



Elm Grove Baptist Church
 8180 Barksdale Boulevard
 Bossier City, LA 71112

White Steeple Banner

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"In everything give thanks; for this is God's will for you in Christ Jesus."
 (1 Thessalonians 5:18)

Robert Emmons, PhD, a professor of psychology at the University of California, Davis, and psychology professor Michael McCullough of the University of Miami, have long been interested in the role gratitude plays in physical and emotional well being. They took three groups of volunteers and randomly assigned them to focus on one of three things each week: hassles, things for which they were grateful, and ordinary life events.

The first group concentrated on everything that went wrong or that irritated them. The second group focused in on situations they felt enhanced their lives, such as, "My boyfriend is so kind and caring—I'm lucky to have him." The third group recalled recent everyday

events, such as, "I went shoe shopping."

The results: The people who focused on gratitude were happier. They saw their lives in favorable terms. They reported fewer negative physical symptoms such as headaches or colds, and they were active in many ways that were good for them. Those who were grateful quite simply enjoyed a higher quality of life.

Emmons was surprised. "This is not just something that makes people happy, like a positive-thinking/optimism kind of thing. A feeling of gratitude really gets people to do something, to become more pro-social, more compassionate." Such was not the case in either of the other two groups.

Of course, God's people do not need a scientific study to tell us that an attitude of gratitude creates a positive outlook on all of life. We also don't need a day placed on the calendar to remind us to be thankful. Every time we gather for worship, we are expressing our thanksgiving to God for His

abundant mercies and His continued goodness toward us.

Thanksgiving toward God does several things for us:

- It helps us to remember that God is sovereign in our lives
- It helps us overcome envy concerning what we don't have
- It helps us to recognize our dependence upon God
- It helps us to remain humble
- It helps us to realize that life's difficulties never outweigh God's goodness

So as the Psalmist has said,

"Give thanks to the Lord for He is good;
 For His loving-kindness is everlasting." (Psalms 136:1)

The Shepherd loves the Sheep

Bro. Brian



NOVEMBER BIRTHDAYS

Linda Young	2nd
Pam Marange	4th
Diana Lott	5th
Leilani Wray	5th
Nell Sparks	6th
Brett Frazier	8th
Chad Lawless	20th
Erin Phipps	21st
Loyce Anderson	22nd
Jimmie Hudson	23rd
Susan Merriott	25th
Linda Brown	29th

Anniversaries

Patrick & Jessica Humphrey
17th



CHARLIE'S CHATS

We are working on the Christmas Program "*Mary Did You Know*" every Wednesday starting at 6:30. Thanks to all of you who are so faithful to come to all the rehearsals! We welcome anyone interested in joining us! It's not too late...there's a place just for YOU!

We encourage you to come to our Family Fall Festival Sunday from 6 to 8 p.m. There will be games for the kids, bounce house, hot dogs to eat and best of all...it's free!



SUNDAY SCHOOL
Make the Connection with Others



Set Your Clocks Back!

SUNDAY, NOVEMBER 6TH

WEEKLY EVENTS

Sunday	
Sunday School	9:30 a.m.
Morning Worship	10:45 a.m.
Evening Worship	6:00 p.m.
Wednesday	
Fellowship Supper	5:30 p.m.
Children's Worship	6:30 p.m.
Youth Worship	6:30 p.m.
Prayer Meeting	6:30 p.m.
Praise Choir	6:30 p.m.



**October 31st
6 to 8 p.m.**

**Join us for
FUN ■ FOOD ■
FELLOWSHIP**

**Needs: E-Z Up
Canopies, Candy,
Cakes for Cake Walk
Volunteers**



Fundraiser Lunch

Sunday, Oct. 30th
after Morning Worship
(proceeds go to help fund Youth to YEC)



Samaritan's Purse

Operation Christmas Child

We will have a Shoe Box Pack & Pray party Sunday, November 6th immediately after Morning Worship.

MONTHLY MEETINGS

Church Council -
Nov. 6th @ 5 p.m.

Business Meeting -
Nov. 13th @ 7 p.m.



Fellowship

Saturday, November 5th
from 1 to 4 p.m.

Billy & Nancy Lockey's
Home

† † † † † † † † †

Branson at Bethany

Tuesday, December 6th
at 2 p.m.



**Church-Wide
Thanksgiving
Dinner**

**November 20th
After Morning Worship**

**Bring your favorite
covered dish!**



Our prayer for you this season is that your hearts and lives will be increasingly thankful to the Lord for His eternal love, grace, peace, and presence in your life.