



# Concordia News

## November 2018

Volume 13

A newsletter for members, family, and friends of  
Concordia Lutheran Church and Concordia Cemetery  
Association

Number 11

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November is the month when we celebrate Veteran's Day and Thanksgiving.



First of all thank you to all our Vet's for

preserving our country's freedoms. Relatedly, later this month we will focus on the day of gratitude. Scripture states time and again that the highest form of prayer are prayers of thanks and praise to God for his goodness. It is likely you were taught, as the song says, "Count Your Blessings One by One." The Thanksgiving Day ritual is one of all who gather around the table verbally or silently taking account of their reasons to be grateful. Increasingly, there is strong evidence that a conscious effort to enumerate reasons for gratitude has benefits not only to one's faith/spirituality but can also improve emotional and physical health. I pass the article below from Wikipedia which speaks about the benefits of gratitude journaling. However, as Christians we are deliberate about being grateful not out of selfish desire, but out of a sincere desire to do what people do spontaneously when we have been beneficiaries of great acts of kindness and generosity as revealed most profoundly by Jesus' act of loving sacrifice for us on the cross. May you and yours have a blessed Thanksgiving.

Grace and peace,  
*Pastor Bruce*

A gratitude journal is a diary of things for which one is grateful. Gratitude journals are used by individuals who wish to focus their attention on the [positive](#) things in their lives. Gratitude, the feeling of appreciation or thanks, has gained a lot of attention in the field of positive psychology. Some studies have found that those who are habitually grateful are happier than those who are not. Furthermore, studies suggest that feelings of gratitude may even possess mental and physical health benefits. Positive psychology strives to develop methods by which one can consistently enhance gratitude levels. Furthermore, the maintenance of a gratitude journal can help relieve depressive symptoms.

One of the early research studies on gratitude journals by Emmons & McCullough found that "counting one's blessings" in a journal led to improved psychological and physical functioning. Participants who recorded weekly journals, each consisting of five things they were grateful for, were more optimistic towards the upcoming week and life as a whole, spent more time exercising, and had fewer symptoms of physical illness. Participants who kept daily gratitude journals reported increased overall gratitude, positive affect, enthusiasm, determination, and alertness. They were also more likely to help others and make progress towards their personal goals, compared to those who did not keep gratitude journals. For a sample of adults with neuromuscular disease, writing daily gratitude journals for 3 weeks lead to increased optimism about one's life, longer and more refreshing sleep, greater positive emotions, and feeling more connected to others. Overall, participants who kept weekly

*continued on page 3*

**Coffee and Cookie Servers**

- November 4 Becky Jegtvig
- November 11 Polly Hanson
- November 18 JoLyn Johnson
- November 25 Irene Olson
- December 2 Linda Koester
- December 9 Kathy Krogstad
- December 16 Sue Kassenborg
- December 23 Orpha Hoelstad
- December 30 Lloyd Gunderson



**Bible Study**

Wednesday, November 7  
5:30 – 7:00 p.m.



**Trim the Tree!  
Deck the Halls!**

It is soon time to trim the tree and have the church ready to celebrate Advent and the birth of Jesus.

We will meet at the church at **1:00 pm, Saturday, December 1.**



When the tree is decorated and the church is trimmed we will gather together for an Advent program reminding us of why we celebrate Christmas.

After that, we will enjoy a cup of coffee with some Christmas treats. If you are not able to help with the decorations, do come anyway and help us enjoy some good fellowship.

The Hat and Mitten Tree will be up again this year. We encourage you to bring something for the tree in the following weeks to benefit homeless kids in the Fargo-Moorhead community. We have been given money through the Thrivent Action Team for this event, and the plan is to give these gifts before Christmas.

**It's Heating Season Again!**

Your donation to the general fund will help keep us warm this winter!



**Concordia Ladies**

Tuesday, November 13  
1:30 pm  
Fryin' Pan

**Join The Romeos!**

Retired Old Men Eating Out  
7:30 a.m., November 30  
Fryin' Pan



*Pastoral Care* If you know of someone in the hospital or in need of a home visit, contact Pastor Bruce at 218-329-2245.

In November the subject in Kids Corner is "Thanksgiving." Kids Corner is located in the Congregation section of the website.



**Veteran's Coffee Hour**

Join your fellow veterans at the Fargo Air Museum from 10-noon  
Wednesday, November 14



**Daylight Savings Time Ends  
Sunday, November 4**

Set your clocks back one hour before going to bed Sat., Nov. 3



# Donations

## Concordia Cemetery Association

*In Memory of Glenn Kassenborg*  
Doris Kassenborg

*In Memory of Donald Johnson*  
Bev Edenborg

*In Memory of Gordon & Mildred Juve*  
Genelle and Allen Sather



*In Memory of Dorothy Lee*

The lamp on the lectern is in memory of Kathy Krogstad's mother, Dorothy Lee. Dorothy loved Christmas, and the Christmas Eve Bulletins will also be bought in her memory.

Thank you all and God Bless you, *Kathy*

**Pastor Bruce** *continued from page 1*

or daily gratitude journals had greater psychological and physical benefits when compared to participants who did not keep gratitude journals.

