

The Emmanuel Envoy

November 2019

The Whole and Holy Life Challenge - The Results!

As part of our Stewardship Campaign the Stewardship Team offered something called the Whole and Holy Life Challenge. The Challenge was an opportunity to develop and encourage some healthy habits in our lives while also helping participants to seek some balance in their lives. Participants tried to get points in six different categories: Nutrition, Physical Activity, Spirituality, Mind/Relationships, General Health, and Stewardship. There were varieties of ways to get points in each category. In order for any points to count for the day, though, people had to get at least one point in every category.

To add a dimension of community and accountability to the challenge, participants were placed on teams. Every week the participants reported their scores to a team captain, who then reported the scores to Pastor Amanda. Because the teams were not even (some teams had just two participants, other teams had five) the final scores were determined by finding the average of the total points that the team earned (Weekly points added together and divided by the number of participants).

People have shared with me that the challenge was, well, challenging and even at times frustrating. (For example, realizing that you're still 1000 steps away from getting your physical activity point at 9:00 p.m. and spending an hour walking circles around your living room so that you don't let your team down can be pretty frustrating. I know because it happened to me.) But it was also eye opening about some aspects of their lives. The challenge helped people to be more mindful about how they live and how they tend their physical, emotional, relational, and spiritual health. The challenge inspired some to make healthy changes in their lives, that might turn into lasting habits.

And now, the moment that you've all been waiting for, the final results:

Team "O Holy Knights" finished the challenge with 349 points.

Team "Lassen 5" (which ended up being Lassen 2) finished the challenge with 407 points.

Team "Fab, Fit, & Faithful!" finished the challenge with 451 points.

Team "Shrek's Angels" finished the challenge with 644 points.

Team "Foxy Trotters" finished the challenge with 691 points.

And the winning team, was Team "Sunshine Challengers" with 773 points.

Congratulations to everyone who participated in the challenge!

For everyone who participated in the "Whole and Holy Life Challenge" the "Challenge" is over, but for all of us, the challenge continues, to live our whole lives as stewards of the gifts that God has given us. To care for ourselves, our bodies, minds, spirits, and relationships, to care for the communities that God has placed us in, and to care for the earth itself. In ways big and small we are called to be mindful of the ways that the things we do bring wholeness and healing to our own lives and to the world around us. We are called to treasure the gifts that God has blessed us with. We are called to live into and to celebrate and to share the abundance that God has given us. Let the joyful challenge continue!

In Christ,
Pastor Amanda

Prayer Concerns List

| | |
|-----------------------|-------------------|
| Joan Bussow | Jack Gradijan |
| Paul Crisafulli | Bernie Byrnes |
| Liz Easton | Sheila Martin |
| Caroline Kiley | The Dimpel Family |
| Tony Nikolassy | Patrick Donovan |
| Jody Gebhardt | Susan Tomasello |
| Lyndsay Boysen | Ann-Marie Litcof |
| Jovanni Sanchez-Colon | Pat Sheek |
| George Haras | John A. Grant |
| Emma White | Kathleen Fabio |
| Gordon Sheek | Rebecca Sol |
| Pat Goodman | Christine Howard |
| Jarvis Kramer | Dale Roth |

Remembering Our Shut-ins

Eleanor Bjornson + Richard Spencer



Thank You...

To My Emmanuel family,

“Imagine my surprise and delight to open my mailbox on my 99th birthday yesterday and find it stuffed with birthday cards from the Emmanuel Lutheran Church community. It was wonderful to hear from so many old friends and the young people who are part of the Youth Group. Emmanuel has been my church home for 95 years. I arrived as a young Sunday School child from Sweden when I was just 4 years old and first attended the church on Cedar Street. Thank you so much for remembering me on my birthday!



Blessings to you all,
Ingrid Bamber

Dear Emmanuel,

Thanks to everyone who donated items and labor for Lutheran World Relief school kits. We were able to assemble a total of 115 kits, we have a truly generous congregation. School kits contain essential supplies to help children learn in the face of serious obstacles. Many of these children would not be able to attend school without these supplies. An education will hopefully lead to a better life.

