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CHAPEL

Volume 4, Issue 11

November 2023

Paul's Ponderings...

The Thanksgiving Attitude of Gratitude

The attitude of gratitude is a foundational aspect of our relationship with God. Gratitude is an attitude of the heart that recognizes the goodness of God and the blessings that the Lord grants us. Gratitude is an essential component of a healthy spiritual life, as it keeps us grounded in the reality of God's love and provision in good times and bad.

An attitude of gratitude has the ability to shift our focus from ourselves and our immediate circumstances to God and God's goodness. This shift in focus helps us to maintain a proper perspective on our lives as we recognize that all we have and all we are is a result of God's grace and mercy.

When we purposely practice gratitude it becomes a habit that shapes our thoughts and actions. And, this attitude of gratitude not only enhances our spiritual lives but our physical health as well. As we begin to see the world through the lens of gratitude, most will find that this thankful perspective will impact their overall well-being. Research has shown (For more on this refer to Gratitude by Diana Butler Bass.) that individuals who regularly practice gratitude experience increased happiness, improved mental and physical health, and stronger and more stable relationships.

Gratitude also plays a crucial role in our spiritual growth and development. As we express gratitude to God for the Lord's goodness and blessings, we deepen our relationship with God. As gratitude fosters a sense of humility, we begin to realize our dependence on God and God's provisions for our lives.

Furthermore, gratitude is an essential component in our worship. When we gather together as a community of faith to worship we are expressing our gratitude for who God is and for the things God has done for us through Christ. Our songs of praise, prayers of thanksgiving, and acts of service are all expressions of our gratitude for God's love, mercy, and grace.

Gratitude also serves as a powerful witness to the people around us. As Christians we are called to be salt and light in the world and one of the ways we do this is through our expressions of gratitude. When we live our lives marked by gratitude we demonstrate to others the reality of God's love and the transformative power of the gospel message. Our gratitude serves as a testimony to the goodness of God and

invites others to experience God's love and grace for themselves.

Gratitude also has the power to strengthen our relationship with others. When we express gratitude to those around us we are acknowledging their value and worth and demonstrating our appreciation of their presence in our lives. This can foster deeper connections and create a sense of community and belonging. As we practice gratitude in our relationships we are modeling the love and grace of God which can have a profound impact on the lives of those around us.

One practical way to cultivate an attitude of gratitude is through the discipline of daily gratitude journaling. Take a few moments each day to write down the blessings for which you are grateful to God. Another way to foster gratitude in your life is to make a point to intentionally express our thanks to those around us... a simple word of appreciation, a handwritten note, or a small act of kindness. These expressions of gratitude can have a profound impact on our overall well-being, our spiritual growth, and serve as a witness to others of the love and grace of God.

Finally, with our national day of thanksgiving on the horizon, how will you, your family, and your church family choose to practice gratitude this year? Let me make a suggestion. Let's express our gratitude to God by attending the Interfaith Thanksgiving Service on the Sunday of Thanksgiving weekend. church has been one of the participants in this service for many years and it is certainly one of the most hope-filled and inspiring services of the church year. This year in the wake of the hostilities between Israel and Palestine it seems that multiple faiths coming together to give thanks to God in worship is of even greater importance than on most Thanksgivings.

This year's Interfaith Thanksgiving Service will be held at the Sandhills Jewish Congregation/Beth Shalom in Foxfire on Sunday, November 19, at 4:00 pm. You are asked to bring a donation of non-perishable food items that will be given to the Sandhills Coalition for Human Care to provide for those in need during the upcoming holiday season.

Let us give thanks to God for all of God's blessings this Thanksgiving as we strive to develop an attitude of gratitude that will last throughout the year.

