

Welcome

to



GraceUnion
CHURCH

Encountering Grace through Jesus, right where we are.
Being moved by Grace toward all God has for us.

3900 Union Rd, St. Louis, MO 63125 | graceunionstl.org
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WELCOME TO GRACE UNION

Thank you for joining us today! If it's your first time with us, please stop by the Connect Center in the lobby for a free gift. We'd love to meet you.

GU News & Events

STRAIGHT OUTTA BETHLEHEM - Christmas Program

PARENTS AND STUDENTS grades 1st-12th! Today's practice is for students with **speaking parts in Scenes 8-9**. Nov. 17 we will construct and paint the set and props. Anyone with tools or willingness to help is welcome! If you have any questions please contact Mindy at mindyadams82@gmail.com or Karen at karenmomma@live.com.

OCC PACKING PARTY - TODAY

We invite anyone who is able to stay after service to pack Operation Christmas Child Shoeboxes. Pizza and salad lunch will be provided. Stop by the OCC table in the lobby today for more information, or you can contact Chris Pahner at craffycrispy@yahoo.com.

Grace Union will be a Relay/Collection Center again for the area! If you would like to help receive shoeboxes see Dale or Kirstie Dean today, or contact them at daleandkirstie@att.net. The schedule is below. They will also be taking a team to the National Collection Center in Boone, NC the week of Nov. 25; there are 3 spots available. Be sure to visit graceunionstl.org for all of the OCC details!

Relay Center Schedule

M-F	Nov 12-16	4-7:30 pm
Sat	Nov 17	12-3 pm
Sun	Nov 18	12-3 pm
Mon	Nov 19	10 am - 2 pm



Over the next few weeks we invite you to visit us online to see videos from our GU members sharing what they are most thankful for!

Graceunionstl.org | [Facebook.com/graceunionstl](https://www.facebook.com/graceunionstl)



If you are new to GU, we invite you to lunch after service Sunday, November 18th. You'll be able to get to know the pastors and ask any questions. We look forward to meeting you! Contact Pastor Bob at bobpoley78@gmail.com.



Thanksgiving Dinner

GU FAMILY ROOM – 2 PM

HOSTED BY: LANCE & CARRIE CLIFTON

RSVP TO: 314.280.3459 | LCCLIFTON@AOL.COM

For individuals/families who have no other local family, are single parents, or are in a situation not allowing for a home-made meal. Celebrate with us!

Lance & Carrie Clifton will be hosting a GU Family Thanksgiving dinner here in the Family Room. If you don't have family in the area, are a single parent, or don't have a traditional dinner planned, we'd love for you to celebrate with us! We'd like everyone who is able to bring a side to share. Please RSVP to Carrie by November 18th. Call or text 314.280.3459, or email lclifton@aol.com. Carrie will also be in the lobby after service.



*Ladies
Christmas
Party*



SUNDAY, DECEMBER 2
5 PM | FAMILY ROOM



Christmas Season

at  GraceUnion
CHURCH

<i>The Gift Series</i>	<i>Children's Production</i>	<i>Christmas Eve</i>
DEC 2,16,23 10AM	DEC 9 9AM & 11 AM	DEC 24 6PM

THANKFUL (Part 1): Thought Chooser

Luke 17: Story of the 10 Lepers

- Jesus restored the physical feeling of all 10 men, but only 1 seemed to have a heart that could feel.
- A grateful heart is a blessing that just keeps on giving!
 - With any blessing the experience itself is only the First Phase of the blessing; living in, thinking about, pondering, and rejoicing in the light of the experience transforms life going Forward.

I. Problem: We often suffer from Leprosy of the Heart

- A. Is it possible that you and I actually swim in seas of blessing, but we have somehow altered ourselves in such a way that we cannot even feel it?
- B. When we get into the right place mentally we could go on for hours naming Blessings in our lives that tend to go unnoticed.

II. One Key to a Thankful and Sensitive heart is to Focus on the Right Things.

Philippians 4:8 – And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- A. **We fail to feel blessed when we focus on the wrong stuff.**
- B. When it comes to thoughts, we are instructed to carefully create the guest list.
- C. **Regardless of the facts about our relative wealth, many of us struggle with feelings of Anger, Resentment, and Fear over our financial and social position and our prospects for the future.**
- D. By deciding the thoughts that we will Rehearse in our minds we decide the kind of life we end up experiencing.

III. We are instructed to Consciously Calibrate the thoughts we allow.

- A. **Sensory Gating:** describes neurological processes of filtering out redundant or unnecessary stimuli.

- B. For some of us who perceive a lack of God's blessing, the issue is not that we are getting less blessing.
- We have allowed ourselves pay so much attention to the negative that our Sensory gate blocks our blessing and Magnifies the Negative to our conscious mind
- C. Our thought life is supposed to be Assignment Based not Free Flow.

IV. There is a big difference between Living In and Passing Through

- A. As life requires us to, deal with difficult situations and mentally Pass Through them.
- Refuse the temptation to Live in them

V. Summary

- A. A life of thankfulness is a life of Blessing. We choose for or against Blessing by what we choose to pay attention to.
- B. Quote: Todd Weir – "Gratitude is so much more than a social courtesy. Gratitude is a life affirming, hope-building, relationship enhancing, community-strengthening, justice seeking practice."

2018 PRAYPURSUEPARTY

NOVEMBER

7 Wednesday Night Experience
 12 OCC Relay Center Open
 18 Who We Are Lunch
 22 GU Thanksgiving Dinner
 25 OCC Trip to Boone, NC
 5,12,19,26 Food Addicts Anonymous

DECEMBER

2 Healthcare Team Meeting
 2 Ladies Christmas Party
 8 Kids Dress Rehearsal
 9 Straight Outta Bethlehem (2)
 18 Water Baptisms
 22 Men's Breakfast
 24 Christmas Eve Service
 31 Youth Lock-in
 3,10,17 Food Addicts Anonymous

* See graceunionstl.org or [Facebook.com/graceunionstl](https://www.facebook.com/graceunionstl) for details about these and other GU Events! *

WAYS TO CONNECT



SUNDAYS @ 10AM
 Nursery-Elementary



PRAYER NEEDS
 Email: gucprayer@gmail.com



SUNDAYS
 Adults Group @ 9am



SUNDAYS (Middle School) @ 10:15
WEDNESDAYS (Gr 6-12) @ 6:30PM



6:30pm
 Nursery Care | PreK/K Awana | Elementary Awana
 Adult Service (Main Auditorium)

WAYS TO GIVE



ENVELOPE
 Offering/Giving Box



TEXT TO GIVE
 314.888.5188



ONLINE
graceunionstl.org

OUR STAFF IS HERE TO SERVE YOU

- **Rev. Bob Poley, Lead Pastor**
bobpoley78@gmail.com
- **Rev. Jason Myers, Associate Pastor**
jscott5157@gmail.com
- **Patrick Daniels, Student Ministry Pastor**
patrickdaniels1137@gmail.com
- **Carrie Indelicato, Worship Leader**
cindelicato@live.com
- **Crystal Myers, Early Childhood Director**
crystaldawnmyers@gmail.com
- **Carrie Clifton, Publications & Media**
lcclifton@aol.com