer

For the wide sky and the blessed sun,
For the salt sea and the running water,
For the everlasting hills
And the never-resting winds,
For trees and the common grass underfoot.
We thank you for our senses
By which we hear the songs of birds,
And see the splendor of the summer fields,
And taste of the autumn fruits,
And rejoice in the feel of the snow,
And smell the breath of the spring.
Grant us a heart wide open to all this beauty;
And save our souls from being so blind
That we pass unseeing
When even the common thornbush
Is aflame with your glory,
O God our creator,
Who lives and reigns for ever and ever.

by Walter Rauschenbusch (1861–1918)

Walter Rauschenbusch (1861-1918) was a Baptist minister and leading theologian in the Social Gospel movement of the early twentieth century. He served congregations among impoverished workers in Hells Kitchen, and worked to improve social conditions and end child labor, inspiring leaders like Martin Luther King, Jr. and Mahatma Gandhi.



Happy Birthday...

November



Mary Asala	1 st
Judith Henningson	8 th
Jon Stroebel	13 th
Heather LaBarge	14 th
Pat Campbell	22 nd

If your birthday is not published in our monthly listing, please notify Dorothy at 465-5161.

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