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Gratitude

As I reflect on the recently past Thanksgiving and how our country still allows this national holiday, I wonder how gratefulness influences our quality of life. When I talk about “quality of life” I am not referring to health, wealth and happiness but rather wholeness and fulfillment. I think of a distant relative who in spite of being left motherless soon after birth and raised without any siblings chose to embrace the positives in life. Although now a widower, we still enjoy his congeniality and wry sense of humour at family gatherings. Am I grateful in every situation I find myself in or do I always long for a better lot in life? “In everything give thanks: for this is the will of God in Christ Jesus concerning you.” 1 Thess. 5:18. By Darrel Wagler

Following are a number of quotes regarding gratitude:

- If you want to turn your life around, try thankfulness. It will change your life mightily. Gerald Good
- He is a wise man who does not grieve for the things he has not, but rejoices for those he has. Epictetus
- Gratitude turns what we have into enough and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It makes sense of our past, brings peace for today, and creates a vision for tomorrow. Melody Beattie
- It is impossible to feel grateful and depressed in the same moment. Naomi Williams
- Gratitude and attitude are not challenges; they are choices. Robert Brraathe
- It's not happiness that brings us gratitude. It is gratitude that brings us Happiness. Anonymous
- The root of joy is gratefulness. David Steindl-Rast
- Gratitude is the single most important ingredient to living a successful and fulfilled life. Jack Canfield
- A grateful heart is the beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well being. James E Faust
- Gratitude is a powerful expression of love and it can perform miracles in your life. Unknown
- Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. William Arthur Ward

The thankful heart
opens our eyes to a
multitude of blessings
that continually
surround us.

James E Faust

We now accept e-transfers.

Thank you to all who
have supported in the
past, present, and future.

Notice: New Addresses:

- 1) e-transfer address:
phministries2017@gmail.com
- 2) email address:
peacefulheartministries@gmail.com

New Board Member
Joining the Team
In the new year!
Dennis & Yvonne
Weber


Note: Due to Covid-19 there are no scheduled seminars. Future newsletters will have updates regarding upcoming seminars. Feel free to call if you have any questions.

Gratitude
Is an
Attitude

Are You or Your Church Able to Help?

*Due to being booked over a year in
advance we need:*

- Finances to support another mentor
- Finances to provide more office space

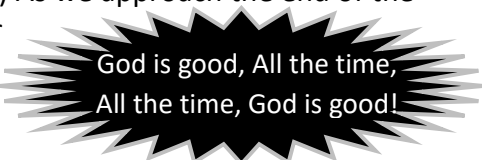


Sing unto
the Lord with
Thanksgiving
Ps. 147:7a

Prayer Requests

- Wisdom for Dave, and a caring heart as he reaches out to hurting people.
- Wisdom for the board as decisions are made for the ongoing work of the ministry.
- to be able to resume with seminars, group sessions, grief share, etc.

We have just passed the Thanksgiving season (*here in Canada*). We are now approaching the Christmas season and the end of the year. As we reflect over this past year there are a whole range of emotions that one may find themselves dealing with. It has been a year of uncertainty, difficulty, disappointments, and so much more. There are a lot of theories and ideas of what the agendas are behind all this fear driven drama in life. I don't know where this finds you and where you come out on all this. Chances are it is not the same with everyone. We can focus on all that could be, should be, or has not been, or what if, and so on. Let's shift our focus. A statement that was shared with me was, "If the god you trusted in, was out of control, you would fear too." This year has really challenged us, "where is our faith and trust?" In Rom. 8:28 (All things work together for good), reminds me that my God is still in control. There is absolutely nothing that happens that he does not allow, and it is for my good. He always has my good in mind. The enemy would want us to believe, that is not true. But look how Job responded when he lost everything, "The Lord has given and the Lord has taken away, **blessed** be the name of the Lord." (Job 1:21) Let us rejoice and be grateful that God is never out of control but has everything in control even when it feels like it is out of control and makes no sense at all to us. Rejoicing and giving thanks are two very powerful weapons against the enemy. Paul and Silas prayed and sang in prison (Acts 16:23-25), the apostles rejoiced that they were counted worthy to suffer after they were beaten (Acts 5:41). Apostle Paul said he rejoices in his sufferings Col. 1:24. Habakkuk's faith and stability shines (Habakkuk 3:17-18) when he proclaims that he will rejoice in the Lord even when everything financially fails. His testimony portrays that the Lord God is his strength not anything else. (Habakkuk 3:19) As we approach the end of the year and Lord willing begin a new year, let us live with grateful hearts to our God for all the good things He has done. We truly are a blessed people. Enter His gates with thanksgiving, and into His courts with praise, be thankful unto Him, and bless His name. (Ps 100:4). Dave Lichty



God is good, All the time,
All the time, God is good!

- 1. Spring Seminar**, Date: Postponed but as soon as Possible. See details on the front side of this newsletter.
- 2. Premarital Group Sessions** For engaged couples, but married couples are also welcome. We will cover some fundamental issues in relationships as a group, with the option of working privately on personal issues as a couple if required. Date to be determined when 4 to 6 couples have registered. Please contact Dave Lichty to register.
- 3. Grief Share**. Grief Share is cancelled this fall due to covid-19. We plan to start the next group sometime in 2021. This group is full, but you can sign up for the next group. Please contact Dave Lichty to register or for more information.
- 4. Presentation** There have been some inquiries about doing presentations at churches. We would gladly come and share with your congregation about the work of the ministry. To schedule a presentation please contact Dave Lichty or one of the board members.

Board Members

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Darrel Wagler (secretary) 519-595-4890,
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Keith Bauman (Treasurer) 519-699-0543, kk4bauman@gmail.com

If you are interested in financially helping this ministry,

1. e-transfer: phministries2017@gmail.com or

2. By cheque payable to:

Peaceful Heart Ministries and send to:

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Discipleship Mentor.....David Lichty...519-291-5203
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