

November 2020

Holy Apostles “Grapevine”

The Monthly Newsletter of Holy Apostles Episcopal Church

1730 18th Street, P. O. Box 188,
Mitchell, Nebraska, 69357

“If the only prayer you said was thank you, that would be enough.”

— *Meister Eckhart*

Dear friends,

I think we can all agree it's been a rough year with all of us feeling the stress and strain in so many different ways of living through a pandemic and now here we are heading into November, the month of Thanksgiving, and there's a very good chance that your Thanksgiving celebrations will look different than they have in the past with fewer people gathered around your table or perhaps even doing Thanksgiving Dinner via Zoom as my brother suggested this past week.

Which got me to thinking. Thanksgiving itself, is a day generally set apart for giving thanks for all the blessings or gifts that we have received, but I can imagine that for many folk the idea of giving thanks this year might be a struggle.

It is so easy in our world to focus on the bad, on the things that we don't have or the things that have gone wrong and I by no means mean to deny or diminish the impact that those things have on our lives, but if the only things we can see or think about are what's gone wrong or what we lack, we will find ourselves hopeless and depressed. Which is why I think God calls us in scripture over and over again to give thanks, because giving thanks reframes how we view the world and our lives; it gives us hope and reenergizes us for the tasks ahead.

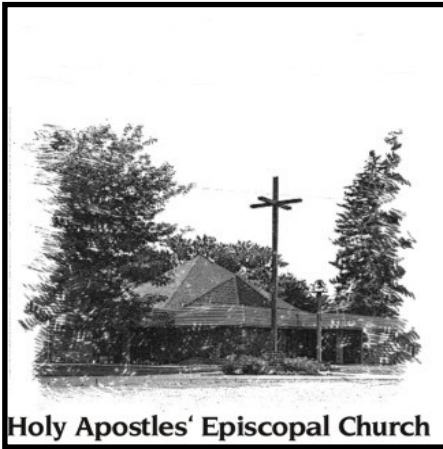
Paul, in his letter to the Philippians, a letter by the way that he writes from jail, writes *“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”* (Phil 4:6-7) And then these words a little further on, *“I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me.”* (Phil 4:12-13).

So as we enter into November and the pandemic continues for the foreseeable future, not to mention the normal trials of life, I want to challenge you to a spiritual discipline of gratefulness, not just on Thanksgiving Day, but throughout the month of November and perhaps beyond. And all you need is a notebook or a few sheets of paper or some means of recording to create a gratitude journal. Then each day, write down at least 3 things that you have to give thanks for and when you are done writing down your 3 thanksgivings, take a moment and say a simple prayer of thanks to God for the gifts that he has given.

I'll start! I am thankful for a God who loves me unconditionally. I am thankful for a warm house on a snowy October morning. I am thankful for a husband who loves me and forgives me over and over and over again even though I don't deserve it. Now it's your turn. I am thankful for....

With gratitude in my heart,
Pastor Sheryl





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 308/623-1969 E
 mail: holyapostlesne@gmail.com
 Sunday Worship@10:30 a.m.
 Office Hours: Mornings-MTW

**Mitchell Ministerial
 Association
Food Pantry**
 Contact Number: 308/641-7326
This month's Food Pantry Request :
Fruit/Vegetable Juices
BackPack Program
This month's BackPack Request:
Individual Cereal Boxes
Thank you for your generosity!

Please note:
**Due to Covid-19
 concerns there will
 be NO joint
 Thanksgiving Dinner
 with St. Francis
 this year**
OR
**Community
 Thanksgiving
 Worship Service**

College Care Packages
Because of complications due to Covid-19, the ECW has decided to send \$20 gift cards (most likely Starbucks) to our college students this year. If you would like to help cover the cost of the gift cards, please send your donation to Maryruth @ 2102 Center Ave, Mitchell, NE, 69357.



FYI-Names and Contact Information

Priests-in-charge:	The Reverend Chris Kester-Beyer	(402)694-9189 (cell)
	The Reverend Sheryl Kester-Beyer	(402)694-9182 (cell)
Deacon:	The Reverend Angela Jones	(308)631-1922 (cell)
Senior Warden:	Maryruth Reed	(308)6263-2491
Junior Warden :	Leann Sato	(308)641-9083 (cell)
Holy Apostles Website:	www.holyapostlesmitchell.org	Facebook: Holy Apostles Mitchell NE

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 dioadmin@episcopal-ne.org (e-mail)

Bishop:	The Rt. Reverend J. Scott Barker	Sbarker@episcopal-ne.org
Canon to the Ordinary:	The Revered Canon Elizabeth Easton	Leaston@episcopal-ne.org
Diocesan Administrator	Lachisha Baskin	Dioadmin@episcopal-ne.org

Covid-19 Update:

As you well know, the pandemic crisis continues to affect (and infect) our lives and unfortunately Covid-19 cases in our state and county have risen dramatically in the last couple of weeks. In response to this rise, Bishop Barker, has set a guideline in consultation with state health experts regarding holding in-person worship. This guideline is based on the seven-day rolling average from data submitted to the State. Based on the present 7-day average, in-person worship has been suspended until further notice.

We will, of course, livestream the Sunday morning worship service and encourage everyone to worship with us online via Facebook Live by visiting our Facebook page or using the link on our website.

Covid-19 Infection Rate Website

If you would like to check the Covid-19 infection rates for our area, go to the website listed below. (FYI, hovering your cursor over the end of the horizontal black line will give you the 7-day average.

The gray vertical columns are the daily rates.) <https://public.tableau.com/profile/healthynebraska#!/vizhome/NebraskaCountyCOVID-19Ratesper100K/CountyRates>

November Birthdays

Nov. 8 Matt Nation

Nov. 11 Lucca Allbaugh

Nov. 8 Mary Newman

Nov. 12 Pat Miyahara

Nov. 9 Matthew Dolberg

Nov. 19 Jordan Knaub

Nov. 10 Pete Okamoto

November Anniversaries

Nov. 22 Jim and Coleen Elliott

November Flowers

There are no flowers listed at this time.



November
29th

*“Let us come into his presence with thanksgiving!”
Psalm 95:2*

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <small>Worship @ 10:30 a.m. on Facebook Live</small>	2	2	4	5	6	7
8 <small>Worship @ 10:30 a.m. on Facebook Live</small>	9	10	11	12	13	14
15 <small>Worship @ 10:30 a.m. on Facebook Live</small>	16	17	18	19	20	21
22 <small>Worship @ 10:30 a.m. on Facebook Live</small>	23	24	25	26 <small>Thanks- giving Day</small>	27	28
29 <small>1st Sunday in Advent Worship @ 10:30 a.m. on Facebook Live</small>	30					

**On November 15th (the 3rd Sunday of the Month)
any cash received will go to the Priest’s Discretionary Fund. Thanks for your generosity!**