

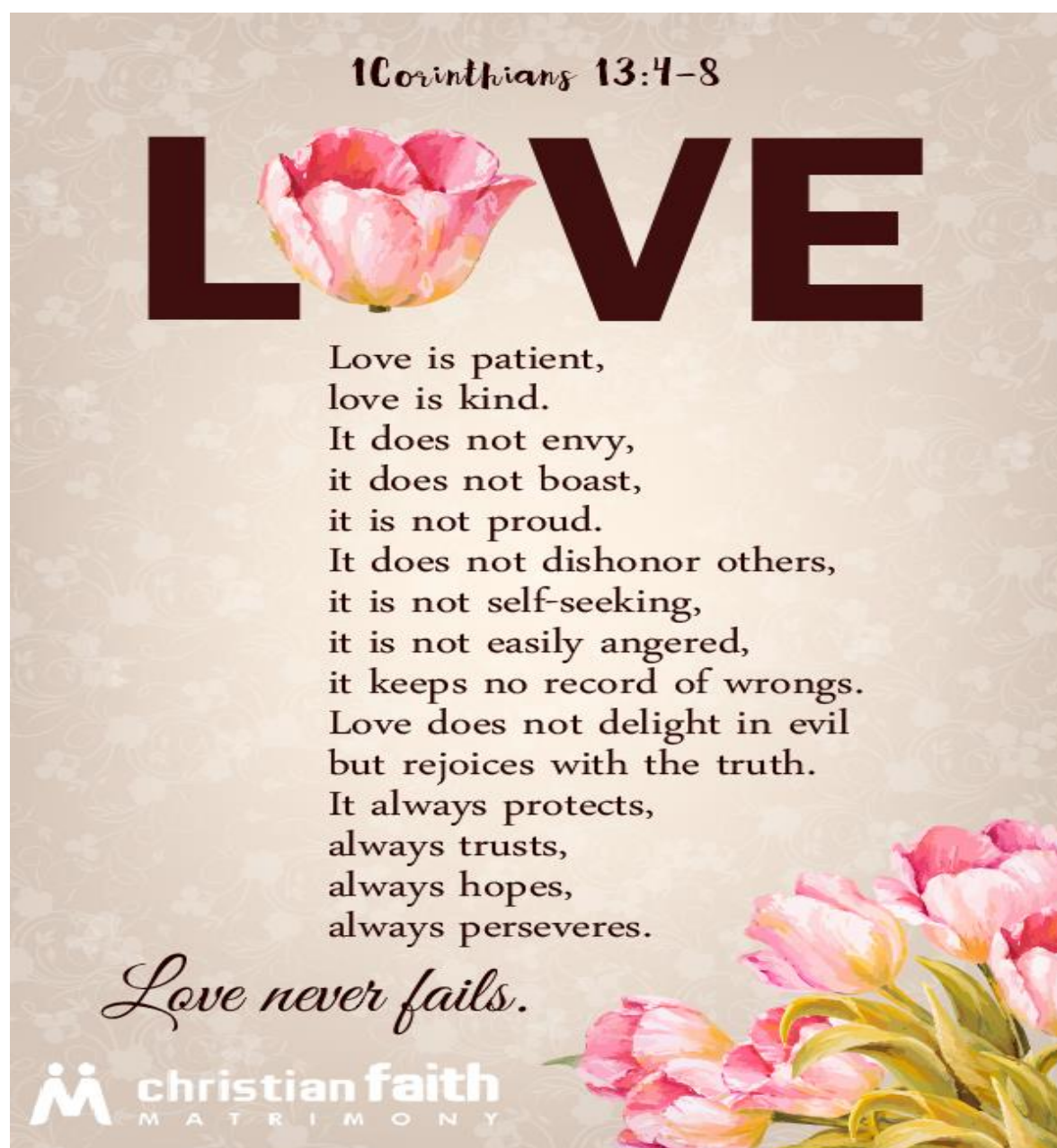
this life. Make a planned time in the day to practice gratitude. On days when gratitude feels difficult to find, look around you and within you.

Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even more things into your life to be grateful for.

Smile, take a breath, and look for the positive and thank God for all He has given us..... There I started for you.