Peace, Pastor Paul







Prayers for Chapel Friends:



Patty and Jackie Madden, Jack Sealey, Phyllis Mahin, Anthony Tuliano, Janet Hegeman, Evangeline Caliandro, Laurie Stevens, Little Daniel Auman, Koran Sanders, Olivia Macdonald, Lerici Racine, Jamie Raskin, Kevin Carter, Neida Crow, Kerra Paduano, Kathy Steele, Harry Wahlquist, Walter Hundley, Esther Robinson's sister Judy, Cindy Hess, Lynn Garbarino, Bob Macdonald, Rev. Bill and Marty Bruner, Elsie Keeshen, Elaine Bertino, Mary Farley, Kitty Price, Kerri Klein, Jean Schmidt, Ed Barry, Bill Bohl, Cynthia Fetty, Bob Lovin, Dwight and

Faye Jessup, Little Caroline Mathews, D.J. Kirit, Steve Hall, Mary Ann Weiss, Chandler Stewart, Phil Westerman, Lucy Dunn Martin, Jerry Hyatt, Mary Faas, Robert Allen, Sharon Hacker, Ann Rorie, Barbara Sass, Drew Carr and family, Doug Wilson, Barbara Sass, Ron and Sara (Cissy) Ellis, Michael Taylor, Rhea Crow, and Dennis Lombard.

Prayers for Chapel Family:

Bud Holzerland, Nancee Letter, Dave Westerman, Meta Evans, Charles Hinson, Tamara Lee, Butch and Mary Kay Allen, George Hoffman, Glenda Clendenin, Jean Lawrence, Bob Dantzer, Mary Tuft, Phillip Thingstad, Shirley Percival, Joan Tourt, Sue Van Horne, Dot and Bruce Macdonald, Ray Tourt and Jimmy McCaskill.



A Prayer for

Palestine

Peace in Israel and

"They will not hurt or destroy on all my holy mountain - Isaiah 11:9

God of Comfort,

send your Spirit to encompass all those whose lives are torn apart by violence and death in Israel and Palestine. You are the Advocate of the oppressed and the One whose eye is on the sparrow. Let arms reach out in healing, rather than aggression. Let hearts mourn rather than militarize.



God of Justice,

give strength to those whose long work for a just peace might seem fruitless now. Strengthen their resolve. Do not let them feel alone. Show us how to support their work and bolster their courage. Guide religious leaders to model unity and reconciliation across lines of division. Guide political leaders to listen with their hearts



A Prayer for Peace in Israel and Palestine (cont'd)

God of Love,

we lift up Palestine and Israel - its people, its land, its creatures. War is a monster that consumes everything in its path. Peace is a gift shared at meals of memory with Christians, Muslims, and Jews. Let us burn incense, not children. Let us break bread, not bodies. Let us plant olive groves, not cemeteries. We beg for love and compassion to prevail on all your holy mountains.

God of Hope,

we lift up the cities of the region; Gaza City and Tel Aviv, Ramallah and Ashkelon, Deir El Balah and Sderot,o long divided, yet so filled with life and creativity. Come again to breathe peace on your peoples that all may recognize you.

God of Mercy,

even now work on the hearts of combatants to choose life over death, reconciliation over retaliation, restoration over destruction. Help us resist antisemitism in all its forms, especially in our own churches. All people, Israelis, and Palestinians, deserve to live in peace and unafraid, with a right to determine their future together.

God of the Nations,

let not one more child or elder be sacrificed on altars of political expediency. Keep safe all people from unjust leaders who would exploit vulnerability for their own distorted ends. Give wise discernment to those making decisions to pursue peace. Provide them insight into fostering well-being, freedom, and thriving for all. Teach all of us to resolve injustices with righteousness, not rockets. Guard our hearts against retaliation, and give us hearts for love alone.

Strengthen our faith in you, O God of All Flesh,

even when we don't have clear answers, so that we may still offer ourselves nonviolently for the causes of peace.

Amen.

This prayer was written by Rose Marie Berger, Senior Editor and Poetry Editor of Sojourners Magazine.

Reprinted with permission of Sojourners magazine (sojo.net). < https://sojo.net/articles/prayerpeace-israel-and-palestine>



President's Corner

Fall has finally arrived, and though the weather has been beautiful and warm, it is time to move on to a new season. The leaves are finally changing, and on Sunday as a true indication that Fall is here, we fall back an hour to normal time again and get another hour of sleep, YEA!!!



Our Stewardship season is coming to an end, so I want to thank each of you who has completed your Time and Talent sheets helping us identify what areas of the Chapel you are interested in being involved with or supporting. The Stewardship team will review your interests and contact you to discuss how you may become involved. If you have not completed your Time and Talent sheets, please invest a few minutes and do so. You can drop them in the drop box, in the office, or bring them on Sunday and place them in the offering plate.

