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Cultivating Gratitude in Children by Amber Lappin

Excerpt, originally published in November 2020

<https://blog.wearesparkhouse.org/cultivating-gratitude-in-children>

As Thanksgiving approaches, it's typical to start thinking about how to help the children in our care grow in gratitude. Young children are taught to say "please" and "thank you" fairly early, but if we want to move beyond good manners into cultivating a life of thanksgiving, children's ministers [pastors, teachers, parents, church goers, EVERYONE!, etc.] can take a few intentional steps:

1. **Set a thankful example:** This simple reminder is one that often gets forgotten. Children are watching the adults in their lives so very closely. The efforts we make to teach any spiritual discipline are for nothing if we don't demonstrate what it looks like in our everyday practice. This can include intentionally using gratitude words and phrases in front of the kids that help demonstrate true thanksgiving. For instance:

 "Wow, thank you, Taylor—I noticed that you remembered my favorite color. I appreciate that you are so thoughtful!"

 "Thanks, Sam—I feel so happy when you hold the door open for your friends. I'm grateful that you're in my class!"
2. **Plan regular opportunities for gratitude:** A lifestyle of gratitude doesn't just develop by writing a list of things kids are thankful for once a year as a class project. Instead, we must carefully weave opportunities for gratefulness throughout the year. Whether meeting in person or virtually, there are many ways you can encourage reflection on our blessings, including:

Ongoing service projects, including crafts meant to tell others thank you (the connection between serving others and gratitude is one of God's beautiful gifts).

Including conversations about gratitude within Bible lessons. For example: What do you think Noah was grateful for? How do you think the woman at the well felt when Jesus was so kind to her? What do you think the injured man said to the Good Samaritan that day?

Set aside space each time you meet to talk about things the class is grateful for. Resist the temptation to hurry through answers like "My dog" or "My mom" and really allow time for true gratitude—engage thought by asking questions: "Why are you grateful for your dog?" "What if I don't have a dog? Can I still be grateful? Why?"

3. **Avoid Pitfalls:** One trap that many in ministry fall into is believing that teaching gratitude "in all circumstances" means that we must quickly move children from hard feelings (like grief, anger, sadness, frustration) into being happy and thankful. This "toxic positivity" habit can have the opposite effect from what we intend. Letting children have room for lament is not only acceptable; it's critical. Though finding things to be grateful for in the midst of hard times is an important Biblical practice, be careful not to force it. Remember, there's a time for everything and your support may be more of a lesson in gratitude than you think.

You'll notice that in the first paragraph of the article, these recommendations were originally directed towards children's ministers, after all this article does come Spark House, a resource curator and provider in the faith space. But you might also have noticed I added some folks that I also thought could benefit from these reminders...pastors, teachers, parents, church goers, EVERYONE!, etc. You might want to implement these strategies with the young people in your life. But also remember, *gratitude isn't just for kids*. People of all ages and stages can be about gratitude. And we can learn from these reminders:

1. **Set a thankful example:** model thanksgiving in your life and surround yourself with folks that do the same so that they may be good examples to you too.

2. **Plan regular opportunities for gratitude: gratitude is a muscle. Give yourself opportunities to flex it regularly. Gratitude practices can be implemented year-round. November is a great opportunity to develop a habit that you can carry forward.**
3. **Avoid Pitfalls:** give yourself grace to feel all the feelings, including the hard ones. Don't feel pushed into gratitude before giving space for feelings of lament, frustration or disappointment. God can hold all the things.

Wishing you *more* than a season of gratitude-

Pastor Nikki

+++++

We're moving our live-stream to YouTube!

As of Sunday, November 3, we will live-stream our worship services through YouTube. The link to our YouTube site is:

<https://www.youtube.com/@christlutheranlb>

Too techy? Not to worry. There's good news!

You can still go to our Facebook page on Sunday mornings. We'll post a link there so you can easily connect to YouTube on Sunday mornings or whenever you watch worship. Click on that link and you can watch the live or recorded worship service.

We hope this transition will be an easy one. If you have trouble come November, please contact the church office at 562-598-2433 and we'll do our best to assist. Thank you!



Preschool News

October was a wonderful month at CLP. At our Auction back in March, we raised money for a new stove for the kitchen. It arrived and was installed the first week of October. We are excited to start using it as we explore our different Harvests of the Month.

We had picture days on the 15th and 16th. We also hosted the first local Preschool Director's meeting on the 8th. We had 15 directors attend. It is always a valuable time of fellowship. Music Makers were invited to Church on Sunday, 10/27 to perform songs they have been working on with Mrs. Fitzpatrick. The children who were able to attend had a wonderful time and we look forward to seeing the monthly Music Maker performances at church in the future.