Sincerely,

Arlene Cegelis & Kara Avelar

Rummage Sale Thanks!

I would like to offer many thanks to everyone who helped with the rummage sale. The proceeds of almost \$2000 will go towards paying for the new handicapped lift.

The benefits of the sale extend far beyond the funds we take in. There is service to the community, allowing those with tight budgets to find clothing and household goods at low cost. Items not sold were donated to Savers who supports the Epilepsy Foundation. All the books, DVDs and CDs go to a wonderful charity, *More Than Words*.

Thanks to the thirty individuals that gave many hours to help and who brought goodies to eat. Thanks to our wonderful office staff, Diane Bragg and Alice Wuschke, who published announcements and made signage. More thanks to Helene Bier and Caryl Ott for handling publicity.

These people moved tables, set signs in place, sorted through mountains of boxes and bags, arranged, rearranged, folded and refolded, checked people out, cooked our meals and snacks, arranged our huge white elephant tables, chatted with customers, bagged and boxed unsold items, brought the leftovers to Savers, swept the floors, put the tables and signs away and so on and so on. Even though

everyone worked very hard, there was genuine fellowship and good time had by all.

Thanks for cleaning out your houses and all your contributions.

Thanks and blessings to all of you,

Arlene Cegelis

Care Packages for Next Steps Ministry

As December approaches it's time for us to start preparing to send care packages to the young adults in our congregation. For our college students, a care package is a nice way to remind them that their congregation is thinking about them, praying for them, and supporting them during exams and, in general, during this important time in their lives.

We currently have about 8 young people participating in our Next Steps Ministry.

Please bring in the items listed below by December 1st so that care packages can be prepared on December 3rd.

| | |
|--|-------------------|
| Highlighters | Microwave popcorn |
| Hot Cocoa | Candy |
| Microwavable meals (macaroni & cheese, soups, etc.) | |
| Single packs of coffee and tea | |
| Hot Drink Mugs | Gum |
| Packaged Snacks (Note: chips don't travel well) | |
| Small Notebooks | Pens |
| Pencils | Index Cards |
| Post-it Notes | Gloves |

Emmanuel has PayPal!

The Stewardship Team is excited to announce that Emmanuel now has a PayPal account. This account has been set up to give you another option to give to special programs/events at Emmanuel. You do not need to have a PayPal account to use this program, you can use your credit card as well.

To make a donation, please visit Emmanuel's website at

<http://wip.emmanuelnorwood.org> or click on this link

<http://wip.emmanuelnorwood.org/donations/>.

Once you click on the donate button, it will bring you to a page where you can designate which fund your contribution is intended.

We are excited for this update in giving and hope you will take advantage of it.

The Stewardship Team

Leslie Daskam, Kendra Lassen, Lorraine Lynch, Rebecca Sol

Sunday Morning Study

Sing the Faith: Hymns of Justice

Between the services (10:00-11:00 a.m.) on November 10-December 1 Pastor Amanda will be leading a study on some of the church's hymns. We will study the biblical and historical origins of some of the church's well-loved hymns and discuss how the music of the church helps to shape our faith and our lives.

November 10 Introduction

November 17 *Lord, Whose Love in Humble Service*

November 24 *Lord of Glory, You Have Bought Us*

December 1 *Canticle of the Turning*

Ascentria Christmas Gift Program

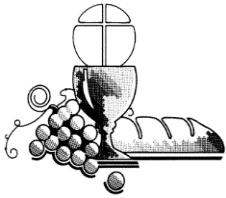


Ascentria
CARE ALLIANCE
Empowering People. Strengthening Communities.

Please help make Christmas brighter for young parents and children in need by purchasing a Christmas gift. The sign-up sheet with requested items will be placed in the hallway outside the church offices, as soon as we receive the list of requested items.

If you would prefer to make a monetary donation, there is an envelope in the church office. Please bring all unwrapped gifts to church **no later than November 24th** and place them in the box in the hallway. Contact Ann Frerichs with any questions (afrerichs@ymail.com, 617-306-1098).