The Board also wants to thank you for submitting your Pledge sheets. As we have discussed, this is a critical part of the Board's understanding of how we can project our finances for 2024. If you have not submitted your Pledge sheet. I would ask that you prioritize completing and submitting it this week no later than next Sunday. Thank you for your attention to this matter.

The Men's Fellowship invites all the Chapel men to attend our next meeting Saturday morning November 11th at 7:45 in the fellowship hall. We want to build a strong men's fellowship, build our spiritual faith, and offer services to the Chapel membership that they cannot perform while we also support all activities in the Chapel. Please let Susan know in the office if you will be attending on the 11th.

Once again this year there is a Veterans "Wall of Honor" celebration being held November 4th at 2:00 p.m. If you have not been to this event it is wonderful. It honors Veterans in Seven Lakes, living and dead. It also shows off our beautiful cemetery and you can see the four new columbarium's we have installed.

Thank you all for the support you give to the Board and the Chapel. We also miss seeing all of you so we look forward to seeing more of you attending in-person, Sanctuary service in the future.

Thank you, George Norman – Board President





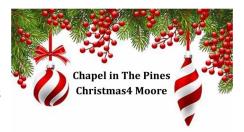
Team Updates

Mission Team

The Mission Team met on October 13th at 10AM in the Fellowship Hall.

The three-year term for Joyce and Tracey has come to a close and the Mission Team is seeking new leaders to fill these positions. Please keep the team in your prayers as these positions are filled.

It's hard to believe that Christmas is right around the corner! Where has the time gone? Tracey and Joyce will make a presentation to the congregation. Multiple people can go together to support a family in need. Don't feel as though you need to take this on alone. If you would rather give the Mission Team a financial contribution to put toward gifts please do. No amount is too small.





Our 3rd annual Christmas Wrapping party will be held on Friday, December 8th at 10AM in the Fellowship Hall.

Fran's Friends continues to bring the ladies of the Chapel together for wonderful fellowship. As we say, you DO NOT have to drink wine! They have plenty of NON-ALCOHOLIC choices or just bring your own. Snacks are always fun to share, but certainly not required. Please mark your calendars for the FIRST Thursday of every month. We will be changing the time from 2:30 to 3:00.





We have Chapel in the Pines vinyl decals for sale. We are asking for a \$5 donation per decal. See Susan in the office to purchase.



Bunco will take place on MONDAY, NOVEMBER 13th at 6PM in the Fellowship Hall. Please mark your calendar as to this change. Moving forward, we will remain playing on the second Tuesday of each month at 6PM.



Tuesday	December 11	6 pm
Tuesday	January 8	6 pm
Tuesday	February 12	6 pm
Tuesday	March 11	6 pm
Tuesday	April 8	6 pm
Tuesday	May 13	6 pm



Worshíp Team

The month of November opens with a worship opportunity to remember those of our Chapel family who have gone on before us within the past year. Please join us on Sunday, November 5th as we come together on All Saints Sunday to light a candle in their memory.

On Sunday, November 19th the Chapel will have reached our 47th anniversary. A day we will, no doubt, pause to consider with grateful hearts those who came before us to lay the foundation for our Chapel and our place of

worship. A fitting time of gratitude, as it is also the week we will celebrate Thanksgiving with family, friends or in simple gratitude for all our blessings. Consider joining in for a time of Interfaith Community Worship on Sunday, November 19 at the Sandhills Jewish Congregation/Beth Shalom in Foxfire at 4 pm.

The last Sunday in November will be Christ the King Sunday, consider joining in for a time of Interfaith Community Worship at the Sandhills Jewish Congregation/Beth Shalom in Foxfire at 4 pm.

Along with the fall worship opportunities comes cooler temperatures, and with the cooler temperatures comes a need in the community for sweaters, socks, blankets, jackets, and gloves. Please consider donating gently used items to The Coalition for Human Care, (See Blanket Drive on page 9) or any charity of your choice. People in need range from infants to seniors, females and males. So if you do your fall house cleaning now, you'll be ready for Christmas!

Thanks for being a warm, loving and giving Chapel family! Leslie While, Worship Team

Cemetery Team

We have an interment coming up on the 31st of this month at the Chapel in the front Columbarium.

Custom Monuments Company delivered our four new columbarium's and they look wonderful. If you get an opportunity, please stop by the Cemetery and see the new additions.

