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## Jazz from Jim

If you're like most people, you've already completed the first round or two of Christmas shopping. We like to think we can get it done in a couple of trips but it never seems to work out. There's always that hard-to-find item or that hard-to-shop-for person that has us venturing back out into the cold, fighting the traffic and the crowds. Over the years, folks have really gotten stressed out, trying to find a Cabbage Patch doll, Nintendo or a Wii System only to find every store sold out. What drives us to wonder aimlessly through the aisles searching for that special gift? We do it because we want to make someone in our life feel special and show them our love. We certainly wouldn't want to leave anyone out. Unfortunately we all too often leave the one whose birthday we are celebrating off our Christmas list. What are you getting Jesus for Christmas? Sounds a little silly to even consider, or does it? After all, it is *His* birthday. The best gift you could give Him is your heart. If He already has that, there are still plenty of options. How about clean hands and a pure heart. Or maybe walking humbly before Him. Maybe you could love your neighbor as yourself. *Re-gifting*, although

considered tacky to most, is another wonderful option. God really loves it when He gives us a gift; music, teaching, compassion, etc. and we *re-gift* it back to Him by using it for *His* glory. Make sure you don't leave Jesus off your Christmas list this year. Make it a personal gift that He might receive the glory.

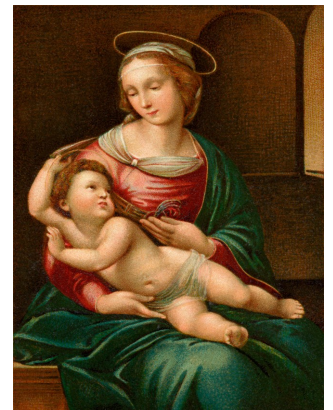
Looking back over the past year, it is clear God has been at work in our Community. In spite of a low number of applications leading up to each Walk, in the end, the Lord proved faithful, blessing us with four wonderful Walks. As we approach the New Year, 2011 is sure to be a great one. Cindy Bloom will be leading the Wilmington Emmaus Community as Chairperson. She has an authentic relationship with the Lord and a sincere love for people. She will do an exceptional job. Please pray for her and give her your full support. We also have four new Board Members who are anxious to get started. We look forward to working with them. Please pray for the entire Board throughout the year as we strive to do the Lord's will.

Several Board Members recently attended Leadership Development Training in Grove City. It was very encouraging to be among members of other Emmaus Communities. I can

assure you we share the same struggles, as well as the same successes. There are going to be a few subtle changes to the Walk format next year. More often than not, we do not like change but it's important that we, as a Community follow the guidelines of the Upper Room supporting the Lord's ministry.

Since this will be my final newsletter article, I just wanted to take this opportunity to thank the entire Community for allowing me to serve as the Community Chairperson. It has truly been a wonderful experience. I've seen first-hand how the Wilmington Community is made up of very hard working, loving servants. Everyone has been very supportive and incredibly encouraging to me. I am grateful for your prayers and support. Merry Christmas and Happy New Year to each of you! De Colores,

Jim



"THANKS!"

### QUICK MESSAGE

**Plan now! Who  
could you  
sponsor on the  
February Men's  
Walk?**

**DON'T MISS THE  
DECEMBER  
GATHERING!**

# TABOR TALK

THANKS!

Become a fan on

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**B**y the time you read this, one of my favorite holidays of the year will have passed. And another of my favorites is fast on its way to occurring. The month of time which elapses between Thanksgiving and Christmas is one of the best all year long. I love this time of the year. I love it for two reasons: (1) It is the time leading up to the celebration of the birth of our Savior, Jesus Christ, and (2) It is a great opportunity to be thankful and express that gratitude almost without excuse. One of the hardest things to find during most of the year is people that are thankful, joyful, and generally pleasant to be around. But during this season, almost everyone you meet is smiling, and encouraging, and, well, grateful for almost anything you do.

Now even as I say that, I know that some are doubting that very truth. You might say to me thanksgiving is one of those activities that does not come naturally... and you would be right. Researchers have proven what most parents probably knew instinctively: gratitude doesn't come naturally. In her book entitled *The Gift of Thanks* (Houghton Mifflin Harcourt, 2009, pp. 8-15), Margaret Visser cites a study which observed how parents teach their children to say "hi," "thanks," and "good-bye." The children in the study spontaneously said "hi" 27 percent of the time, "good-bye" 25 percent of the time, and "thanks" 7 percent of the time. Parents had to prompt their children to say "hi" 28 percent of the time, "good-bye" 33 percent of the time, and "thanks" 51 percent of the time. The point? Well, children had a much more difficult time learning to say "thanks." Most children have to learn to say "thank you" even before they know what it means. Visser states, "Eventually, when [children] have matured and been further educated, they will come to be able to feel the emotion that the words express. The words come first, the feelings later." Perhaps this applies to adults too!

Based on this research Visser concludes that learning to be thankful involves a steep learning curve. She writes, "In our culture thanksgiving is believed to be, for most children, the very last of basic social graces they acquire ... Children have to be 'brought up' to say they are grateful. The verb is passive: they are brought up, they do not bring themselves."

Visser also notes that, although we have to grow into the practice of thanksgiving, once we finally learn to be grateful, we seldom forget it: "Such phrases [like 'thank you'] become so ingrained in us that they last when almost everything else has been forgotten. In states of aphasia, or in people suffering from Alzheimer's disease, these little phrases often survive the shipwreck of other memories."

Does saying "Thank You!" really have any positive effects?

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. A few years ago, 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 honed 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.

