



## “30 DAYS OF THANKSGIVING”

BY REV. ROB BLEZARD

*I came that they may have life, and have it abundantly.*

– John 10:10b

Thankful people are happy people. It’s not just a feel-good slogan on a refrigerator magnet or bumper sticker; it’s proven science.

“Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships,” reports Harvard Medical School’s Healthbeat. That sounds like the abundant life Jesus describes in the gospels, doesn’t it?

So why aren’t Christians more thankful and happy? While we all sometimes face hardships that can avert our thankfulness, many of us simply take our blessings for granted. Perhaps we have succumbed to the lie we hear from 24/7 advertising – that we never have enough and never are enough.

Hopeful news from researchers is that thankfulness can be cultivated. Those who consistently practice thankfulness

develop gratitude and happiness.

This November, the month of Thanksgiving, make thankfulness a daily spiritual practice. Here are some ideas for “30 Days of Thanksgiving”:

**Pray thanksgiving.** In your morning and evening prayers, thank God for your life and whatever specific blessings come to mind.

**Keep a thanks diary.** Every day write down what you are thankful for and why. Challenge yourself to find and pray about 10 things daily.

**Say thank you.**

Go out of your way to express thanks to the people you encounter every day.

**Create a thankfulness calendar.** Every morning write something on your calendar for which you are grateful to God, and think, pray and meditate on it until bedtime.

**Practice thankfulness consistently and you might be surprised to find yourself enjoying the abundant life Jesus promises us.**



# CONTINUING PRAYER LIST – NOVEMBER 2024



Joy and Gene, Mike and Terry as well as her brother Joe and her sisters Jennifer and Nancy, Milton and family, Carol and Richard Dickson, Stan Harpole, David and Nancy Fligor, Richard and Marcia Bittle, Laura, Darwin, Steven Pyle, Sue and Stephen Combs, those recently bereaved, the Middle East, our nation as we prepare to vote, our church, missionaries, military, and government officials throughout the world.

Being a family means you are part of something very wonderful. It means you will love and be loved for the rest of your life. Feeling grateful for having a family like ours.

**HAPPY THANKSGIVING**

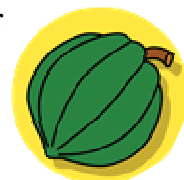


## RECIPE OF THE MONTH: SCALLOPED BUTTERNUT SQUASH

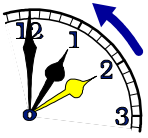








1 medium butternut squash  
(about 3 lbs.), peeled  
1 shallot, finely chopped  
2 cups (8 oz. each) Gruyere  
or Swiss cheese  
2 cups heavy whipping  
cream  
1½ tsp. salt  
1 tsp. pepper

Preheat oven to 375°. Cut  
squash width wise into ¼"  
slices. Arrange half the slices  
in a single layer in a greased  
13" x 9" x 2" baking dish,  
overlapping as needed.  
Sprinkle with shallot and 1  
cup cheese. Top with re-  
maining squash slices and 1

cup cheese. In a small bowl,  
combine cream, salt, and  
pepper; slowly pour into  
baking dish near  
edges of pan.  
Bake, covered,  
for 25 minutes.  
Uncover and  
bake until squash is tender,  
15 - 20 minutes longer.



# November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3  <i>Daylight Saving Time Ends</i>	4  <i>Milton &amp; Corene McDaniel's Anniversary</i>	5  <i>Election Day</i>	6	7	8	9
10	11  <i>Veterans Day</i>	12	13	14	15	16
17	18	19	20  <i>Randy &amp; Laura Hubbard's Anniversary</i>	21	22  <i>Laura Lipe's Birthday</i>	23
24	25  <i>Sue Harvel's Birthday</i>	26	27  <i>Stephen &amp; Sue Combs' Anniversary</i>	28  <i>Thanksgiving</i>	29	30

*Come worship with us...*

**BOSKYDELL BAPTIST CHURCH**  
3518 Boskydell Road  
Carbondale, IL 62903  
WORSHIP SERVICE - 10:30 AM

# Church Mice™

A Christian Cartoon by Karl Zorowski



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