The Wall Of Honor ceremony is coming up on the 4th of November at the Cemetery. At that time, we will be announcing that we will be offering a military DISCOUNT on all NICHES and GRAVE PLOTS.

Mike Barry Cemetery Team Chair



Building & Grounds Team

The Building & Grounds Team continues to seek estimates for cost of replacing exterior doors and looking into updated security for Chapel entry.

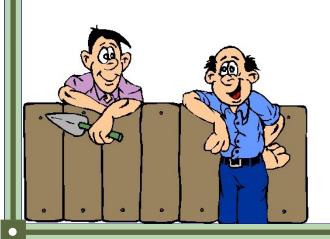


Dick Van Horne Building & Grounds Team

CITP Men's Fellowship



Last Spring a small group of CITP men reorganized the Men's Fellowship and started meeting once a month. During the following months the membership has grown and at our August meeting the men confirmed the officers as follows: President - Bruce Keyser, Vice President - Wayne Garland, Secretary - Dick Van Horne, and Treasurer - George Norman. We also adopted a purpose to "grow spiritually, mentor each other and offer service to others as needed" To this purpose, the men will continue to meet the second Saturday of each month at 7:45 AM for coffee, snacks and fellowship; followed by a time of devotion, prayer and planning. It is our intent to offer our services to those in the congregation who may need assistance with small jobs or advise on projects. To this purpose, individuals need to contact Susan at the office and request assistance. Susan will then contact one of the officers, who will contact the individual to discuss a resolution. We hope to see our fellowship grow in numbers and spirit and invite anyone interested to join us the second Saturday of each month at 7:45 AM.







Prayers of Thanksgiving

Interfaith Thanksgiving Service Sandhills Jewish Congregation Beth Shalom

131 Jackson Springs Rd, Jackson Springs, NC (In Foxfire Village at intersection of Hoffman Rd and Jackson Springs Rd)



Local Congregations Join Together In Prayers of Thanksgiving

are working together to lead the community in prayers of thanksgiving: Clergy, lay leaders, and musicians from the following congregations

The Congregational Church of Pinehurst, McDonalds Chapel Presbyterian Church, Chapel in the Pines, Sandhills Jewish Congregation/ Beth Shalom, Jackson Springs Presbyterian Church, Community of Mindful Living in the Pines, St. Mary Magdalene Episcopal Church, Masjid Al-Madina Muslim Congregation Unitarian Universalist Congregation of the Sandhills. This is the 16th year of this annual event, designed to bring the whole community into a setting in which various traditions share their gratitude for the blessings of this nation and this world.

Please bring canned goods for the Sandhills/Moore Coalition for Human Care. Everyone is welcome. Please join us for this wonderful event!!

For more information call: 910-295-2243 or 910-673-5224











Thanksgiving Day

Fourth Thursday of November

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CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST

FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS







Tuesday, November 7Shirley Percival

Thursday, November 9
Charles Hinson

Saturday, November 11
Fred Young

Monday, November 13 Kathy Hilton

Thursday, November 16 Nancy Ayers

Saturday, November 18Martha MacKay

Saturday, November 18



Coffee Fellowship

November

- 5 Sandy & Dennis Cifranic
- 12 Debbie Kessler & Renee Maness
- 19 Volunteer Needed
- 26 Volunteer Needed

December

- 3 Volunteer Needed
- 10 Stacy & Kathy Golzio
- 17 Volunteer Needed
- 24 Volunteer Needed
- 31 Volunteer Needed



To volunteer contact our Church Administrator, Susan Williams by calling **910-400-5188** or emailing **citp10@7lakeschapel.com**. You can also sign up at the podium just outside the entrance to the fellowship hall.