Altar Guild Brunch



On **Saturday, November 16** at **11:00am** there will be a brunch for current Altar Guild members and anyone who is interested in joining. This opportunity to serve is for men, women and confirmed teens who are would like to learning about Altar Guild duties.

We serve in pairs for a month at a time, and would like to have 24 members so that each individual will only have to serve for one month a year. Training is available and can be offered at your convenience. A summary of duties will be presented at the meeting. If you have any questions, please contact Nancy or Arlene.

Please RSVP to:

Nancy Gorton fingernails@comcast.net
781-267-8583 or

Arlene Cegelis
acegelis@norwoodlight.com 781-762-0360

Thanksgiving Ingathering

Thanksgiving Ingathering will be held on **Sunday, November 24th**. Please bring non-perishable food items to the church and place the items near the altar for a blessing. Volunteers will also be needed to deliver the items to the Norwood Food Pantry after the 11:15 a.m. service. Please contact the church office if you can volunteer.

Advent Craft Fair

It's that time of year again and we are looking for crafters and artisans to participate in the annual Advent Craft Fair. The fair will be held on Sundays in Kask Hall between services on **November 24th, December 1st, 8th, and 15th**.



Whatever your crafting talent, come join us for one Sunday or all four. No inventory is too small, any amount is welcome.

If you are interested in participating this year or have any questions please contact **Leslie Daskam (508) 226-1885**. Thank you!

Decorating for Christmas



It may be a bit early, but time is passing quickly! On **December 7 at 10:00 AM**, we will be decorating the church for the Christmas season. Anyone that would like to help is gratefully invited. Jobs are available for all ages.

If there are several people available to assemble the tree earlier that morning or on Friday, please let us know. Of course, there will be coffee and treats available.

Arlene Cegelis acegelis@norwoodlight.com
781-762-0360

Nancy Gorton fingernails@comcast.net
781-267-8583

JANUARY CONGREGATIONAL
MEETING

Sunday, January 26th, 2020

9:45 am in Kask Hall

*Mark your calendars and
plan to attend*

Advent Devotions

This Advent, here at Emmanuel, we are going to create our own Advent Devotional, which will give us an opportunity to reflect on scripture and the Advent season, to see how it touches our hearts and then to write something that we can share with others at Emmanuel. The theme of our Advent Devotional will be “Waiting” since waiting is a pillar of the Advent season.



There will be a binder on the table next to Pastor Amanda’s office (and in the office after the 11:15 service) that you can look through to choose a scripture passage that speaks to you. You take the form with the scripture passage that you have chosen and sign up on the sheet next to the binder for the day that you have chosen. You write your devotion and return it to the church office on or by **November 24th**. The devotions will be assembled into a booklet that will be distributed at Emmanuel on December 1st, the first Sunday in Advent. If you have any questions please see the FAQs or ask Pastor Amanda.

FAQs about the Advent Devotional:

How old to you have to be to participate?

Any age! Children are welcome to participate and we are also eager to hear the wisdom that the oldest among us can share. Families could also write a devotion together.

How long does my devotion have to be? (A related question...) How long can it be?

There is no assigned length for the devotions, but 200-500 words is a good target length. If you can say everything that you want to say in fewer words that’s fine. If you need more words to say what you need to say, that’s fine too! 200-500 is kind of a broad average.

I’m shy. What if I want to participate but I really don’t want to sign what I wrote?

You can submit a devotion anonymously. (However, sharing your name is encouraged, as that helps us build community with one another.)

Are there any sample devotions I can look at?

You can take a look at the Christ in our Home booklets (in the Narthex and the Hallway) to get an idea. There are also some sample devotions in the Narthex and in the Hallway outside of Pastor’s office, which were written by people at Prince of Peace Lutheran Church a few years ago. (Those devotions were for Lent, but even though it’s a different season, the concept is the same.)

Exactly what do I have to do if I want to participate?

Chose a form for a day/scripture reading that speaks to you from the binder on the table outside of Pastor Amanda’s office (it will be in the Narthex after the second service). Sign up for the day you have chosen. Spend some time thinking about/praying about the scripture reading you have chosen. Write a reflection on that scripture reading. Give it a title. Write a brief prayer that goes along with it. If there was a particular part of your scripture reading that inspired your devotion, list it on the form as well. Return your devotion to Pastor Amanda in person, by mail, or by email on or by November 24th.

