



Oct. 9, 2024

As we are about to sit with loved ones for Thanksgiving dinner, here is an article I found online by Tony Robbins on being thankful and grateful.

“Thanksgiving is one of the best times of the year. It’s the start of the holiday season, a chance to get together with loved ones, and a time to eat plenty of delicious food. For some, it can also be a time of stress and anxiety – hosting Thanksgiving dinner and dealing with complicated family relationships.

Whether you’re excited for the holidays or a little anxious, take the opportunity the holiday presents to slow down. Practice Thanksgiving gratitude for all the blessings in your life instead of focusing on the negatives. Then, think about how you can extend this season of gratitude to improve your entire life year-round.

What does it mean to have a grateful Thanksgiving?

The relationship between gratitude and Thanksgiving is deeply ingrained in the holiday. Some of us grew up going around the table and sharing something we’re thankful for each year. Quotes about gratitude and Thanksgiving pop up on our social media feeds along with hashtags like “#blessed” and “#thankful.” There’s no doubt these feelings are sincere, but there’s a difference between being thankful and being grateful.

Being thankful is a fleeting moment, a feeling. It’s when your partner takes care of the chores or errands. Or when a coworker covers for you at work. When a stranger finds and returns your wallet. On the other hand, being grateful is a mindset. It’s a state of grace of constant thankfulness. It’s an appreciation for all that life brings, good and bad – because even our worst moments can shape us in positive ways. When you not only have Thanksgiving gratitude but also gratitude for life itself, you’ll find fulfillment in life.

How do you express Thanksgiving gratitude?

The season of gratitude is an excellent time to get started creating the habits that will lead you to an abundance mindset.

- **Give back.** Volunteer, make an extra meal for your neighbor, donate money or invite someone to dinner who doesn’t have anywhere to go. Giving back fulfills our deepest human needs.
- **Be present.** Oftentimes the gift of presence is the greatest gift we can give our loved ones. Use the time around Thanksgiving to reconnect with friends and family. Put down your phones, be completely present, and magic will happen.
- **Trade expectations for appreciation.** It’s easy to let family arguments or conflicting personalities get in the way of a grateful Thanksgiving. But when you let go of expectations and search for what you appreciate about each person in your life, your world changes.
- **Share memories and goals.** The holidays are all about creating and sharing memories. Remember the past year, relive your favorite moments and find the good that came from the bad. You’ll feel closer to your loved ones and discover a more meaningful type of Thanksgiving gratitude.

Experience the season of gratitude year-round

A grateful Thanksgiving can be the start of a grateful life. It's a chance to re-energize your body and mind, refocus on your goals and reconnect with what matters most in life. Find a job you love and excel at work – or start a business of your own. Find a passionate relationship and show up to your existing relationships. Don't just discover your peak state but live in it every day.

You can do all of this by shifting your focus because where focus goes, energy flows. Instead of feeling frustrated or angry, ask yourself, "What could I be grateful for right now?" Realize that life is happening for you, not to you. You choose the meaning that you assign to your experiences. This realization will revitalize your life and give you the energy and vitality you need to achieve everything you want and more.

Quotes on Thanksgiving and gratitude

- *"When you are grateful, fear disappears, and abundance appears." – Tony Robbins**
- *"Trade your expectations for appreciation and your whole world changes in an instant." – Tony Robbins**
- *"I started out giving thanks for small things, and the more thankful I became, the more my bounty increased." – Oprah Winfrey**
- *"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." – John F. Kennedy**
- *"No one has ever become poor by giving." – Anne Frank**
- *"Be present in all things and thankful for all." – Maya Angelou**
- *"Thanksgiving is a joyous invitation to shower the world with love and gratitude." – Amy Leigh Mercree**
- *"I am grateful for what I am and have. My thanksgiving is perpetual." – Henry David Thoreau**
- *"Thanksgiving isn't just a day. It's a way we can live our lives every day." – Katrina Mayer**
- *"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." – William Arthur Ward**

This Thanksgiving don't just be thankful. Realize that you are truly blessed and practice a deep and unwavering Thanksgiving gratitude that will last not only through the holidays but throughout your entire life.



NEWS AND ANNOUNCEMENTS

Information regarding Irene Cherniak's Visitation and Funeral

Visitation

October 10, 2024
Cardinal Funeral Homes
92 Annette Street
6:00 PM – 8:00 PM

Funeral Service

October 11, 2024
Cardinal Funeral Homes
92 Annette Street
10:00 AM

<https://www.cardinalfuneralhomes.com/obituaries/mrs-iraida-cherniak/>

Lenore's Contact Info

Here is Lenore's new contact information.

Bough Beeches Place
1130 Bough Beeches Blvd. Room 93
Mississauga, On
L4W 4G3

Tel: 416-621-7380

Request from Olive S.

