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Lakeside Messenger  
Lakeside United  
Methodist Church  
1500 Olive Street  
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# The Lakeside Messenger

Lakeside United Methodist Church, Pine Bluff, Arkansas 71601

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Did you know that practicing gratitude really can change your attitude? A number of years ago, I found myself in a bad place. You know the kind of place: nothing is going right, everything and everyone irritates you, and you are continually in a bad mood. A friend suggested that I try practicing gratitude. She said that it was impossible for a person to be grateful and bitter at the same time. I had been miserable so long that I decided to try it.

As I drove to a meeting, rehashing frustrating conversations and disappointing outcomes, I used the letters of the alphabet to name people, things and situations for which I was grateful: A . . . air; B . . . brakes (I was going downhill); C . . . car; etc. By the time I arrived, I had made it to the letter “K.” I was stunned at how much better I felt! My spirit was lighter and my perspective was more hopeful. Gratitude really can change your attitude!

With Christmas snipping at the heels of Halloween these days, it is tempting to skip over the practice of gratitude which is critical to our personal well-being and the well-being of our community and world. While gratitude is a virtue that we should utilize year-round, the Thanksgiving season is the time when we receive our annual gratitude immunization booster that protects us from negativity, hostility and bleak outlooks.

What if we live Jesus’ teaching to “do unto others as we would have them do unto you” (Matthew 7:12), not by refraining from doing harm, but instead by doing good?! What if we begin by giving “thanks in all circumstances”? (1 Thess. 5:18) What if we found some little thing to thank God for in each situation? Could our hearts be changed? Could our minds be changed? Could the virtue of gratitude nurture our relationships with friends and family? Could it bridge emotional and spiritual gaps with people who believe differently?

Many of us have had difficulty finding things to be grateful for in our political adversaries throughout the election. Those sentiments may still be influencing our lives today. Unless we decide in our hearts to alter our perspectives and attitudes, nothing will change and our animosity will continue to grow. This is not healthy for any of us. Jesus calls us to do better. We must present a better way than that of the world! Let us practice gratitude!

Each time you are irritated, frustrated, downright miffed at someone whom you do not agree with politically or otherwise, pause for a moment and find one thing for which you can thank God. I know what you are thinking – “that’s a tall order, I can’t go through with it.” No one said it will be easy! Practicing gratitude requires energy and effort. We must intentionally retrain our hearts and minds *every time* we find ourselves reacting to a person or situation with which we don’t agree. Depending on the depth of our dislike, it may repeated “thank you’s” to God to finally receive that feeling of release and freedom that comes from escaping the prison of disgust, frustration and disappointment. Begin a new practice of gratitude and see if you can find freedom. “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” (2 Corin. 3:17)

Pastor Judy

## What’s Happening @ Lakeside United Methodist Church

**Wednesday, Nov. 20**

9:30 LAAF  
1:00 Discipleship Class  
3:00 Zoom F & F  
4:00 Mid-Week Manna  
6:00 Choir

**Thursday, Nov. 21**

10:00 United Women in Faith—The  
Center/Lakeside  
5:30 Leadership Board Mtg.

**Friday, Nov. 22**

*Office closed*

**Saturday, Nov. 23**

**Sunday, Nov. 24**  
8:30 Chapel Worship  
8:45 Handbells  
9:15 Sunday School  
10:30 Sanctuary Worship

**Monday, Nov. 25**

**Tuesday, Nov. 26**

**Wednesday, Nov. 27**

*No Activities*

**Thursday, Nov. 28**

*Office is closed for Thanksgiving*

**Friday, Nov. 29**

*Office closed*

**Saturday, Nov. 30**

**Sunday, Dec. 1**

8:30 Chapel Worship  
8:45 Handbells  
9:15 Sunday School  
10:30 Sanctuary Worship  
4:00 Trinity Village Vespers

### Decorating for Advent

The first Sunday of Advent is right around the corner and to prepare, we will be decorating the Chapel and Sanctuary immediately following the 10:30 service on November 24.

Wear your comfy clothes and join in on the fun.

*Lakesiders, having promised to be loyal to Jesus Christ through The United Methodist Church and to do all in our power to strengthen its ministries, live out our promise by God's grace together—participating faithfully in the ministries of Lakeside United Methodist Church by our prayers, our presence, our gifts, our service, and our witness, making disciples of Jesus Christ for the transformation of the world!*

### Advent Study

Does your heart yearn for a holy journey through Advent this year? Do you want to balance the family and friends Christmas celebrations with some soul nurturing? Rev. Sam Meadors may have just what you need!