We ended the month with our annual Trunk-or-Treating on Thursday, 10/31 to celebrate Halloween. The children dressed up and each class took turns going trunk to trunk in the parking lot to collect treats. They also enjoyed special activities in their classrooms. Thank you to everyone who participated in our Trunk-or-Treating! The trunks looked great and the children had a lot of fun.

November 27, we will recognize Thanksgiving with individual classroom celebrations. Each classroom will make placemats and centerpieces to decorate and will sing a song and say a prayer before eating. We will be closed on November 28 & 29 for the Thanksgiving holiday.

Blessings for a beautiful month!
Lisa Clinton



I WILL FULFILL TO YOU MY
PROMISE AND BRING YOU
BACK TO THIS PLACE.
FOR SURELY I KNOW THE
PLANS I HAVE FOR YOU,
SAYS GOD, PLANS FOR
YOUR WELFARE AND NOT
FOR HARM, TO GIVE YOU
A FUTURE WITH HOPE.
+ JEREMIAH 29:10-11

Dear CLC Family,

By the time you read this in our November newsletter, our annual Stewardship program – “A Future With Hope” – will be in full swing. As we prayerfully consider what we can pledge financially toward the ministry of Christ Lutheran Church for 2025, let us also think about “why” we give. During Sunday services in November, we will hear from members who have volunteered to share their “**why**.” They will explain what motivates and inspires them to give of their time, talents, and treasures to Christ Lutheran Church and elsewhere.

Commitment Sunday will be November 17th this year. As in years past, we will be laying our pledges for 2025 in a basket on the Altar. After services that day, we will celebrate the gifts of God with a brunch in the social hall. Our goal is 100% participation! Please mark your calendars now.

Sincerely,

Stephanie Petrbook, Stewardship Chair

Opportunities to support the ministries and organizations we partner with through our benevolence:

For Lutheran Social Services (LSS) – In the days after Thanksgiving and “Black Friday Shopping” we will collect new pajamas for all aged young people and new or gently used books.

There will be a date announced when we can gather at LSS and help prepare these gifts for the community Christmas party.

For Lutheran Maritime Ministry (LMM)- We will once again collect gift bags filled with *nice to have* and *need to have* gifts for the sailors who land at our ports. Below is a list of item you might want to begin saving and collecting at home. We will ask for those early in December.

Suggested Items (full size only, no samples):

Body wash, shampoo, shave cream (some brands make a 3-in-one product)
Deodorant, comb, socks, tooth paste, toothbrush
Note pads, pens, envelopes

Other Gift Items:

Knit Watch Caps (Neutral colors & no pom poms or tassels please) Cologne or aftershave
Microwave popcorn, chewing gum, deck of cards, cup soup Individually wrapped hard candy (no chocolate)

Adult Education Schedule Fall 2024

1. Sunday, November 3 - Peace- Session 1: What is Peace? By Pastor Nikki in the Conference Room
2. Sunday, November 10 - Peace- Session 2: What Are our Contextual Realities Today? by Joyce Carter in the Conference Room
3. Sunday, November 24 - Peace- Session 3: How Are the Church and Christians Called to Be Instruments of God's Peace? by Laura Innes in the Conference Room
- 3.B Sunday, November 24 - Mom's Connect 11am in the Founder's Room
4. Sunday, December 1 - Peace Session 4: What Are the Components of International Cooperation and Peace? by Don Koepke and Andrea Joseph in the Conference Room
5. Sunday, December 8 – Making Christmas Crafts and Sewing Christmas bags by Deb Albrecht, Kim Magee, and Heather Nielson
6. Sunday, December 15 - Peace- Session 5: What Does It Mean to Foster a Culture of Peace and Justice? by Joyce Carter in Conference Room
- 6B. Sunday, December 15 – Mom's Connect 11am in the Founder's Room

Christ Lutheran Church Presents our 4th Annual



Christmas Craft Market



December 7, 2024

10:00am to 2:00pm

6500 Stearns Street

Long Beach

Come stroll through booths of crafts, food, fair trade items and more. We offer a children's area of games and crafts, and family photos will be taken. A fun day for all!



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10:00am to 2:00pm

6500 Stearns Street

Long Beach

Vendor Information

If you would be interested in selling goods at our Christmas Market, we would love to have you. Crafts, food, products and Fair-Trade offerings have been at our market in the past. There is a \$25.00 fee payable at the market. We hold the event in our parking lot where you may bring pop-ups for your things if you like. We have limited 8-foot tables and folding chairs you may arrange to use ahead of time for your booth area. We advertise with flyers, newspaper ad in the Grunion, and putting your bio on our Instagram page. Please do the same on your social media to help spread the news.

Contact us at..562-598-2433 or rory690@aol.com to reserve a spot. Thank You !