Olive needs assistance getting groceries from no Frills. If you can help her out, please contact her directly.

A Fall Devotional Update: UPDATE!!!

A **new** edition of **These Days** (October/November/December), as well as the current edition of **Our Daily Bread** (September/October/November) are available on the table in the church vestibule and in the devotional box on the church porch.

Thanksgiving Food Drive



Outreach is organizing a food/cash drive for the St James Food Basket to provide them with selected items for their client families. Please bring in cans of tuna, canned soup (without meat – examples would be vegetable, tomato, mushroom) and packages of Kraft dinner. We will put a wheelbarrow at the front of the church to hold your items. If you prefer, you can make a cash donation (cash, cheque or e-transfer) which will be used to buy these items in bulk by the Food Basket. Please mark your donation for the Outreach account and include your envelope number. Let's aim to fill the wheelbarrow to overflowing by Sunday, October 20th and share our blessings with those who are struggling to make ends meet.



"Soup by Dave" Luncheon

Outreach will be hosting our third "Soup by Dave" luncheon on Thursday, October 24th at 11:30 am in the downstairs hall. Chef Dave Taylor will be preparing minestrone soup for the lunch and will demonstrate how to make it for us. Every guest will receive a copy of his recipe. We are very pleased to have "Chef Dave" share his culinary talents with us and know that he will provide us with another lively presentation and time to ask questions about the soup. There will be a sign-up sheet on the bulletin board in the front foyer. Please plan to attend and invite your friends to join you. Free Will Offerings will be gratefully accepted.



Pastor Eric has a spare bike (the one with the brown handles) which he would like to give away to a member of the congregation who may want it, or who may know of someone who could use it. Let Pastor Eric know if you are interested.

Coffee/Tea Sign - Up is Here Again



The sign-up sheet for coffee/tea service after worship is on the bulletin board opposite the kitchen downstairs. Please sign yourselves up or sign up your committee so that our Fellowship time after church can continue.
October – Outreach Team

Fall Bible Study

Our fall Bible Study takes place on Tuesdays at 11:00 AM and will run until Nov. 12. Our topic will be the series The Chosen - Season 4 which will take us up to the ride into Jerusalem on Palm Sunday. This season is awesome, as I have already seen all 8 episodes and each one is better than the last. Come one come all. You will not be disappointed.



PRAYER REQUESTS AND PASTORAL CARE

* Pray for the people of war-torn countries who are living in fear and uncertainty. Pray for those close to home who need your special love and guidance during trying times.

* **Anna Cherniak writes:** "It is with sadness and yet with great joy that we celebrate my mother's passing into God's hands. Iraida Cherniak, known as Irene at church, passed on Friday, October 4th, 2024, with her daughters at her bedside.

To all who knew her, she was a great lady, a talented musician, and an intellect who took a great interest in literature. She was also a wonderful mother who taught her daughters important life values and how to live a spiritual and meaningful life. At Graceview Presbyterian Church, she will be remembered as a singer with the choir and a pianist.

She was a gracious yet humble lady who loved life and gave much to her fellow man. She is finally home."

In Remembrance,

Anna Cherniak

- * **Bob Nancarrow** is in hospital.
- * **Roman Parypa** had surgery and is doing well.
- * **Jean Fox** writes: "I just found out that **Ryan** went for a checkup at the doctor, and they found tumors. He is now on chemo again.

- * Please keep in your prayers the following: Lenore C., Nancy G., Charlotte Prentice, Joan and Peter K., Margaret M's brother, Simon, the Jarvis family, Olive S. and Gordon F. Please keep these folks, and indeed everyone in our church family and people around the world, in your prayers.

Note from your editor: Could you please advise us from time to time on the status of your loved ones so that updates can be recorded and shared to prove that the power of prayer does work miracles.



Sing! Etobicoke, Encore, 2024 Fall Schedule

Date	Start Time	Location	Workshop Theme	Registration Link
21-Oct-24	9:30 AM	GV	Road Trip	F24SE2
28-Oct-24	9:30 AM	NPCC	Hallowe'en, Ghosts & Spirits	F24SE3
04-Nov-24	9:30 AM	Fellowship	Lean on Me	F24SE4
11-Nov-24	9:30 AM	NPCC	Remembrance	F24SE5
18-Nov-24	9:30 AM	GV	In the Twilight	F24SE6
25-Nov-24	9:30 AM	Fellowship	Guest Day (Chihiro?)	F24SE7
02-Dec-24	9:30 AM	GV	Looking Forward	F24SE8
09-Dec-24	9:30 AM	NPCC	Holiday Guest Day (Men Aloud)	F24SE9
16-Dec-24	9:30 AM	GV	Holiday	F24SE10