Beginning December 1<sup>st</sup>, Sam will be leading a study at 2:00 pm on Sundays in the library entitled "Wanting More." It is written by our very own Rev. Dr. Michael Roberts of the Arkansas Conference. Rev. Dr. Roberts was the voice of hope and healing as the Restart Ministries Director during disaffiliation and now pastors First UMC in Jonesboro.

This small group study will meet from December 1<sup>st</sup> through January 5<sup>th</sup> in the library. If you want to participate and get to know Sam, please pick up a book this Sunday, November 23<sup>rd</sup> or next week in the office. The suggested donation for the books is \$22.

### Christmas Poinsettias

Poinsettia orders may now be made to honor or memorialize a loved one. The poinsettias will adorn our Sanctuary on Sunday, Dec. 22nd and at our 5:30pm Christmas Eve service on the 24th. Please fill out a form found in your Sunday bulletins, email the office or come by and fill out a form.



Real or virtual plants are \$20.00 and proceeds will go to help sponsor special projects and celebrations at our partner school, Broadmoor Elementary. Deadline to order is Monday, Dec. 16th by 3:00pm.



*We pray for the sick:* Jim Webb, Valerie Morgan, Jerry Ingram, Nathan Baltzell, Etoyle Mouser, Betty Coles, Carol Luebker, Wilda Chadick, Bill Wilcox, and Juanita Cano de Alfaro

Congratulations to De and Robert Gasnier on the birth of their granddaughter, Sabina Paige Gasnier, daughter of Troy and Olivia Gasnier.

Pray for the congregation of St. Paul UMC, Malvern

*Woodland Heights Senior Living:* Billie Doster; *Woodland Heights Memory Care:* Wannie Pope. *Stonebridge Senior Living:* Bob Castleberry *Lakeside's Hispanic Ministry, Young People around the world, Families in trouble, City Council members & Mayor, Students of all ages, Teachers, and First Responders.*

### Gifts given to Lakeside

In memory of Louise and Dudley Fish by Rick and Shirley (Fish) Bogaev.

### Chicken Spaghetti Fundraiser Sunday, December 1

Sandy is making her world famous chicken spaghetti to raise funds for this year's Christmas Kids ministry.

Dinners will be available for carry-out only from 9:15-12:00. Donations can be made in cash or check.

### Las Posadas

Wednesday December 18 from 5:30-7:00pm

Come along with Mary and Joseph as they travel, searching for a place to stay. This is an evening full of Christmas fun and we hope that you will be a part of it. A light supper will be served, crafts will be available in addition to the "journey." If you'd like to help in anyway such as providing a craft or supervising a table, helping to serve the meal or take part in journey, please let Jennifer know.



### Sunday, Nov. 17, 2024

8:30 Chapel Worship - 13  
9:15 Sunday school - 25  
10:30 Worship - 75  
Online Worship - 18

### Our Weekly Service at Church

**November 24, 2024**

**Sermon:** Rev. Judy Rudd

**Director of Music:** Ann Tibbs; **Children's Moment:** Jennifer Fox

**Sermon:** A New Covenant

**Sermon Series:** Our Family Tree— The Story of God's Love

**Scripture:** Jeremiah 31:31-34

**Ushers:** Steve Dobbins, Joe Coles, Rob Wyatt, Bobby Wyatt, Roy Whitaker, Ken Kesterson

**Nov. 25 Brass Polishers:** Ramona Harkins, Sandy Bobo and Susan Coles

**Nov. 25 Counters:** Ramona Harkins and Ellen Wyatt

All services are available on Facebook or Facebook Live and You tube. Join us online for worship at:

[www.facebook.com/lakesidepb](http://www.facebook.com/lakesidepb)

[www.youtube.com/@lumc\\_pinebluff](http://www.youtube.com/@lumc_pinebluff)

Check out what is happening at Lakeside on our website

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

### Latest Sunday School News November 24, 2024 9:15am.

**Discovery Class:** Adam Hamilton's Words of Life— Jesus and the Promise of the 10 Commandments. Sunday's discussion will be begin with Chapter 9.

**Wesley Class:** This week's discussion— Do You Love to Tell The Story?

All are welcome to attend.



### Broadmoor Backpack Ministry

Lakeside UMC is collecting boxes of macaroni and cheese and cans of ravioli, mini-ravioli, or ABC's & 123's with meatballs for Broadmoor Elementary. Backpacks are sent home each Friday to provide weekend meals for qualified students that have been identified by the school guidance counselor.

Thank you for helping us keep children



### Green Beans for Neighbor to Neighbor

We need about 40 more cans of green beans for Neighbor to Neighbor's Christmas baskets. Those are due before November 30th.

### Blessing Box Pantry

Our Blessing Box pantry is getting low, if you are out and about, please pick up some easy to open non-perishables.