

Invitation: *This is the joyful feast of the people of God! According to Luke, when our risen Lord was at table with his disciples, he took bread, blessed and broke it, and gave it to them. Their eyes were opened and they recognized him.*
All are invited and all are welcome. *Come, for the meal is ready!*

Hymn: Come my way, my truth, my life (1-2) 565

Prayer of Thanksgiving: *God, you are with us. You are always with us. May we open our hearts. May we know your presence.*
Celebrant: In thanksgiving, And in deepest honour. With people of every nation, tribe and language, with the whole Church throughout the ages, we bring ourselves: all that we are, and all that we are not, joyfully giving thanks and singing: (Sanctus 426-sung) (we continue in prayer) Come to us, Spirit of our Lord of love, and let the bread and wine before us bear your life to our life, nourish us with his vision of hope, and unite us in one body of peace. Renew us by your Spirit, inspire us with your love, and unite us in the body of your Son Jesus Christ our Lord You are our life; You are our hope; You are our peace; And we praise you.

Hymn: Come my way, my truth, my life (3) 565

Communion

Following communion *Eternal, loving God, we thank you for this simple common meal that brings the spirit and reality of Christ into our hearts, and brings us closer to you. May our lives be inspired by your love, and may your love touch others through us.*

Hymn: Now let us from this table rise (1, 3-4) 556

Life is short, and we do not have too much time to gladden the hearts of those who travel the way with us. So be swift to love and make haste to be kind, and the blessing of the one who made us and loves us and goes before us be upon you and all those whom you love, this day and always, in the name of the one holy, living and true God, and of Jesus Christ our Saviour and of the Holy Spirit. Amen.

Postlude

WELCOME TO...

The Presbyterian Church of

Saint David

October 09, 2016 THANKSGIVING



Call to Worship: *May our expressions of gratitude never deafen us to the cries of those in need. In celebrating your love may we never forget that your love reaches others through us. Amen*

Hymn: The steadfast love of the Lord never ceases (1) 20

Opening Prayer: *Spirit of God, enlighten our hearts to the reality of divine presence in our midst. Let our worship be pleasing in your sight, so that our gathering is an experience of deep communion with you and one another. In the name of Jesus Christ, this is our prayer. Amen.*

Hymn: The steadfast love of the Lord never ceases (2) 20

Confession: *Gracious Creator, you have given us so much, but too often we take those gifts for granted, or as something to which we are entitled. You call us to share your gifts with the world around us, but we are worried that there may not be enough, and our worrying gets in the way of our sharing. For all the times when we mistreat and misuse your gifts, for all the times we assume that we get what we have by ourselves, forgive us and lead us back to the path of wisdom.*

Hymn: The steadfast love of the Lord never ceases (3) 20

"For each new morning with its light, for rest and shelter of the night, For health and food, for love and friends, For everything Thy goodness sends."-Ralph Waldo Emerson

Experiencing and expressing gratitude is an important part of any spiritual practice. It opens the heart and activates positive emotion centers in the brain. Regular practice of gratitude can change the way our brain neurons fire into more positive automatic patterns. The positive emotions we evoke can soothe distress and broaden our thinking patterns so we develop a larger and more expansive view of our lives. Gratitude is an emotion of connectedness, which reminds us we are part of a larger universe with all living things. Below are some of my favorite quotes about gratitude to help inspire you and deepen your thinking about finding an enduring place for gratitude in your own life.

Scripture: Deuteronomy 26: 1-11 ¹¹Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

Gratitude Quotes:

1. "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." - Marcel Proust
2. "We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder

3.As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. John F. Kennedy

4.At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer

5.The deepest craving of human nature is the need to be appreciated. -- William James

6."Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." -- Oprah Winfrey

7.He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." - Epictetus

Hymn: Let all things now living 338

How to Bring Gratitude into Your Life To begin bringing gratitude into your life, you can deliberately meditate on all the things in your own life that help you or give you pleasure. You can also write a gratitude diary, posting pictures and writing about the things you feel grateful for each day. The holidays are a great time to express your gratitude to friends and family by writing cards and exchanging thoughtful, personal gifts. Baking cookies for neighbors or sharing food with the poor are other ways to express appreciation for the abundance of food that we have in this country. Gratitude can lead to feelings of love, appreciation, generosity, and compassion, which further open our hearts and help rewire our brains to fire in more positive ways. Melanie Greenberg, Ph.D. is a clinical psychologist

1. Reflect on the day. What are you thankful for? Later, write them down. Even if you had a rough day, find at least three things you are thankful for. Example: your life, your breath and the air are three things to be thankful for.
2. Reflect on feeling thankful for what you have. Feel the feeling of thankfulness and gratitude.

Prayer: A Thanksgiving Revolution