UPCOMING EVENTS

- * Tuesdays @ 10:00 AM – Walking Group – All are welcome
- * Thursdays @ 2:00 PM – Worship service at Centennial Park Place
- * Tuesday, Oct. 15 @ 11:00 AM Bible Study “The Chosen”- Season 4 – Episode 4
- * Sunday, Oct. 13- following worship – Membership Class
- * Thursday, Oct. 17 @ 6:30 PM – Choir rehearsals begin
- * Sunday, Oct. 20 – Boris’ first Sunday at Graceview
- * Monday, Oct. 21 @ 9:30 AM – Sing! Etobicoke @ Graceview
- * Thursday, Oct. 24 @ 11:30 AM – Another “Soup by Dave” event!
- * Sunday, Nov. 3 @ 10:30 AM - Remembering Tree Service
- * Sunday, Nov. 10 @ 10:30 – Remembrance Day Service
- * Friday, Nov. 15 @ TBA – Chef Keith Hoare and his students at TCI will be serving dinner at Graceview.
- * Friday, Nov. 29 – Deck the Halls
- * Monday, Dec. 2 @ 12:30 – Advent lunches begin. (There will be a sign up for this)

*Our services are now live streamed. Go to the church’s website (www.graceview.ca) to click the link for the most recent worship services on YouTube.

* We also have our own Facebook page. (Graceview Presbyterian Church). This site shows the world all that we are and what we have to offer as a church. Check it out and be sure to “follow.”

Prayer Roster

Lay Readers

Welcome and Announcements

Oct. 13	Maureen Screen	Al Bishop	Susan Chopp
Oct. 20	Errol Baldeo	Lynne Bishop	Bob Twynam
Oct. 27	Ethel Waite	Anna Cherniak	Nancy McPherson
Nov. 3	Susan Chopp	Nancy Green	Lynne Bishop
Nov. 10	Nancy McPherson	Harry Learoyd	Susan Chopp
Nov. 17	Eric Lee	Chris Parr	Kathy Twynam
Nov. 24	Kathy Twynam	Susan Chopp	Bob Twynam
Dec. 1	Eric Lee	Bob Twynam	Nancy McPherson
Dec. 8	Chris Parr	Jean Fox	Susan Chopp
Dec. 15	Margaret Munene	Maureen Screen	Lynne Bishop
Dec. 22	Eric Lee	Margaret Munene	Bob Twynam
Dec. 29	Bob Twynam	Georgena Engineer	Kathy Twynam

WEEKLY GIGGLE

The Pastor was preoccupied with thoughts of how he was going ask the congregation ...

... to come up with money for the repairs of their church building. Therefore, he was annoyed to find that the regular organist was sick, and a substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here’s a copy of the service" he said impatiently, "but you’ll have to think of something to play after I make the announcement about finances."

During the service, the minister paused and said, “Brothers & Sisters, we are in great difficulty, the repairs cost twice as much as we expected, and we need more. Any of you who can pledge \$1000 or more, please stand up.”

At that moment, the substitute played, “The Canadian National Anthem”
The substitute immediately became the regular organist!

Do you have any news or prayer requests that you would like to share? Drop me a line and I will be happy to include it in the Weekly Email. Have a blessed week, everyone.

Susan choppertini@hotmail.com

Contact information for Pastor Eric Lee: 778-791-1741; leefyeric@gmail.com

NB: If the phone number for Pastor Eric does not connect you immediately (technical issues?) call the church (416-621-0888) and press #1 for Pastor Eric.

Email for Iris: ericirishk@gmail.com

* Message from **Pastor Eric**: “FYI the Graceview website page below has been revamped, so as to keep people updated of our activities and events. Visit us and enjoy all that is good about Graceview”.

<https://graceview.ca/calendar-events>

OCTOBER

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Walking Group 10:00 *Bible Study	2	3 Service @ CPP 2:00 PM	4	5
6 *Communion *Membership Class 1	7 Sing Etobicoke @NPCC	8 Walking Group 10:00 *Bible Study 11:00 * Craft Club – 11:00	9	10 Service @ CPP 2:00 PM	11	12
13 Thanksgiving Sunday Membership Class 2	14	15 Walking Group 10:00 *Bible Study 11:00	16	17 Service @ CPP 2:00 PM Choir practice 6:30 PM	18	19
20 Rev. Jan Hieminga	21 Sing Etobicoke @GV	22 Walking Group 10:00 *Bible Study 11:00	23	24 *Service @ CPP 2:00 PM *Soup by Dave 11:30 Choir – 6:30 PM	25	26
27 Tim Connor	28 Sing Etobicoke @NPCC	29 Walking Group 10:00 *Bible Study 11:00	30	31 Service @ CPP 2:00 PM Choir practice 6:30 PM		

*CPP = Centennial Park Place