



Mt. Lebanon
Christian Church

MLCC Newsletter - October 2024



Worship with Us

In-Person or Facebook Live

Traditional Worship: Sunday at 11:00 AM
CAYA Contemporary Worship: Sunday at 6:00 PM

Mt. Lebanon Christian Church
367 Cedar Blvd
Pittsburgh, PA 15220

<http://www.mtlebocc.org>

Dr. Cindy McClung: minister367@mtlebocc.org
Assistant Minister: The Reverend John McCarty: john.mccarty@mtlebocc.org

Our Mission:
Serving Christ!
Living and Sharing Faith, Hope and Love



Minister's Message

Gratitude. November is a time of year that we are reminded to give thanks to God and to others. Scripture is full of thanksgiving to God. Scripture reminds us that we should give thanks in every circumstance. This November at MLCC, we are encouraging all of you to participate in the 30 Day Gratitude Challenge.

Each week features an area of focus. Each day has a suggestion or something to do to show gratitude.

Having an attitude of gratitude helps you in body, mind and spirit. Gratitude gives us a more positive outlook on life. Expressing our gratitude to others is important for relationships. We shouldn't wait until someone passes away to acknowledge how much they have meant to us, or the impact that person has made on our lives. Gratitude is a choice we make each day. I share these thoughts from Henri Nouwen about choosing gratitude.

"The Choice of Gratitude" by Henri Nouwen

Gratitude...goes beyond the "mine" and "thine" and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint....The choice for gratitude rarely comes without some real effort. But each time I make it, the next choice is a little easier, a little freer, a little less self-conscious....There is an Estonian proverb that says: "Who does not thank for little will not thank for much." Acts of gratitude make one grateful because, step by step, they reveal that all is grace. (Daily Meditation, July 2, 2020 [Henri Nouwen Society](#))

As you express your gratitude, may your blessings overflow!

Cindy

Support MLCC

Mail Checks to: Mt. Lebanon Christian Church - 367 Cedar Blvd. - Pittsburgh, PA 15228

Or Give online at mleboecc.org

Or **Online Giving** available through our Givelify by clicking on <https://giv.li/rwhcas> or clicking on the QR code below



Your gift of time, talent or treasure enables MLCC to serve Christ by living and sharing faith, hope and love.

It's simple to donate once or set up reoccurring donations using the Give link. Options for giving include helping with Building Maintenance projects and Community Outreach programs.

There are plenty of ways to get involved. Volunteer opportunities include:

AV Tech - Contemporary Worship Musicians - Social Media - Child Care Nursery - Small Group Leader - Landscaping - Greeter - Community Service - Event Planning
For more information about volunteering contact John McCarty.

November Outreach

Coming to a church narthex near you:

The Giving Tree to support Kane Senior Living will be set up Sunday November 24, the church decorating day, with names and gift suggestions for residents.

Simply choose a tag from the Giving Tree in the narthex and return your wrapped gift to the narthex by Sunday, December 7. More information to come.

November Outreach

Gratitude Challenge

Week 1: Gratitude for God's Creation

Focus: Appreciating the beauty and blessings of the world around us.

- Day 1: Start the day by thanking God for the sunrise or the beauty of nature around you. Take a walk or spend time outside in reflection.
 - **Day 2:** Write a prayer of gratitude for one aspect of creation that inspires you, whether it's the ocean, the mountains, or a simple flower.
 - **Day 3:** Take a picture of something in nature that makes you feel thankful, and share it with the church on social media or during fellowship.
 - **Day 4:** Practice mindful eating by thanking God for each bite of food, recognizing where it comes from, and those who helped provide it.
 - **Day 5:** Thank God for the changing seasons and reflect on how each season reminds us of God's faithfulness and provision.
 - **Day 6: Spend time caring for creation—plant something, pick up litter, or find another way to nurture the environment.**
 - **Day 7:** Reflect on Psalm 19:1: "The heavens declare the glory of God; the skies proclaim the work of His hands." Write down what this verse stirs in your heart.
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Week 2: Gratitude for Relationships

Focus: Acknowledging the people in our lives who bring us joy and support.

