

Christ the King Lutheran Church

499 Plaza Drive
Vestal, NY 13850

**Christ The King
Lutheran Church
499 Plaza Drive
Vestal NY 13850**

Phone: 607-729-2688

Christ the King is Full of...
Hearts Loved By God
Hands to Serve All
Through Jesus Christ

We are a Reconciling in Christ congregation. We are called by Christ to care for, love, understand, and listen to each other, regardless of race, age, gender and gender identities, marital status, physical and mental abilities, sexual orientations, national origin, or economic status.

Staff

Interim Pastor – Rev. Gail Wolling
gwolling@gmail.com

Church Administrator — Marsha Pulz
marsha@ctkvestal.org

Music Director – Jim Ford
jrfme2000@yahoo.com

Sexton – Gary Robertson

Congregational Council

Co-President: Joe Brunt
Co-President: Carol Strano
Secretary: Rich Lindstrom
Treasurer: Randy Kerr

Christy Banner Jody Fiorentino
Dennis Chapman Tammy Gow
Todd Eames Rachel Schwartz

Financial Secretary: Phil Roberts

Worship Schedule

Sundays:

Traditional Worship at 9:00 AM
Faith Formation at 10:15 AM
Organic Worship at 11:15 AM

Wednesdays:

Meal at 6:00 PM
Faith Formation at 7:00 PM

Find us online:

www.ctkvestal.org

www.facebook.com/ctkvestal

HEARTS LOVED BY GOD · HANDS TO SERVE ALL · THROUGH JESUS CHRIST



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The Herald

NOVEMBER 2018

THE POWER OF GRATITUDE: For what are you grateful today?

Thus begins the Ignatian Examen, a spiritual practice for the end of a day which helps us examine our day. The Examen begins with gratitude. For what am I grateful today?

As you sort through your day, seeking something for which you can express gratitude, you find your day transformed. On wonderful days, you can't help but be filled to the brim and over with the joy that erupts. On your darkest days, this small moment of gratitude provides a light within the darkness and points towards hope for the next day.

Today, I give thanks for... This little exercise calls us back into relationship with the God of all creation, the one we call 'good'. It pulls us up, easing the weight of the mundane and reminds us of God's presence and partnership in this experiment we call 'life.' In order to summon up a moment of gratitude, we must put down our complaints and wounds and sorrows... even if just for a moment... and bring to mind that moment of grace or joy or forgiveness or kindness or respite which found us during the hours past.

Gratitude resets our spiritual compass. It is such an effective healing tool that spiritual directors, mental health professionals, and 12 step groups encourage the practice of naming the blessings we have received. It is a practice that cuts across generations, cultures, racial barriers, and every other kind of divider we can imagine. Where did I find life today? Where did someone take care of me, protect me? Who reminded me that being human is difficult work? It is a beginning point for growing deeper in our relationship with God.

Both individuals and families can make Gratitude a practice. Some folks use a Gratitude Journal, taking a moment every evening to identify places for gratitude in their life that day. Some families use dinner time for conversation that includes this enduring question, "For what am I grateful today?" Both the very young and the very old can participate. Some parents use that vital last three minutes before the lights go out for the night to have this conversation with their children. Spouses can easily ask one another this simple question.

Practicing Gratitude is probably the most powerful tool we have in our tool box. It will transform us as individuals, as families and as communities of faith. No longer are we weighed down by our shortcomings. No longer are we convinced that we have nothing for which to give thanks. No longer do we move through our day unaware of the moments—large and small—where God's Spirit of Life and Love is breaking into our day and making moments of gratitude. Even in times of loss and sorrow, recognizing a moment of gratitude can steady us and move us into the future

Continued on page 2

Practicing Gratitude, continued

Practicing Gratitude will spill over into every aspect of your life; not because you will have more, but because you will see the giftedness in what you have received this day.

Are you willing to risk being grateful? How can you or your family begin to intentionally share your moments of grace regularly? There are some clever ideas out there especially for including younger family members. (Pinterest is always a good resource for these).

For what are you grateful today? That simple question could change your life.

~ Pastor Wolling



Sunday, November 4, marks the end of Daylight Saving time.

Don't forget to set your clocks back one hour on Saturday night!

THANKSGIVING DINNER

Turkey, Ham, Stuffing,
Mashed Potatoes, Gravy, Squash
Pasta, Salad, Bread, Desserts

A free Community Dinner
Thanksgiving Day
November 22nd
Noon-2:00 PM

Film Premiere

Writer/director/producer Angela Shelton's movie, *Heart, Baby!*, is premiering in New York City. Angela is familiar to many at church as she has worshipped with us many times. There is a van trip to see the movie on Saturday, November 17. The van will leave Price Chopper in Montrose at 9:00 AM in time to see the 1:00 PM show. We will return after dark, but not very late. The cost is \$75. Click the following link to reserve your seat: <https://heartbabythemovie.com/montrose/>

Heart, Baby! Is the true story of George and Doc, best friends from reform school to life in prison where George becomes an unbeatable prison boxer, with songwriter Doc as his cornerman. When George is offered freedom to fight in the 1984 Olympics he shocks everyone by turning it down, sending Doc on a journey to discover the true meaning of friendship, faith, and heart.

This is a film that includes the very violent world of prison life along with the unexpected tenderness that is found there. It is a powerful movie.

See or email Linda Truman for more info. bltruman@epix.net.

Friends Dinner

The next Friends Dinner hosted by Christ the King will be held on Tuesday, November 6 at 5:30 PM. The Friends Dinner is a weekly dinner for individuals with HIV and AIDS that is hosted by various churches in the community and is held at Trinity Memorial Episcopal Church in Binghamton.

The menu for the next dinner includes chili, salad, cornbread, and dessert. There is a sign-up sheet in the entrance hall if you would like to contribute to the meal and/or help to serve the dinner. If you have questions, contact Angie Crawford (727-6497), Kelli Cruise (349-8557), or Carol Strano (725-6635).

Soup Kitchen

On Saturday, November 17, we will be serving our neighbors at the Soup Kitchen. Lasagna, Italian/French bread, tossed salad, and cake are on the menu. If you would like to contribute to the meal, please sign up in the Entry Way or contact Todd Eames (hteames@gmail.com or text at 761-3744).

If you would like to help with preparation, serving, and /or cleanup, the Soup Kitchen is held at First United Methodist Church (corner of McKinley and Monroe) in Endicott. Preparation starts at 10:30 AM and the meal is served at noon.

Pastor Wolling's Schedule

If you'd like to connect with Pastor Wolling when she's in town, you can arrange an appointment with her by contacting her at gwolling@gmail.com or (518) 225-7537.

November:

Office – November 2, 15-16, 28-29

Preach – November 4, 18

Socks for Souls Ministry

The Friday morning group is collecting socks to be given out to local people in need during November's Soup Kitchen on November 17. In addition to socks for men, women, and children, toothpaste and soap are always appreciated. Donations can be placed in the bin in the Café.

Winter Coats are on the Move

Helga and Corina are going on a mission to deliver coats, hats and mittens to Floating Hospital representatives in Pennsylvania. Thank you to all who helped donate funds, and create mittens and hats.

Your generosity is felt by our neighbors.

*The CTK Floating Hospital Coat Crew,
Helga, Corrina, Julie*

Office Notes

The office will also be closed Thursday, November 22 (Thanksgiving Day) and Friday, November 23.