

The Daily 5 & 5 . . . Cultivating a Grateful Mindset

by *Pastor Doug*

Gratitude in the Bible means "extending favor towards" or giving grace and kindness as a response.

Biblical gratitude is an approach to doing something, sustenance that strengthens you, and the intention behind your actions. Gratitude is a positive response to experiencing God's goodness and grace. In other words, once you realize that God is working in your life, you'll show gratefulness in how you live.

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:16-17)

Gratitude is mentioned a lot in the Bible because it helps us develop all the fruits of the Spirit (Galatians 5:22-23). By being grateful to God, we'll have joy, peace, and self-control, be patient, kind, gentle, and generous toward others, and be utterly faithful to God. Gratitude is at the root of your spiritual growth.

In order to develop a more grateful attitude, I have discovered that I need to constantly bring it to my mind and heats attention on a daily basis. One way of doing this is to practice the daily 5 & 5. Adam Gragg describes the process this way.

"It's easy to find things to worry about and dread. Being grateful is often hard, yet ironically, our gratitude is more grounded in reality than our fears. So many things in life are outside our control, but one thing you can directly influence is your perspective.

You can focus on what is going wrong or you can develop the discipline of seeing what's going RIGHT. You can see the potential in yourself and others, or you can pay more attention to the problems in your life and the lives of those around you. The choice is yours!

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Worship Schedule

Sundays • 9:30 & 11:00 am

Medina Community Church exists to help people begin and grow in their relationship with God. Our relaxed, contemporary style provides an enjoyable atmosphere where you can investigate the claims of Christ, deepen your faith and meet some great friends along the way.

SERIES: SELFLESS

- November 10 — Faithful in Service
- November 17 — Over the Top in Generosity
- November 24 — Grateful in the Grind

Contact Us

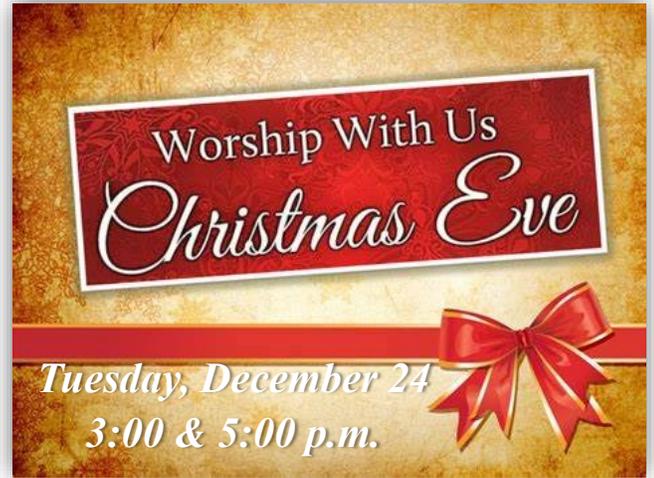
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Medina, Ohio 44256
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www.medinacommunitychurch.org

Doug Davidson — Sr. Pastor
Donna Spitzer — Family Ministry
Kristen Green — Intern

Congregational Luncheon November 17

The elders have been praying and planning for the upcoming transition to our next pastor. As most of you are aware, Pastor Doug will be retiring in January 2026. So, with a year out, we thought it would be good to meet as a congregation to hear and discuss the plan for the transition. There is a sign up sheet at the information table. Please bring a side or dessert to share and we'll arrange for chicken and pizza from Dominic's. These are exciting times as we anticipate the next stage in the history of our church family. We know God has it handled for us. Let's all keep Pastor Doug, the next Pastor, and the whole congregation in our prayers as we enter into this season of transition.



Women's Ministry Update

It's the busy time of year for all of MCC and especially the women's ministry. Please watch your email for messages and details on our upcoming activities.

•**Bible Study**— We're done until Spring with an official study, but we'll do some random Saturday get togethers to keep in touch.



