St. George's Episcopal Church, Milford
November 25, 2026 EBlast



A Brief Theology of Thanksgiving

Excerpted From the Salt Team at saltproject.org

There's perhaps no better day than Thanksgiving to reflect on the astounding power of gratitude itself — and accordingly, to commit ourselves to cultivating it more intentionally in the coming year.

If we think of "gratitude" primarily as a kind of duty to discharge (Now remember to write that thank-you note!), we're missing the boat entirely, effectively reducing one of life's wonders to mere good manners. On the contrary, gratitude is a vital force in the world, a profoundly dignifying act that builds relationships, communities, and healthy human beings.

The science on this subject is overwhelming: in study after study, gratitude has been shown to lead to stronger relationships, better sleep, lower blood pressure, fewer trips to the doctor, fewer depressive symptoms, more patience, and more perseverance, among other benefits.

In one particularly intriguing study, gratitude turns out to be a powerful antidote to the "Headwinds/Tailwinds Asymmetry," our all-too-common tendency to focus on the obstacles in our lives (headwinds) and overlook blessings (tailwinds), an imbalance that over time leads to feeling aggrieved and resentful. In short, focusing on headwinds breeds bitterness; focusing on tailwinds breeds appreciation — and the act of thanksgiving helps call our attention to the winds at our backs.

One of our most precious treasures is our time-and-attention, and how we spend that treasure will directly determine the health of our hearts ("For where your treasure is, there your heart will be also" (Matthew 6:21)). Will we spend it all focusing on "headwinds," thereby creating a petri dish perfect for growing resentments and narratives of grievance? Or will we spend it focusing on "tailwinds," thereby nourishing the soil for growing joy and narratives of appreciation? Gratitude journals, thank-you notes, and thankful conversations are simple, powerful, effective tools for investing our time-and-attention wisely.

And so is prayer. Viewed from this angle, prayer is a kind of spoken gratitude journal, an intimate thank-you note or thankful conversation with God. And so is worship. Properly practiced, worship is an elaborate exercise — a whole gymnasium! — for cultivating thanks and praise, and at its best, the result is a swirl of palpable tailwinds, amazement, and delight. And so is the Eucharist (from the Greek for "thanksgiving"), the Lord's Supper, the Communion meal: gathered around a table of bounty, remembering an old story, giving thanks to God for safe passage, for life, for peace, and for the strength to continue the pilgrimage.

Have a wonderful Thanksgiving
See you Sunday,
Rev. Michelle

Calendar of Upcoming Events

Sunday November 29
8:30am - Holy Eucharist Rite I in the Church
Celebrant: Rev. Michelle Werner
10:15am - Holy Eucharist Rite II in the Church
Celebrant: Rev. Michelle Werner
Wednesday December 2
1:00pm - Crochet for Cause
6:30 pm - Braver Angels Meeting
Saturday December 5
2:00pm - LOK Christmas Party
Sunday December 6
11:30pm - Church Decorating
Monday December 7
7:00pm - Vestry Meeting
Sunday December 13
11:30am -Christmas Card Party
Wednesday December 16
1:00pm - Crochet for Cause
6:30 pm - Men's Group
Sunday December 20
11:30am - Benthic Brass Christmas Concert and Lunch
Thursday December 24
4:00pm & 8:00pm Christmas Eve Candlelight Worship
Sunday December 27
9:30am - One Service - Morning Prayer
Sunday January 3
9:30 - One Service - Festive Lessons and Carols

Incarcerated Youth Ministries Cookie Drive

Calling all bakers. Would you help us bring Christmas joy to children who are incarcerated? For 30 years IYM has been providing ministry to young people who are often written off. This year St George's will be helping them to provide Christmas treats and stockings to the young people and staff at 4 Michigan facilities. They are looking for **nut free homemade cookies & the like**. A touch of home via homemade is more important than ever this year. ALSO, if anyone has access to travel size shampoo, conditioners and non alcoholic mouth wash they would be pleased to have them for the stockings. Please return cookies and items to the church by **Sunday Nov 29** and Caroline will deliver them to the folks who run this ministry who are longtime friends of hers.

The LOK Christmas Potluck Gathering

Same great fun, shiny new digs! The annual Ladies of the Knight Christmas Party is **Saturday December 5 at 2pm**. This year it is going to be at Sandy Scott's beautiful new home. The address is **5800 Jeanne Marie Drive, White Lake** (sorry the address was incorrect last week). All finger foods: appetizers, drinks and desserts. Please RSVP either by signing up at Church, sending a text to Sandy, or responding in the Facebook group.

