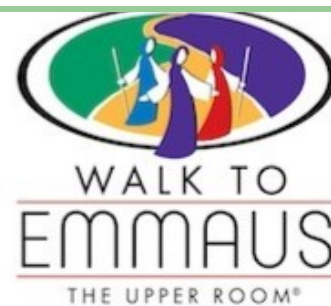


# Limestone Ohio Valley Emmaus Community



## Community Lay Director

The year is coming to an end, and we are in the month of Thanksgiving,

Psalm 107:1 "Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!"

Give thanks to God because His love endures forever. We sometimes forget to thank God for His goodness and love. By being thankful we are reminded that everything we have is a gift from God. Without gratitude, we become arrogant and self-centered. We begin to believe that we have achieved everything on our own. Thankfulness keeps our hearts in right relationship to the Giver of all good gifts.

We are prone to covetousness, and we tend to focus on what we don't have. By giving thanks continually we are reminded of how much we do have. When we focus on blessings rather than wants, we are happier. When we start thanking God for the things we usually take for granted, our perspective changes. We realize that we could not exist without the merciful blessings of God.

I pray that you always have a thankful heart for the circumstances you are in and can grieve yet still be thankful, hurt and still be thankful, be angry at sin and still be thankful toward God. In Hebrews 13:15 this is a "sacrifice of praise".

DeColores! **Nikki Chandler**, Community Lay Director

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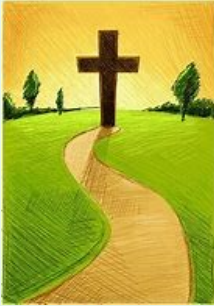
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## Calendar of Events

- 11/22/22 Gathering  
7:00pm Washington UMC
- 12/27/22 Gathering  
7:00pm Washington UMC

### 2023 Tentative Dates

- May 4-7, 2023  
Men's Walk #35
- June 1-4, 2023  
Women's Walk #43
- Sept 7-10, 2023  
Men's Walk #36
- Oct 5-, 2023  
Women's Walk #44



**Bill Henry**  
**Community  
Spiritual Director**

## Community Spiritual Director

Grace and peace to you in the name of our Lord and Savior Jesus Christ.

Seasons are changing. Life is changing. Time has recently changed. Weather is changing. Change is the only constant in our world. Well, almost. As children of the King we have one constant we can always count on. Jesus is the same yesterday, today, and forever.

As we contemplate this Thanksgiving season and the Christmas season that follows we have plenty of things we can worry about. Or we have plenty of blessings we can count, or at least try to count.

I'm one of those who often remind people to do as I say and not as I do. I have a friend who once told me that he keeps a notebook beside his bed and every night before he goes to bed he writes down two things that he is thankful for. What a great idea! I have often thought that would be something that I could do that would remind me of how blessed I am. Have I actually done it? No, of course not. Maybe I'll start tonight. How about you? We each need to ask ourselves, even if we don't write our blessings down, if we are focused on problems or blessings.

Scripture tells us that it's our thoughts that control our attitudes. Each of us has the choice to be about as happy as we want to be. If we focus on what God has already done for us we will realize that the good far outweighs the bad. Then, think about what he is doing and what he has for us in the future. Wow! How can we possibly be concerned about our lives if we know how good our God is to us?

Have a great Thanksgiving. Count your blessings. Name them one by one. That should keep you busy for a while. Blessings to all of you and see you at the gathering.

De Colores!  
Thanks, Bill Henry

**“For where two or three are  
gathered in my name, I am  
there among them.”**

Matthew 18:20 (NRSV)

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## **2022 Community Board of Directors**

Lay Director: [Nikki Chandler](#)  
Assistant Lay Director: [Kim Myers](#)  
Spiritual Director: [Bill Henry](#)  
Secretary: [Michelle Benjamin](#)  
Treasurer: [Amy Farrell](#)  
LEAD Chairman: [Peggy Richards](#)  
Hospitality: [Aaron & Tiffany Atkins](#)  
Volunteer Coordinator: [Cheri McClanahan](#)  
Newsletter: [Mande Payton](#)  
Registrar: [Tim Ratcliff](#)  
Logistics Coordinator: [John Hendrix](#)  
Worship: [David Benjamin](#)  
Music: [Elizabeth Jones](#)  
Kitchen: [Susan Huff](#)  
Agape Chairperson: [Lana Chandler](#)  
Sponsorship: [Steve Richards](#)  
Ruggles Liaison: [Bill Henry](#)  
Good Shepherd: [Melissa Hendrix](#)  
Chrysalis Representative: [Sydney Gibson](#)  
Webmaster: [Lauren Doyle](#)

### **Links to help you find what you need:**

[www.lovemmaus.org](http://www.lovemmaus.org)

[The Upper Room: Emmaus Website](#)

[101 AGAPE Ideas](#)

[Click here for an application!](#)