Giving thanks may not come naturally, but one thing is for sure: Thanksgiving leads to Christmas. What is true on the calendars on our walls is also true in the recesses of our hearts. Being thankful and expressing that thanks to God has its roots in supernatural origins, and we should not deny that. The thankful heart is the only one that can anticipate and appreciate the marvelous gift of love. That's why, for the true Christ-follower, Thanksgiving Always Leads to Christmas!

**Psalm 92:1:** It is good to give thanks to the Lord, to sing praises to the Most High.

May the spirit of Thanksgiving fill your hearts so much that as you celebrate the arrival of the gift of love this Christmas, your gratitude will carry you through the next year!

God bless...

*Chuck*

"He who has not Christmas in his heart will never find it under a tree."

Roy L. Smith

# NEWSLETTER RENEWAL FORM

If you see **\*EXP\*** on your address label, your newsletter subscription is expiring! You can keep the newsletter coming by sending in your renewal NOW. The subscription rate partially covers the cost of the newsletter and postage.

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EMMAUS

99 MARY'S LN

HILLSBORO, OH 45133

## Blossoms from Bloom

Beloved,

The chill of season change is in the air. Curled, dry leaves dance about us as the wind whistles a happy tune that winter is just around the corner.

Season's change. Life changes. And with these changes come new opportunities to serve our God in new capacities.

In January, I will be stepping into "big shoes" as our present chairperson, Jim Wingo, steps out of them! My tummy starts a *Mexican hat dance* when I think about how many unknown challenges lie ahead of me. But, God whispers from within and around me, "Cindy, do not wrestle! Just nestle in my arms of confidence!"

In preparation for this undertaking, the Holy Spirit led me to the book of Joshua. Moses had died. Joshua, son of Nun, was to succeed Moses as the leader of the Israelite people. "Man, did Joshua have *BIG SHOES* to fill!"

Joshua must have been a little nervous about his new responsibilities! Four times in the first chapter of the book, God commanded Joshua to "*Be strong and courageous! Do not be terrified; do not be discouraged for the Lord your God will be with you wherever you go!*" *Joshua 1: 9.*

Wow! What comforting words of strength! Those words became a firm foundation for Joshua to stand upon as he boldly lead the Israelite nation through the Jordan River, *on dry ground*, into the Promised Land!

The Lord is our base, our solid rock foundation! When life opens up a new opportunity for us to serve Him, the promises God gave to Joshua are ours to claim, too! "*Be strong and courageous! For the Lord your God is with you wherever you go! I will never leave you, nor will I forsake you!*" *Joshua 1: 5.*

So *let's take charge* and conquer the unknown opportunities that lie ahead of us in our service for Him! God has glorious wonders to show us in the *Promised Land* of our future!

Looking forward to serving Him with You!

De Colores!

*Cindy Bloom*

## 2011 EMMAUS BOARD MEMBERS

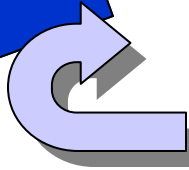
Ida Jo Allison	Social Committee	Chandra Bills	Agape	Jeff Bills	Member-At-Large
Cindy Bloom	Community Chair	Mary Brose	Social Committee	Jennifer Brown	Agape
Bob Brown	Men's Registrar	Mike Cook	Men's Sponsorship	Bob Erwin	Logistics
John Glaze	Newsletter Editor	Denise Gregory	Secretary	Jennie Harner	Music
Martha James	Worship & Outr'ch	Maurice Mitchell	Spiritual Director	Debbie Mitchell	Women's Registrar
Jerry Quigley	Kitchen	Kristin Rogers	Purchaser	Ramona Smith	Women's Good Shp
Joy Stanforth	Spiritual Director	Chuck Tabor	Spiritual Director	Susan Thompson	Treasurer
Jim West	Men's Good Shp	Jim Wingo	Leadership	Kendra Young	Women's Sponsor



Walk to  
**Emmaus**  
THE UPPER ROOM

Wilmington Area Walk to Emmaus  
Wilmington United Methodist Church  
PO Box 191  
Wilmington, OH 45177

**SEE YOU AT THE GATHERING!**  
**December 14**  
Singing starts at 6:45pm  
Bring a snack to share afterwards—  
when Emmaus meets, EMMAUS EATS!  
Don't forget to wear your NAME TAG!  
This helps everyone to learn your  
name much more quickly!



*If there is an \*EXP\* here, your  
subscription is expiring! See pg 3.*



**MUSIC FOR GATHERINGS**

**MUSIC FOR GATHERINGS**

MONTH	SPECIAL MUSIC	PIANO	SONG LEADER
DECEMBER	*see below*	Lynn Lowell	Bronwyn Jones
JANUARY	OPEN	Susan Thompson	Denise Gregory
FEBRUARY	Ed Ramey &/or Carl Guenther	Carl Guenther	Ed Ramey
MARCH	Kyle & Sydney Parker	Amy Sexton	Sandie Wingo
APRIL	Sandie Wingo	John Glaze	Kathy Holbrook
MAY	Dulcimer Trio	Jennie Harner	OPEN
JUNE	Kathy Holbrook	OPEN	OPEN

Planning ahead! Do you have musical talent you would be willing to share with the Emmaus Community? As you can see, the months are filling up. We typically have two music specials at a Gathering and need a song leader and an accompanist. Although "piano" is listed, we can have guitar accompaniment...or any other instrument able to lead group singing.

The **December Gathering** is a musical celebration of the coming birth of Jesus. We sing several Christmas carols, share a short meditation and communion. However the rest is all music. With regard to specials, to avoid duplication, it's "first come, first served." In other words, the first person who registers their song is the person who will present it.

To volunteer for a monthly Gathering or for the December Christmas Gathering, contact JENNIE HARNER at 937-987-2518 or harnersewing@yahoo.com.