Church Decorating

Stick around after 10:15 worship on **Sunday December 6** and help us beautify the church for Advent and Christmas. Many hands make light work. Snacks will be provided,

End Gun Violence Michigan

EGVMI End of Year 2026 Fundraiser. **Tuesday, December 8 5:30 p.m. to 7:30 p.m. at St. David's Episcopal Church**, 16200 W 12 Mile Road, Southfield. Please join End Gun Violence Michigan for a night of Power & Possibility! Click Here for Tickets See Caroline for carpooling possibilities. And mark your calendars for the Statewide Day of Action on **January 11**.

Christmas Card Party

Thank you to all who have been supplying the box with replacement Christmas cards and other greeting cards! We are going to put those Christmas cards to plenty good use by having a card writing party on **December 13 during our fellowship time after the second service**. All are welcome to sign and address cards on behalf of St. George to our fellow congregants. All supplies plus plenty good coffee hour treats will be provided. Looking forward to us spreading good cheer to each other!

Benthic Brass Returns Sunday Dec 20 at 11:45am

Invite your friends and neighbors to join us for a festive Tuba and Low Brass concert and sing along of Christmas favorites and other selections. Lunch will be served after the concert. Sign up in the fellowship hall if you would like to help provide lunch.

Fall Stewardship Campaign - Plenty Good Room

Although our fall Stewardship Campaign has officially ended, it is never too late to make a pledge. Blank cards are available at the church. Ed is working hard to compile the 2027 budget in advance of our December 7 Vestry Budget meeting, so get those pledges in if you can.

Choir Rehearsals

The Choir is back! **The Choir rehearses Thursdays at 7pm in the Sanctuary.** We hope to get some new folks to join us this year. If you haven't been in choir for a while, if you've never been in a choir, if you are a talented musician or less so, you are welcome here. This is Jiabao's particular speciality and passion so come check it out and make a joyful noise with us.

Coffee Hour Returns

We can use the Bunn coffee maker ensuring that it is switched off after use. There is also a coffee maker on loan. We will provide some snacks, bottled water, coffee and good fellowship after the 10:15 service. We are also starting to restock our packaged treats supply so feel free to bring some in. The fridge has returned fully cleansed and is ready for Coffee Hour refrigerated items. The Coffee Hour Rota for December will be posted this Sunday posted. Please sign up to Host. Remember to keep it simple! Any questions about future coffee hours, ask Deb Sawyer.

Printing of Service Bulletins

Service Bulletins will be printed on **Wednesdays** in December except for **22nd** which is a **Tuesday.** If you have any announcements or info for any Service Bulletins or the eBlast please ensure it is

emailed to Rev. Michelle & Deb Sawyer by at the latest Monday close of business of the respective week or earlier if possible. Our thanks In anticipation, Rev. Michelle & Deb Sawyer

Ongoing Outreach Activities

We are in the process of redesigning our Outreach collection area. You'll notice the old pews in the hallway are gone and we have shiny new racks by the entrance to the bathroom hallway. Please sort and place the items you bring in on the new racks

Things we are always collecting:

Recyclable Textiles - Oakland County Foster Closet - in pink bags,

Dress and other nice clothing - Grace Centers of Hope Resale Shop - on racks

Small Toiletries - FedUp - on racks

Non-perishable food - Community Sharing - Green bin in Narthex

Used Grocery Bags - Crochet for a Cause - Bins outside by plastic box or in back classroom

Ongoing Ministries in Action:

-Braver Angels

Due to the upcoming Thanksgiving and Christmas holidays, our last meeting of the year will be Wednesday **December 2nd**. Monthly meetings are otherwise on the last Wednesday of the month. Come to the last meeting of the year to hear about some exciting changes in our work on courageous citizenship for the coming year.

-Crochet for a Cause

Making mats for those in need out of plastic grocery bags. 1st 3rd & 5th Wednesdays from 1:00 - 2:30 p.m. We just delivered 15 mats to Corner Laundry & Shower located in St. Peters Episcopal Church in Corktown. **Next Meeting is December 2nd.**

- Cookie Ministry - Supporting the AA groups that meet at our church

All four weeks of cookie donations each month continue to be covered by the Darcys, Mike Fanfair Sr., Vestry and Linda Gillespie. Thank you for your ongoing support! Should one of these volunteers need a break, they will let Dot know and she will specifically reach out for additional help, if needed.