- **Day 8:** Send a note or text of appreciation to someone in your church who has impacted your faith.
 - **Day 9:** Pray for three people who have encouraged or supported you this year.
 - **Day 10:** Call or visit a family member you haven't spoken to in a while, just to express your gratitude for them.
 - **Day 11:** Write down three qualities you're thankful for in a close friend, and share them with that person.
 - **Day 12:** Reflect on the relationships you have within your church family and thank God for the community.
 - **Day 13: Reach out to someone who may feel lonely or disconnected and invite them for coffee, lunch, or prayer.**
 - **Day 14:** Read Ephesians 1:16: "I have not stopped giving thanks for you, remembering you in my prayers." Spend time in prayer for the relationships in your life
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Week 3: Gratitude for God's Provision

Focus: Recognizing God's faithful provision in daily life.

- **Day 15:** List five ways God has provided for you in the last month. Pray over the list with a thankful heart.
 - **Day 16: Donate food or resources to someone in need, as an act of gratitude for God's provision.**
 - **Day 17:** Thank God for the ability to work or volunteer, and reflect on how God has provided opportunities to serve.
 - **Day 18:** Take a moment to express gratitude for a difficult situation that God has helped you through, even if it's not fully resolved.
 - **Day 19:** Reflect on the blessings of your home. Pray for those without shelter, and consider a donation to a local shelter or ministry.
 - **Day 20:** Fast from a meal or activity today and use the time to reflect on how God meets your needs.
 - **Day 21:** Read Philippians 4:19: "And my God will meet all your needs according to the riches of his glory in Christ Jesus." Meditate on this promise.
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Week 4: Gratitude in All Circumstances

Focus: Developing a heart of gratitude, even in tough times.

- **Day 22:** Think of a current challenge you're facing. Thank God for being with you in the midst of it and ask for God's peace.
 - **Day 23:** Reflect on a time when something went wrong but later turned out to be a blessing in disguise. Share that story with someone.
 - **Day 24:** Write a prayer of gratitude for one difficult lesson God has taught you this year.
 - **Day 25:** Take five minutes of silence to thank God for God's presence, no matter what you're going through.
 - **Day 26: Reach out to someone who is going through a tough time and let them know you're praying for them.**
 - **Day 27:** Find a hymn or worship song about gratitude and play it while meditating on the lyrics.
 - **Day 28:** Read 1 Thessalonians 5:18: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." Journal about how you can live this out.
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Week 5: Gratitude for God's Faithfulness

Focus: Thanking God for unchanging love and faithfulness.

- **Day 29:** Spend time in worship, specifically thanking God for God's faithfulness and promises in your life.
 - **Day 30:** Write a letter to God, expressing your gratitude for who God is, God's faithfulness, and God's presence in your life. Keep it as a reminder for the future
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Dining Disciples



Join us for Dining Disciples!

Dining Disciples are groups that meet once a month for lunch or for dinner to get to know others, talk about faith and find ways to live out our faith in our everyday lives. Dining disciples is a great way to connect with others, grow in your faith and find ways to serve the Lord in God's Kingdom here on earth. Check the calendar for dates.



Upcoming Events - Save the Date

Monday November 4 - Prayers for the Nation - Community prayer service @ 7 PM

Sunday November 24 - Decorating for Advent/Christmas following worship

Sunday December 15 - Christmas Party following worship service



BIBLE STUDY - Wednesdays at 7 PM on Zoom

You're invited to join our upcoming 6-week Bible study Wednesdays at 7:00 PM on Zoom! We'll be diving into Context: Putting Scripture in Its Place by Josh Scott, exploring the historical, cultural, and literary backgrounds of the Bible to better understand its relevance today. This study will help us look deeper into familiar passages and consider how their original context shapes their meaning, allowing us to approach Scripture with fresh eyes and greater insight.

