

### ***On the mind of the Rev. Adrian Dannhauser...***

About five years ago, my family and I started a practice recommended for cultivating gratitude in children. We created a family gratitude journal, starting with writing Philippians 4:8 on the cover. “Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.”

Every time we sat down to dinner together, we would each name a blessing and then rate it as small, medium or large. In doing so, we sought to identify important values and focus on people and experiences more than stuff — e.g., the kindness of a clerk in the drug store, a teacher’s creativity in planning a fun and interesting lesson, a parent bringing a forgotten lunch to school. The first time we named blessings for the gratitude journal, my daughter, who was nine at the time, led with the largest one possible — “Jesus dying on the cross to save us from our sins.” Way to set the tone.

I’m not sure what happened to that gratitude journal, but we are still in the habit of naming blessings. We certainly did so at the Thanksgiving dinner table. There’s something surprisingly powerful about articulating expressions of gratitude as well as voicing them aloud. Florin Georgescu preached at the Wednesday service of Holy Eucharist last week and offered a number of helpful gratitude practices, including writing a thank-you note and then hand delivering and reading it to the recipient.

This idea reminded me of a recent visit to see our former Music Director, David Ralph, in the hospital. I read to him the many cards and notes parishioners have sent, which touched us both deeply. I also thought about the impact of praying aloud, including the words of the Great Thanksgiving during the Holy Eucharist. The bread and wine are not consecrated without spoken word.

If you haven’t done it yet this Thanksgiving, consider telling someone in your life how grateful you are for them and why. And while you’re at it, thank God for that person too. It’s one of the ways think about “whatever is commendable.... and worthy of praise.” (Phil. 4:8).

Here’s another one. As radical as this may sound, let God thank you. Listen for God’s gratitude. Listen for God’s message, “Well done my good and faithful servant.” Maybe God wants to thank you for helping somebody, or enjoying the beauty of God’s creation, or saying, “I’m sorry.” Receiving God’s gratitude is a way of receiving God’s grace. It’s a way of taking in Jesus’ love for us, which is our spiritual food.

As one parishioner put it on Wednesday, gratitude “lifts you up and changes your mindset.” It also softens our heart, so that when Christ comes again this Christmas, he “may find in us a mansion prepared for himself.” (Book of Common Prayer, p. 160).

---

### **TODAY AFTER CHURCH!**

For those interested in a brief tour of the church’s art and architecture, please meet one of our volunteer tour guides at the Chapel of the Resurrection near the back of the church.

Please join us for Coffee Hour in the Assembly Hall following the 11:00 a.m. service. The Assembly Hall can be accessed through the door next to the pulpit. If you need the elevator, one of our sextons will escort you through the Parish House.

**12:30 to 1:15 p.m.** Sermon Talkback in the Assembly Hall. Grab your coffee and a folding chair for a roundtable discussion with the preacher about the sermon. This will be a time when you can ask questions, give feedback, and help us all to deepen the conversation that the sermon has only just begun.

### **CHRISTMAS FAIR**

**Saturday, December 3, 11:00 a.m. to 6:00 p.m.** Come celebrate Incarnation’s 78<sup>th</sup> Annual Christmas Fair! Enjoy a silent auction, a Christmas boutique, a café and bake sale, as well as the sale of lovely holiday gifts. Parishioners are essential to the Fair’s success. Speak to Laurie Mygatt at Coffee Hour to learn how you can help.

## 20s/30s ST. NICK'S PARTY

**Saturday, December 3, 7:00 to 10:00 p.m.** The biggest party of the year for 20s/30s in the Episcopal Diocese of New York (EDNY) is the annual EDNY "St. Nick's Party." This year, the celebration will be held at Trinity Church Wall Street's version of a "parish house" – Trinity Commons, located at 79 Trinity Place. It's sure to be a festive night, full of all that the season holds. Contact the Rev. Dr. Nate Lee at [nlee@churchoftheincarnation.org](mailto:nlee@churchoftheincarnation.org) to RSVP.

## BE A PART OF OPERATION SANTA

Operation Santa is our annual Christmas service project. Parishioners are invited to select a letter written to "Santa" by a child in need and purchase gifts for that child. This year we are providing presents for 50 children living in a nearby domestic violence shelter. Select a letter from the Operation Santa binder at the back of the church after the service. The binder will also be at Coffee Hour.

## HELP BRING THE CHRISTMAS CHEER!

**Friday, December 9, 2:00 to 3:30 p.m.** Decorate the church for Christmas. Join the fun and enjoy some eggnog as we rekindle the spirit of the season with greens and poinsettias!

**Sunday, December 11, 6:00 to 8:00.** Incarnation's Christmas Party follows our 5:00 p.m. service of Lessons and Carols. The party will be in the church, and volunteers are needed. Contact the Rev. Adrian Dannhauser at [adannhauser@churchoftheincarnation.org](mailto:adannhauser@churchoftheincarnation.org) if you can help!

## NOMINATIONS FOR THE 2023 VESTRY

**Want to nominate yourself or a fellow parishioner for Vestry?** The Vestry of Incarnation plays a vital leadership role in carrying out the mission of our parish, providing counsel, and caring for our facilities. The Vestry Nominating Committee has been formed and is beginning to identify and develop a slate of candidates for the next Vestry class. To suggest someone for consideration, contact the Rev. Adrian Dannhauser or speak with a member of the Committee: Uche Akwuba, Mona Antaramian, Oseloka (Bobby) Chira, Jonathan Vaughan. All nominations must be received by Sunday, December 18. The final slate will be presented to the congregation for approval at the annual meeting in January 2022.

## EVERY WEEK AT INCARNATION

**Sunday Bible Study:** Bible Study is held in the Parish House (and via Zoom) from 10:00 to 10:30 a.m. **PLEASE NOTE THERE WILL BE NO SUNDAY SCHOOL TODAY.**

**Sunday School for Children:** During the 11:00 a.m. service, children ages 3 to 12 depart the service with their teachers for Sunday School in the Parish House. (All teachers have been vaccinated.) Nursery care is provided in the Parish House from 10:45 a.m. to 12:45 p.m.

**Wednesday Holy Eucharist:** Join us each Wednesday at 12:15 p.m. for this Rite I spoken service of Holy Eucharist, which includes a brief homily, organ music, and healing prayer with holy oil.

**Thursday Candlelight Communion:** Join us each Thursday at 6:15 p.m. for Candlelight Communion, a service of Holy Eucharist that incorporates chant and silence as well as elements of contemporary worship. This service is informal and contemplative, with music led by a Cantor and a brief reflection by one of the clergy. You can also stream this service at [youtube.com/churchoftheincarnation](https://youtube.com/churchoftheincarnation).

**Daily Office:** Services of Morning Prayer, Noonday Prayer and Compline are held via Zoom. To view the weekly schedule, go to [churchoftheincarnation.org/worship](https://churchoftheincarnation.org/worship).

*To receive access information for offerings held via Zoom, join our email distribution list by filling out the yellow Connect Card found in your pew or signing up through our website.*