

# SUNDAY 11/24/19

677 Luda Street, Elgin | www.jccelgin.org



## Pastors Bob & Phylis



Wish each one of you a memorable and prosperous Thanksgiving holiday. Enjoy the gifts that God has given you, treasure your friends and family. Make lasting memories!

### THE ORIGINAL THANKSGIVING PROCLAMATION - 1676

"The Council has thought to set apart a day of Solemn Thanksgiving and praise to God for such his Goodness and Favour, and that the Lord may behold us as a People offering Praise and thereby glorifying Him."

### REHEARSAL FOR CHRISTMAS CONCERT

FRIDAY, DECEMBER 13 Solos: 6:00 – 7:00 PM

Ensemble: 7:00 – 7:45 PM

(Praise Singers Plus)



### SUNDAY, DECEMBER 15

JCC presents the message of Christmas in song through the Children's Choir, vocalists, and musicians. It will set the tone for your celebrations!



### **SUNDAY, DECEMBER 22**

JCC will feature traditional and contemporary songs of the Christmas season. This service will \*rekindle the Christmas story for you!

### **CONNECTION CARD**

Each week everyone will be asked to fill out a Connection Card

in order to "MEASURE" our church in five key areas. There will be a summary report each week in the bulletin that identifies those five key metrics.

Please turn in your card each week. Members, leaders and guests will be asked to turn these in.





Nov 03 » My Soul is at Rest Nov 10 » Guest speaker: Drake Bulwa Nov 17 » For the Change You've Made

### **PRAYER REQUESTS**

Jason G. Ray H. Gearen Family Stein Family Brian H. Rick L. Kirk Aricioglu Benjamin G. Cheyenne W. Mike F. Dave S.
Ryan K. Bill S. Bato R.
► HEALTH ISSUES
Suzie S. » Health Issues Michael D. » MS Don H. » Health Issues Kenny D. » Nuerological Keith M. » Cancer Valerie C. » Seizures Shirley K. » Health Issues Craig B. » Leukemia Rafael » Cancer Toni R. » Health Issues Corrine A. » Health Issues Tommy P. » Anxiety Sam H. » Cardiac Issues Michael C. » Health Issues Marvin L. » Health Issue Danny R. » ALS Bethany » Health Issues Ruth H. » Health Issues Art B. » Health Issues Phyllis L. » Health Issues Denny G. » Health Issues Jean G. » Health Issues Betty W. » Health Issues  OTHER  Gabe G. » Guidance Ken R. » Housing

### QUOTE OF THE WEEK

"Sometimes we are strong for people in their struggle and stingy in their success. Or absent in the hurt and show up for the party.

We are all on a journey, but at times our path intersects with another's pain or provision—you have to decide how to respond. Don't allow jealousy to rob your praise and never allow fear or awkwardness to dry up your tears. Jesus wept with those who wept and celebrated with those who were celebrating.

Live with a generous heart emotionally. Share your tears and your cheers." —Charlotte Gambill

**METRICS THAT MATTER** (11/17/19)

ATTENDANCE ▶ 35 GIVING ▶ \$2,114.56 GUESTS ▶ 0 VOLUNTEERS ▶ 21 DECISIONS FOR CHRIST ▶ 0



# I AM SO BLESSED

Gratitude and Well-Being Emmons & McCullough Findings, 2003

# SUMMARY OF FINDINGS

In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003).

A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period compared to subjects in the other experimental conditions.

# THE THANKFULNESS Pyalm -103



In these few verses, David gives us timeless instruction for thanking God for our blessings; and from each of these five blessings flow thousands of other blessings.

Be thankful for the blessing of God's FORGIVENESS

Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins. Psalm 103:2-3a









# Be thankful for the blessing of God's HEALING



Let all that I am praise the Lord; may I never forget the good things he does for me. He heals all my diseases. Psalm 103:2-3b

3

Be thankful for the blessing of God's REDEMPTION

Let all that I am praise the Lord; may I never forget the good things he does for me. He forgives all my sins. Psalm 103:2-3a

4

Be thankful for the LOVING-KINDNESS blessing of God's AND TENDER MERCIES





He redeems me from death and crowns me with love and tender mercies. Psalm 103:4



He fills my life with good things. My youth is renewed like the eagle's! Psalm 103:5

# WE ARE BLESSED BEYOND All Measure

"Blessed shall you be in the city, and blessed shall you be in the country. "Blessed shall be the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks. "Blessed shall be your basket and your kneading bowl. "Blessed shall you be when you come in, and blessed shall you be when you go out. "The Lord

will cause your enemies who rise against you to be defeated before your face; they shall come out against you one way and flee before you seven ways. "The Lord will command the blessing on you in your storehouses and in all to which you set your hand, and He will bless you in the land which the Lord your God is giving you. Deuteronomy 28:3-8

# DECEMBER 2019 EVENTS



**Praise Team REHEARSAL / PRAYER** 

Worship / Communion / Vintage Christmas: God Has Given Us a Sign / Young Adults

**Praise Team REHEARSAL** 

**Praise Team REHEARSAL / PRAYER** SCN

Worship / Vintage Christmas: God Has Given Us Hope

No Event Scheduled

Christmas | Solos: 6:00 - 7:00 PM Rehearsal Concert

Ensemble: 7:00 - 7:45 PM (Praise Singers Plus)

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**Praise Team REHEARSAL / PRAYER** 

Worship / Christmas Concert and Message: Vintage Christmas: God Has Given Us a Child

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Given Us Great Joy SUN

Christmas Service / Worship / Vintage Christmas: God Has **Praise Team REHEARSAL / PRAYER** 

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Praise Team REHEARSAL / PRAYER

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Worship / Stand-alone Message

Notes

No Event Scheduled