•**NOVEMBER 9th** is the date for this year's annual craft get together. This is an activity that the ladies of MCC have done for several years. It got missed last year because of life getting in the way for several of us, but we're bring it back on Saturday afternoon, November 9th We'll get together for brunch at 11:00 a.m. followed by our craft time around noon. Please bring a breakfast item to share (something easy). Look for a sign up sheet on the information table soon with a picture of what the craft will be. We are not doing gifts for the children of Medina County jail inmates this year. So, if you have small items that you've already purchased and you want to donate them, we will be filling some shoeboxes for that ministry on this craft Saturday. Just bring those items with you.



•**DATE CHANGE . . . DECEMBER 8th** is this year's ladies Christmas luncheon at 12:30 p.m. following second service. Lunch will be provided. Please bring one of your favorite holiday desserts to share. We have lunch, a gift exchange, and have a great time laughing and getting to know each other better. For the gift exchange, please bring a wrapped pair of Christmas socks. As we get closer, there will be a sign up sheet on the information table.

JAIL MINISTRY— We have some money left over from last year's donations. With that we are going to purchase some \$50 Walmart cards for Sue Jarvis to have to give to inmates as they are leaving the jail so they have something to start with. We will also be providing muffins for the gift bags that Sue does (we've done this for several years). Sue does a lunch for the women inmates two Saturdays before Christmas and we're going to provide that for her this year as well. Still working on the exact plan, but if you'd like to be involved let Kathy know.

If you have questions, comments, or suggestions, please contact Kathy Summers at kathyksummers@gmail.com or (330) 461-1081. If you're not receiving regular emails from Kathy please let her know and she'll get you on the list.



We are pleased to announce that MCC will be hosting drive-thru Community meals on **Saturday, November 9th** from 6-7 pm for those in need. Meals will be handed out in a drive-thru lane. Volunteers will help guide guests to the meal pickup area. (All guests will be asked to remain in their vehicles.) We can always use drivers for meal deliveries at 5:00 pm and others to help with the drive through. Please consider how you could serve in this ministry. For more information or to sign up please call or text Emily Winans at (240)405-4003.



Children's Choir

MCC's Children's Choir for the Christmas season holds weekly practices on Wednesdays before Kids Blast. The first two dates are November 13 and 20 at 5:00 p.m. The choir will sing on Sunday, December 22 and again Christmas Eve at the 3 p.m. service. If your child likes to sing, it's not too late to join! There is a sign up sheet at the information table.

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Each morning, I list 5 things from the day before for which I'm truly grateful. Next, I write down 5 things that I'm excited about and looking forward to during the day ahead. I call this my daily 5 & 5. It takes me about 10 minutes and nearly always has a positive impact on my attitude."

Adam goes on to list an example of his daily 5 & 5.

Daily 5 & 5 Example:

5 Grateful Things From Yesterday

1. Went to the gym and had a 1-hour workout and sat in the sauna for ten minutes.
2. Helped my son with his spelling and math.
3. Had a positive conversation with my mom.
4. Got to bed by 10 pm and got 8 hours of sleep last night.
5. Encouraged two co-workers, Todd and Morgan.

5 Exciting Things For Tomorrow

1. Making tacos for dinner and having our new neighbors over to eat
2. Having lunch with my coworker Brandon.
3. Taking my daughter swimming this evening.
4. Making some work phone calls I have been putting off.
5. Going to get some ice cream with Emerson.

During my devotions the other day, I spent time writing out my 5 & 5. I just started the process, but it is encouraging to look back on one's day to see what we are grateful for and to look ahead with anticipation for good things to come. So, try it out and let me know if you see a difference when it comes to gratefulness.



JINGLE

all the way

PLEASE JOIN US FOR A
**GINGERBREAD HOUSE
DECORATING PARTY**

Saturday, November 16th
at 10:00 am
Medina Community Church
416 South Broadway
Medina, Ohio 44256

*This is a great activity for kids and their parents (both moms and dads).
Look for signup sheets on the information table.*

VOLUNTEERS ARE NEEDED FOR VARIOUS GINGERBREAD ACTIVITIES:

- baking the gingerbread houses prior to the 16th
- putting the gingerbread houses together
- working on the day of the event
- set-up / clean-up for the event

*If you can help out, please contact:
Kathy Summers at kathyksummers@gmail.com or
Deanna Saba at rdsaba@zoominternet.net*