Upcoming Events

Wednesday-November 1	4:30 pm	Chapel Choir Practice
Thursday-November 2	3:00 pm	Fran's Friends
Sunday-November 5	9:00 am	All Saints Day/Holy Communion
Wednesday-November 8	4:30 pm	Chapel Choir Practice
Saturday-November 11	7:45 am	Men's Fellowship
Sunday-November 12	9:00 am	Thirty-Second Sunday in Ordinary Time
Monday-November 13	6:00 pm	Bunco 4 Missions
Wednesday-November 15	4:30 pm	Chapel Choir Practice
Sunday-November 19	9:00 am	Forty-Seventy Anniversary of the Chapel
Wednesday-November 22	4:30 pm	Chapel Choir Practice
Thursday-November 23	Happy Thanksgiving	
Sunday-November 26	9:00 am	Christ the King Sunday/
		Reign of Christ Sunday
Wednesday-November 29	3:00 pm	Advent Bible Study
Wednesday-November 29	4:30 pm	Chapel Choir Practice





Usher Schedule - November 2023

Offertory – after you hand the plates back to Paul and he turns to the alter, just turn and go to your seat. If you need a sub, the usher list is below.

November

5 12	Sun Sun	9 am 9 am	Tim & RJ Peppe, Dick & Sue Van Horne Lee Connelly, Gisela Danielson, Joyce Singletary, Leslie While
19	Sun	9 am	Jim Beck, Marilyn & Jimmy McCaskill, Wendy Tetreault
26	Sun	9 am	Thalia Beam, Carole Faas, George & Cathy Norman

Sanctuary Preparation Teams

November

5	Sun	9 am	Alice McPheeters, Leslie While
11	Sun	9 am	Sandy Cifranic, Kathy Hilton
19	Sun	9 am	Lee Connelly, Mary Snead
26	Sun	9 am	Daisy Kirit, Leslie While

December

3 Sun 9 am Alice McPheeters, Kathy Hilton 7 Thur Darkness to Light Sandy Cifranic, Mary Snead 10 Sun 9 am Lee Connelly, Marilyn McCaskill **17** Sun 9 am Daisy Kirit, Kathy Hilton **24** Sun Alice McPheeters, Mary Snead 9 am 24 Christmas Eve Sandy Cifranic, Marilyn McCaskill Sun **31** Sun 9 am Lee Connelly, Leslie While



Flower Schedule

If you are interested in volunteering to provide flowers for the chapel, you may call **910-400-5188** or e-mail cit10@7lakeschapel.com to have your name added to the Flower Sign-up List.

November	
11-5	Jon & Dorene Tichenor
11-12	Katy Swain
11-19	Mike & Sue Barry
11-26	Volunteer Needed
December	
12-3	Bob Dantzer
12-10	Phyllis Young
12-17	Alice McPheeters
12-24	Volunteer Needed
12-31	Volunteer Needed

Back Pack Pals and Matthew 25:40 Programs

We Need Your Help—Please Donate as Often As You Can!

Juice Boxes, any flavor Pop Tarts, any flavor Peanut Butter/Cheese Crackers



Capri Sun Juices, any flavor
Pop Tarts, any flavor
Chef Boyardee Micro Cups,
in yellow and red
Small Water Bottles
Protein Bars, all flavors
Fruit Cups
Apple Sauce Cups



Board Members

Board of Directors - 2023

George Norman, President	gngolfer@nc.rr.com	910-987-4664
Jon Tichenor 1st Vice President	tichenorjon@gmail.com	910-466-9148
Jim Beck Treasurer	lotsaoaks@gmail.com	910-673-5682
Ed Burke Secretary	edembr@hotmail.com	910-477-2947
Joyce Singletary	jsingletary31@nc.rr.com	910-673-5554
Dot Macdonald	dotjmac1957@gmail.com	910-673-3866
Bob Donaldson	rhdon138@gmail.com	910-466-9064

Chapel Staff

Pastor Reverend Paul James	pastorpaulchapel@gmail.com	910-690-5529
Chapel Administrator Susan Williams	citp10@7lakeschapel.com	910-400-5188
Financial Secretary Paula Montgomery	citp-treasurer@7lakeschapel.com	910-986-9191
Choir Director Kristen Thompson	kristen.webb@gmail.com	910-220-1979

Sound/Video Tech Dillon Corral

Church Office: 910-400-5188
Church Email: citp10@7lakeschapel.com
Church Website: http://7lakeschapel.com





Heaven and Earth

ADVENT and the INCARNATION

Join us Wednesday afternoon at 3:00 pm

Wednesday, November 29th

Wednesday, December 6th

Wednesday, December 13th

Wednesday, December 20th



Seven Lakes Chapel in the Tines

2125 Seven Lakes South West End, NC 27376

Serving our Community by Preaching, Teaching, and Living the Gospel of Jesus Christ