Furthermore, the positive effects of gratitude can begin as early as childhood. A study conducted by Froh, Sefick and Emmons in 2008 examined the effects of a grateful outlook on the subjective well-being of 221 early adolescents in sixth and seventh grade. The children were asked to "count their blessings" and set aside time daily to list what they were thankful for. Results found that counting one's blessings was associated with enhanced self-reported feelings of gratitude, optimism, life satisfaction, and decreased negative affect. Furthermore, exhibiting gratitude correlated to long-term satisfaction with school experience.

Another benefit may be that gratitude journals are a relatively easy and enjoyable way to boost happiness: Parks et al. found that when presented with eight different happiness interventions, gratitude journals were the third most popular (preceded by "Goal evaluation and tracking" and "Savoring the moment.") Similarly, Seligman et al. found that participants were more likely to continue their "three good things" exercise on their own after the one-week intervention than the other exercises.

## A Blessing for Sally!!

As most of you know Sally has been painting towels for several years now. In 2013 she told Harold that she wanted to make a quilt out of squares cut out of her towels. He ironed 6 transfers on each towel, Sally painted them and Harold cut them into squares just like Sally wanted. Sally picked out fabric for the back but the lady who was going to help was no longer available. Harold packed it all away in a tote. It was discovered recently and Barb Grover finished it up. It is absolutely beautiful! Sally was so blessed and thankful that her quilt was completed. It is so special since Harold and Sally did this together.

Barb, you did an amazing job and thank you from the bottom of our hearts!!!

*Sally Horpedahl and her kids*



**Celebrate with family!**

**Thursday, November 22**





Diane (Horpedahl) Murr found this letter from Don Johnson to her dad when the family was sorting through Harold's things. Thanks to Ray Johnson for sharing it.

**EIGHTH ARMY - SPECIAL SERVICES**

December 21, 1950

Pusan, Korea

Dear Harold,

Well, how's everything today. Everything is okay with me. Was cold when we were in the north, but is pretty warm here. You're lucky Harold for clothes. We have no pile jackets, no overshoes, no pile caps. Half the company has parkas, half have snow shoes. I have a pair of snow pack shoes. They don't fit me. Felt jacket and an H.B.T. cap. I have froze my ears once already. I can't figure things out.

Well, the Chinese was after us but we got out before they got us trapped up on the other side of Pyongyang. Then we got down by Seoul. Eighth Army moved us to Pusan about a week ago. We are getting reorganized now, don't know what we will do next. Well, I hope we get home for Xmas next year but it don't look too good. We may get more time in the Army than we signed up for. Haven't had a dress uniform on since the 1st of July. Thank you for the Xmas card. Merry Xmas and Happy New Year to you. Your buddy,

Donald

PS keep up the good work & you will be Sgt. More money!

Alene (Grover) Sladky shared this letter from her dad written two days after the German surrender in World War II. (He had been an MP in liberated France and after the surrender was moved to Germany):

May 10, 1944

Germany

Dear Folks,

Well, we got ourselves a new home again. I guess it won't be too bad. So here is my new address:

Co B 424 Inf Reg - 106 Division

APO 443 NY NY

I hope one can stay settled now. I am getting tired of this knocking around.

Did you get a corn planter or didn't they get enough in so you got one.

I imagine there was lots of celebrating going on when the official word came that Germany surrendered. There were a few flares going off in Paris and Mintz but it wasn't like I expected. The French that were prisoners are on their way home now and they appear to be awful happy. They got French flags flying and the 40 & 8 are all decorated with branches and whatever they can get.

Some of the German people appear as though they are glad its over and others act like a licked pup or sumthing. The church bells ring and lots of people go to church. Wasn't it Hitler that didn't believe in church if I remember right. I was surprised to see it.








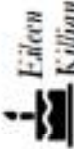



I've never seen so many young kids in all my life. Every girl old enough seems to be pushing a baby buggy. The people are fairly well dressed compared to the French. I suppose they took all the French had and used it on their own people.

The farming in both countries looks like they are 100 years or more behind times. I've seen only one tractor since I left and it was a charcoal burner. I guess I will close now and drop a line when you get the time.

So Long,

Jerry

# NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2	3
4 GREEN 9 am Coffee 10 am Worship	5	6 7 Bible Study 5:30-7:00 PM 	8	9 	10	
11 GREEN 9 am Coffee 10 am Worship Communion <b>VEJERANS DAY</b>  <i>Ruth Farabee</i>	12	13 Concordia Ladies 1:30 pm 	14	15	16	17
18 GREEN 9 am Coffee 10 am Worship	19	20 Newsletter Deadline 	21	22 Thanksgiving 	23 	24
25 GREEN 9 am Coffee 10 am Worship	26 	27	28	29	30 Romeos 7:30 a.m. 	December 1 Tree-Trimming 1:00 pm 

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**November 2018**

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**Concordia News**

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**To submit articles, recipes, announcements,  
etc.**

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**Mail:** Alene Sladky  
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Submission deadline is the 20<sup>th</sup> of the month

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