Whether you're new to studying the Bible or have years of experience, this study is for you! Each session will be an opportunity to learn, ask questions, and engage in meaningful discussion with others. Don't miss this chance to deepen your understanding of Scripture in a welcoming and interactive environment. To join, simply mark your calendar and keep an eye out for the Zoom link—we can't wait to see you there



Prayers for the Nation

Monday, November 4 at 7 PM in the Sanctuary

Let's gather together for prayer the night before the election.

Invite friends and neighbors to pray for our country.

November Worship Leaders & Elders

3 - Chuck Sargent 3 - John Crist

10 - Verna McGinley 10 - Jeff Hawn

17 - Dan Wahl 17 - Kathy Spray

24 - Jeff Hawn 24 - Brad Montgomery

November Birthdays

4th: Jim Powell

18th: Richard Ozanick

November Anniversaries

2nd: Cliff & Mary Nicholson

19th: Ed & Joy Pajak



Tri-County Men's Fellowship

Christian Church (Disciples of Christ)

Dinner & Meeting

When: Thursday, Nov. 21, 2024

Where: Perryopolis First Christian Church
(Disciples of Christ)

Registration: 5:30 pm

Dinner: 6:00 pm

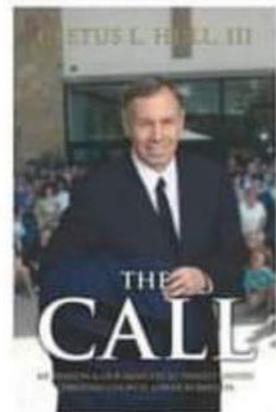
Menu: Parmesan Chicken, parsley potatoes,
green beans, desserts.

Price: \$15

RSVP by Nov. 14th

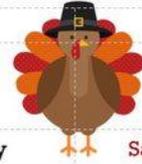
724-736-8311

Guest Speaker:
Rev. Cletus Hull
Author of "The Call"





NOVEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 11:00 am Worship Service	4 7:00 pm Prayers for the Nation	5 7:00 pm Women's Prayer Group	6 7:00 pm Bible Study on Zoom	7 Noon Dining Disciples	8	9
10 11:00 am Worship Service	11 Veterans Day	12 7:00 pm Women's Prayer Group	13 7:00 pm Bible Study on Zoom	14 7:00 pm Elders meeting on Zoom	15	16
17 11:00 am Worship Service	18 7:00 pm Trustees Meeting on Zoom	19 7:00 pm Women's Prayer Group 7:00 pm Board Meeting on Zoom	20 7:00 pm Bible Study on Zoom	21	22 6:30 pm Dining Disciples	23
24 11:00 am Worship Service Advent/Christmas Decorating after Service	25	26 7:00 pm Women's Prayer Group	27 No Bible Study this Week	28 Thanksgiving Day	29 Black Friday	30
			<i>Happy Thanksgiving</i> 			

Prayer List

Jim Comer - heart attach - Brother-in-law of the McCarty's
Congratulations to Ron Brown and Amy Angotti who were married on October 23

Peace and civility in our nation

Ann Miller - Colon cancer surgery

The Lange family – death of Katrina

Ron Brown – healing

Horst & Doris Riddler

Ray Dubiel

Joanie McCarty – change of residence transition

Emma– signs of rejecting liver

Maggie Goodwin - healing

Sam Levine – 17 year old - inoperable brain tumor

Giles McCarty - healing

Bill Samples

Bill Green

Duane Ready

Ann Peden – friend of Rev. Cindy

Carla– recovery from surgery – health issues

Ron Abels – Friend of Wahls

All those with Covid, RSV and the Flu

War in Ukraine

War in Israel

People impacted by Hurrricanes Helene & Milton