



+Christian Symbol+

St. Andrew's Cross

This cross is a symbol of humility and suffering. It first came into use during the Middle Ages. According to tradition, St. Andrew was crucified while preaching in Greece. He felt unworthy to be crucified in the same way as Jesus, so he begged that his cross be made differently. St. Andrew's cross is the national cross of Scotland. It's also called Cross Saltire.

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Chapel News

Return Service Requested

Christ Evangelical Lutheran Church
337 Farview Avenue
Paramus, New Jersey 07652

Chapel News

CHRIST EVANGELICAL LUTHERAN CHURCH'S MONTHLY NEWSLETTER

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Sexton	Bob Sakala
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Growing Through Gratitude



Thankfulness, studies show, has multiple physical, mental and emotional benefits. Psychologist Robert Emmons calls gratitude “fertilizer for the mind” because of its powerful effects.

He admits gratitude isn't always easy — especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn't grateful for the experience at the

time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. “Give thanks in all circumstances,” he writes, “for this is God's will for you in Christ Jesus” (1 Thessalonians 5:18, NIV).

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Strangers No More

Some people open their holiday meals to strangers, and one host even did so inadvertently. In 2016, Wanda Dench texted 17-year-old Jamal Hinton about Thanksgiving dinner, thinking she was contacting her grandson. When a skeptical Hinton requested a photo and received a selfie of someone with a different skin color, he chuckled — but then asked if he could still come eat! Thus began a new friendship and a new annual tradition, which Hinton documents online. “Family is more than blood,” says Dench. “It's the people you want to be with.”

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Bible Quiz



After Jesus healed 10 men at one time, how many returned to thank him? What had been their ailment?

- A. five; blindness
- B. all 10; deafness
- C. one; possession by demons
- D. one; leprosy

Answer: D (See Luke 17:11-19.)



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FROM THE PASTOR

I cannot believe there are less than two months left to this year. As we reflect on the year 2020, what words come to mind? For me it would be "COVID 19" and "Pandemic". How about you? I imagine we are all thinking the same thing.

The pandemic has changed everything as we know it. From now on things will always be divided into before the pandemic and after. It has changed what we do, how we gather, and who we do it with. Our church life has also been impacted by it. Since March we have gathered individually at home with our worship bulletin with reflection, or online. We had a couple of virtual coffee hours along the way. It was nice to see some familiar faces. Finally, in September we were able to meet outside among nature. Those that were able to attend worshipped physically together, with appropriate physical distancing. Beyond that we tested the waters with a trial indoor service. We needed to see how best to transition from an outdoor service to an indoor service, while keeping all of our church family safe.

As faithful people of God we have changed our way of gathering on Sundays, but gather we did, and we will continue to do so despite the current situation. Going forward we will adopt a new way, and it will look different than before, but no matter how things change, we are still here as a congregation.

Now that the colder months are upon us, a decision had to be made as to what our gatherings will look like. The

Council and I discussed the best way for the people of God to worship as safely as possible. This is what we decided:

For November only, we will worship outside on November 1, 8 and 15 at 10:30 am. On November 22, we will worship in the church at 10:30 am, if we have enough volunteers to serve and assist. November 29 will be a completely virtual service — no worship services will be held outside or inside on this date. Upon evaluating the indoor service on October 25, we found that many did not adhere to the guidelines we set — not arriving early enough to allow time to have temperature taken and complete the health form, singing the hymn. In order to continue to have indoor worship during this pandemic, it is imperative that we all follow the guidelines as laid out in my weekly letter prior to an indoor worship. We are trying to find a more creative way to gather as a congregation. If you have any suggestions, please contact me!

Siblings in Christ, I understand our decision will not satisfy everybody, and some of you may feel that your opinion was not heard. However, we have endeavored to do what is best during these difficult times. In the end, our purpose in being a church is to share the gospel of Jesus with the rest of the world, and we are always finding new ways to do it. Will it work? Will it not work? I do not know, but we will put our trust in God who will walk with us every step of our journey.

In Christ, Pastor Hayley

God is Love

-1 John 4:16

Please Pray for These Loved Ones

Donna Archer, Karen Bartholomew, Kathleen Bhargava, Chris Brooks, Maggie Brower, Young Hee Choi, Lillian Cooper, Ken Cutler, Ron DePue, Rich Dugan, Nora Edwards, the Fernandez Family, Al Frielink, Krista Fuchs, Mark Hallwell, Mary Carolyn Harrison, Diane Hesse, Jae Hee Kim, Terry Klotz, Nadine Kohn, Soon Hoi Koo, Dennis and Jennifer Kruk, Anna and Walter Kruk, Bill Kyritz, Rich Lindeberg, Renee Lomelino, Kaethe Lorch, Marie Lupinski, Dennis Marinkovich, Dorothy Mulroe, Emma and Richard Murphy, Amy Nywening, Lionel Ortega, Shepard Palance, Sam Ralston Sr., Karen Richardson, Doris Robinson, Cathy and Roger Schramm, Evelyn Schramm, Yorg Schultheis, Michael Siekmann, Nancy Sweet, Marge Tomaselli, Jaime Battaglia van Dam, Jennifer van Dam, Lenny van Dam, Jennifer Viehmeyer, June Ward, Irma Weishaupt, Louis Wernick, Robert Wiederschall, Elenor Witte, Paul Witte and Claire Zimmerman

And those serving in the military...

Ryan Coiley, Bryant Rodriguez Cyriax, Greg Flintall, Daniel Jaichner, Devin Vega and Rachel Zarnke

And those who can't always be with us...

Al Frielink, Grete Potts and Irma Weishaupt

If you would like someone to be added to or removed from the prayer lists, please contact the Church Office at 201-262-0138.

CHRIST EVANGELICAL LUTHERAN CHURCH'S CALENDAR OF EVENTS

NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>All Saints' Day</p> <p>Outdoor Worship Service (Lawn) 10:30am</p> <p><i>Park in back lot and please bring your own chair.</i></p> 	<p>2</p>	<p>3</p>  <p>Election Day</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p>  <p>Outdoor Worship Service (Lawn) 10:30am</p> <p><i>Park in back lot and please bring your own chair.</i></p> 	<p>9</p> <p>Lectionary Bible Study (Virtual) 11:00am</p>	<p>10</p>	<p>11</p>  <p>Veterans Day</p>	<p>12</p>	<p>13</p>	<p>14</p>
<p>15</p>  <p>Outdoor Worship Service (Lawn) 10:30am</p> <p><i>Park in back lot and please bring your own chair.</i></p> 	<p>16</p> <p>Lectionary Bible Study (Virtual) 11:00am</p>	<p>17</p>	<p>18</p>	<p>19</p> 	<p>20</p>	<p>21</p>
<p>22</p>  <p>Worship Service (CH) 10:30am</p> 	<p>23</p> <p>Lectionary Bible Study (Virtual) 11:00am</p>	<p>24</p>	<p>25</p>	<p>26</p> <p><i>Thankfulness & Praise</i></p> <p>Thanksgiving Church Office Closed</p>	<p>27</p> <p>Church Office Closed</p>	<p>28</p>
<p>29</p>  <p>First Sunday of Advent Virtual Worship Service 10:30am</p>	<p>30</p> <p>Lectionary Bible Study (Virtual) 11:00am</p>					<p>(CH) Church (FH) Fellowship Hall (FR) Family Room (OB) Office Building (PA) Parsonage</p>