Members at Home or in Care Centers:

Laurie Ennen, Ione Marchael, Gale Mussleman, Sydney Nichols, Bary & Janice

Schlieder, and Frances Willms.

Those struggling with illness or other concerns:

Don Darnauer, Judy Haenn, Daniel Howard, Sheryl Hunter, Chris and Kathy Klute-Nelson, Karen Koch, Kristine Trost, Rich Williams, Gary & Linda Zimmerman.

***Family & Friends:** Noah, Jimmy, Lois, Charlie and David, Mary, Denise, Clark, Jessica, Tamra, Brechin, Jerry, Joan, Cindy, Shar, Kylie and Crystal, Bryan, Barb, Aaron, Kim, Zoe, Sienna, Katrina, Cameron, Tim and Mimi, Kristina and Scott, Heather, Dave, Marlene, Kathy, Sharry, Vicki, and Jessica.

We pray for the ongoing work of:

- + Linda Gawthorne among the Kogi people of Colombia
- + First responders who provide safety, security, and care
- + Those serving in our nation's Military, especially Samuel Brown, Ryan Dorris, Morgan Llewellyn, Austin Marsh, Johnny Luna, Jim Reeder, Steven, Brina and Michael Navarro.

We remember :

+Our unhoused neighbors, who find themselves without shelter and a place to call home. We pray for their safety, health, and wellness. We commit to treating them with compassion and working to combat systemic issues that leave our neighbors in need.



11/2 Amanda and Derek Johnson

11/20 Janice and Bary Schlieder

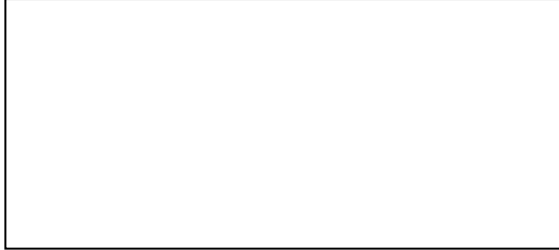


- 11/1 Andy Trost
- 11/1 Doris Weinert
- 11/6 Janice Schlieder
- 11/7 Ann Williams
- 11/9 Mike Maricle
- 11/10 Jake Treat
- 11/11 Justin Randig
- 11/15 Deborah Otterson
- 11/16 Ruth Barnes
- 11/16 Mike Freligh
- 11/20 Phil Peterson
- 11/22 Barbi Darnauer
- 11/23 Jeremy Rodrigues
- 11/25 Adam Elliott
- 11/28 Paige (Green) Mills
- 11/28 Robin Perencevic

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 2018 Gratitude Every Day Take some time for gratitude every day in November! Write what you're thankful for in the space provided or use it as a prompt for a longer reflection. This calendar is provided to you as a gift from Traci Smith, author of <i>Faithful Families: Creating Sacred Moments at Home</i> . www.traci-smith.com © 2018. All rights reserved.						
4. A taste of food I am thankful for	5. A song I am thankful for	6. A place I'm thankful for	7. A gift I am thankful for	8. A family member I am thankful for	9. A simple pleasure I am thankful for	10. A possession I am thankful for
11. A gift from God I am thankful for	12. A piece of advice I am thankful for	13. A smell I am thankful for	14. A life lesson I am thankful for	15. A mystery I am thankful for	16. Something happening tomorrow I am thankful for	17. A sacred space I am thankful for
18. An act of kindness I am thankful for	19. A book I am thankful for	20. A tradition I am thankful for	21. A treasure I am thankful for	22. THANKSGIVING DAY! A moment from today I am thankful for	23. A teacher I am thankful for	24. A promise I am thankful for
25. A challenge I am thankful for	26. An animal I am thankful for	27. A friend I am thankful for	28. A goal I am thankful for	29. A thing in nature I am thankful for	30. A moment from yesterday I am thankful for	

Christ Lutheran Church
6500 Stearns Street
Long Beach, CA 90815-3497

Return Service Requested



Mission Statement

Living by Christ's example,
 we welcome, serve, and love
 all through God's grace.

Vision Statement

Embracing the truth that God's love
 and grace is for all, Christ
 Lutheran Church is a vibrant
 and active community spreading
 the good news through acceptance,
 action, and benevolence.

Our Position

Christ is ALIVE!

December Newsletter Deadline:
 November 15

Life In Christ

Is the newsletter of

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6500 Stearns Street
Long Beach, CA 90815-3497

562.598.2433

www.christlutheranlb.com

[email:officemanager@christlutheranlb.com](mailto:officemanager@christlutheranlb.com)

**Please join us in person for Sunday
 Worship 9:30am**

**Live on FB or later on our
 YouTube Channel**



Be sure to LIKE us on Facebook.

facebook.com/christlutheranlb