How will these devotions be distributed?

A devotional booklet with our writings will be distributed at church on December 1st, the first Sunday of Advent. They will also be emailed out to anyone in our congregation who is interested in receiving them by email. There will also be a place on the form where you can indicate if you are okay with having your devotion included on our church's website/social media.

This didn't answer all of my questions!

Talk to Pastor Amanda

Friday Night Live



Our new Friday Night Live youth ministry, for kids in 7th-12th grade is going strong. There have been nights when we've had as many as 12 kids and nights when we've had 3, but whether it's been 3 or 12 we've had a good time every time. Some highlights from our first 6 weeks have been: playing games (board games, Ghost in the Graveyard, the famous Jailbreak, D&D, and others), writing notes our homebound members, and helping prepare the Lutheran World Relief school kits for packing.

Coming up for the next 6 weeks, we have plans for a field trip to Laser Quest, baking for a bake sale to raise money for the National Youth Gathering and other Youth events, planning the Birthday party for Jesus for after the pageant and an Epiphany party for between the services on January 5th, and Christmas caroling to nursing homes and homebound Emmanuel members on December 20th.

Friday Night Live meets *almost* every Friday night 7:00-9:00 p.m.

Please note these important dates:

Friday, November 29th **No** Friday Night Live

Friday, December 20th Friday Night Live will meet 6:00-9:00 p.m. for caroling.

The whole Congregation is invited to join in on the caroling! Watch for a signup sheet that will be available soon.

Ezekiel 37 Initiative

The Ezekiel 37 Initiative got off to a good start with our initial introductory meeting on October 6th, the Leadership Training Event on October 27th, and our first Alpha Group meeting on November 3rd.

For those who might be wondering, "What is the Ezekiel 37 Initiative?" here is a brief description. Ten of our Ministry Teams have been divided into two groups, the Alpha Group and the Beta group. The Alpha Group, which is also called the Worship/Outreach Group includes the Worship Ministry Team, the Learning Ministry Team, the Mission Fund Team, the Welcome Witness Ministry Team, and the Service Ministry Team. The Beta Group is also called the Administration/Fellowship Group and includes the Finance Ministry Team, the Property Ministry Team, the Youth Ministry Team, the Fellowship Ministry Team, and the Stewardship Ministry Team.

For the Ezekiel 37 Initiative these teams will meet four times a year on assigned dates. The teams will gather together for prayer and devotion at 12:30 p.m. Then the teams will go to their separate meetings to work on their separate agendas and Pastor Amanda will meet with each of them for about 15 minutes. A little before 2:00 p.m. each team will gather again in Kask Hall to close the meetings with the Lord’s Prayer.

The meeting dates for both groups are:

| Alpha Group Meetings 2019-2020 12:30-2:00 p.m. | Beta Group Meetings 2019-2020 12:30-2:00 p.m. |
|---|--|
| November 3 | November 17 |
| February 2 | February 9 |
| April 26 | May 3 |
| August 23 | August 30 |

The purpose of the Ezekiel 37 meetings is to:

- Reduce the difficulty of trying to find meeting times for the ministry teams
- Encourage ministry teams to meet regularly
- Encourage more people to get involved in leadership at Emmanuel, by making meetings well publicized well in advance and turning our ministry team meetings into community building events
- Get our skeleton back (Hence the Ezekiel 37 name—see: Ezekiel 37:1-14), which means to restore and strengthen our organizational structure so that we do the work that God has called us together to do effectively.

We had our first “Group Meeting” the “Alpha Group” on November 3rd. There are still some logistics to work out to make these meetings run smoothly and meet our goals, but we are learning from every experiment and look forward to seeing this initiative grow and improve throughout the year.

The best way to find out what the Ezekiel 37 Initiative is all about is to come to one of the meetings. Pick a ministry team that interests you and come to an Alpha Group Meeting or a Beta Group Meeting. (Or both!) All of us are needed and invited!