-ECW (Episcopal Church Women)

ECW meetings reconvened this month and will continue to meet monthly on the 2nd Tuesday. The **next Meeting** is **Tuesday January 10** at **11:00am in the Fellowship Hall.** St. George's ECW is a small group of women committed to supporting the many activities of this church. All women members of the church are members of ECW and are encouraged to attend the meetings. Do come along and join us.

- Healing Prayer

Provides laying on of hands and anointing for healing after worship at 8:30 & during communion at 10:15 service. The next Healing Prayers will be on **December 6 & 20.** Healing Prayer can be offered at all other services by request.

- LOK - Ladies of the Knight

2026 Tentative Schedule. Keep checking throughout the year for updates and more info.
December 5 - Sandy Scott - Annual Christmas Party 2pm

- Mens' Group

The Men' s Group normally meets on the 3rd Wednesday of the month. All Men are invited to attend.
The **next meeting** is on **Wednesday December 16** at **6:30pm in the Fellowship Hall.**
Please see Mike F. Sr's upcoming email for more information.

- Sunshine Committee

Please look for a Zingerman's delivery box that is serving as our greeting cards depository. If you have any extra greeting cards at home, especially birthday cards or would like to purchase some new ones to help us restock our supply, it would be greatly appreciated! We also need help going through our current inventory. Some envelopes got glued onto the greeting card. Cards and envelopes that are still intact need to be redone by inserting the envelope into the card and not around the outside of the card. Can you help?

Keeping Your Faith Strong

-Those in Our Prayers

It is time for our periodic review of our prayer list, those who have been on the list for a long time will automatically come off, if you would like someone added back on, please let Rev. Michelle know or add it to the prayer request sheet in the Narthex.

Please pray for our members, community members and friends in search of health, healing, wholeness and solace: *Annie F., Austin O., Barb B., Barry, Bobby H., Carol R., Caroline, Dot V., Gerry M., Gina, Gina G., Helen, Janine C., Joan B., Judi V., Julie Y., Kate K., Kate W., Kim, Lee, Leon & Sheila S., Lisa D., Lisa S., Mary I., Matthew S., Michelle M., Rick, Sandy S., Sharon A., Sue G., Sue H., Wally, Zack* and for any whom we now name aloud or hold in the silence of our hearts.

Loving God, the comfort of all who sorrow, the strength of all who suffer: accept our prayers, and to those who seek healing, grant the power of your grace, that the weak may be strengthened, sickness turned to health, the dying made whole, and sorrow turned into joy; through Jesus Christ our Savior. ***Amen.*** *(Book of Occasional Services pg217)*

- Online Daily Office Schedule

Monday-Thursday	10 a.m. Morning Prayer
Fridays,	4 p.m. Evening Prayer
Sundays,	7 p.m. Compline

Do you join our Sunday worship online? A reliable and quick way to find our YouTube services (live or recorded) is from our website's "Watch" page, accessed from the top of the home page by clicking the word "Watch." Here's a direct link. Want to participate in our Daily Office online? Those are on Facebook. Here's the link.

-Sermon Blog

Ever hear something in worship and think, I wish I could look at that again or send it to a friend? Well now you can. Now St George's has a Sermon Blog. Weekly sermons and reflections will be posted here from now on. Rev. Michelle's sermons will appear on Sunday morning, Morning Prayer reflections will usually be up within a couple of days. Feel free to share! St George's Sermon Blog

When to contact the Priest:

Please be in touch. I can only pray, help or connect you with resources if I know what is happening. Examples of when to contact the Priest: Birth, Death, Illness, Hospitalization, Difficulty in the Family, You would like to receive sacraments or a Pastoral visit, You have an idea or ministry you would like to discuss. I am usually in the office Wed and either Tues or Thurs 9:30-3. If you see my car in the lot, feel free to pop in. If I don't answer the phone make sure to leave a message or send a text and I will get back to you as soon as I can.

How to contact Rev. Michelle: **Phone/Text:** (734) 646-4064 or **Email:** priest@stgmilford.com

-Forward Day by Day Devotions

The Nov - Jan large copy and pocket sized booklets are available for you to pick up in the Narthex. Let us know if you need one mailed/delivered to your house. The cost is $2.00 for each booklet. Please reimburse us as you are able in the donation box nearby. I recommend a read! 🐝

Community Events