In Gratefulness,
Rev. Walter Coy


1 Corinthians 13:4-8



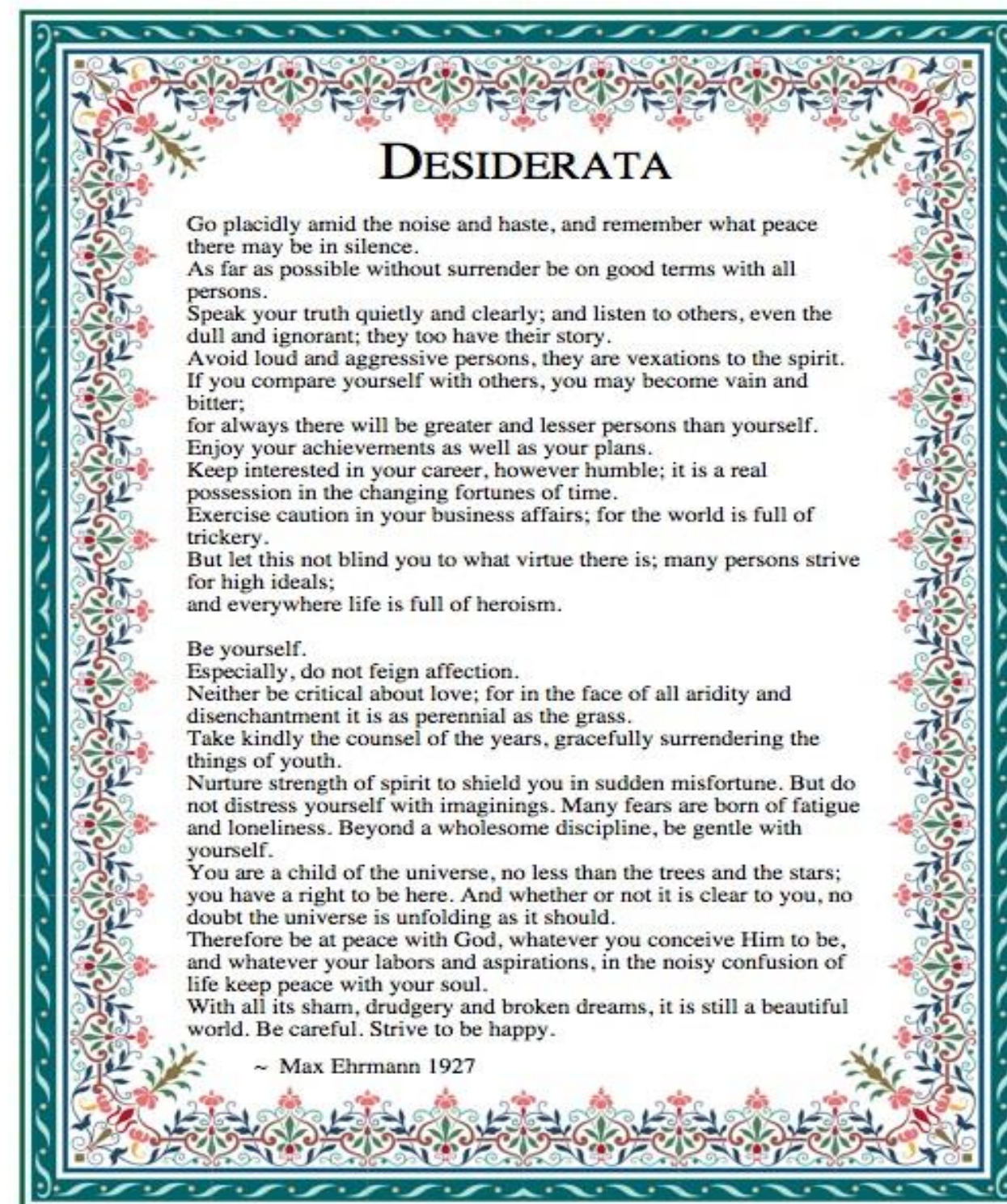
LOVE

Love is patient,
love is kind.
It does not envy,
it does not boast,
it is not proud.
It does not dishonor others,
it is not self-seeking,
it is not easily angered,
it keeps no record of wrongs.
Love does not delight in evil
but rejoices with the truth.
It always protects,
always trusts,
always hopes,
always perseveres.

Love never fails.

 christian faith
MATRIMONY

Joyful Noiz February 2024 Newsletter



DESIDERATA

Go placidly amid the noise and haste, and remember what peace there may be in silence.
As far as possible without surrender be on good terms with all persons.
Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.
Avoid loud and aggressive persons, they are vexations to the spirit.
If you compare yourself with others, you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.
Keep interested in your career, however humble; it is a real possession in the changing fortunes of time.
Exercise caution in your business affairs; for the world is full of trickery.
But let this not blind you to what virtue there is; many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be critical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.
Take kindly the counsel of the years, gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.
You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.
Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.
With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

~ Max Ehrmann 1927

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No matter where you are on life's journey, you are welcome here.

WHAT'S GOING ON AT ZION?

www.zionuccsteubenville.com



IN OUR CIRCLE OF PRAYER

Bill Bertram, Marlene Rhueff, Steve Panyi, Doug Lewis, Judy Neiderhiser (John Diekmann's sister-in-law), Toots Ross, Shirley Valuska, Tom Kaufmann, John Luscher
➤ If you would like to be remembered in prayer or know of someone who would appreciate being included in this list, please contact the church office.

PASTOR COY

If you would like to meet with Pastor Coy, please make an appointment with the church office at **740-282-1793**. If you would like to get a hold of Pastor Coy directly, his cell number is **330-301-0551**.

NOW LIVESTREAMING!

We're now livestreaming our church services on you tube. Check us out! Zion UCC Steubenville <https://youtube.com/@zionucc6794?si=EnSIkaIECMiOmarE>

CONGREGATIONAL MEETING

We will have our annual congregational meeting **February 11, 2024** after worship.

ASH WEDNESDAY & MAUNDY THURSDAY

February 14 at 12:00 Noon we will have a service in the sanctuary. We will receive ashes and have a brief worship. Afterwards we will have a light luncheon in the social hall. John Diekmann and Joyce Coy are preparing soup, sandwich, and dessert. There will be a free will offering to cover cost of the food.

If you are planning on coming, please call the church office at 740-282-1793 or John Diekmann at 304-312-6622. We appreciate your letting us know of your intentions.

Looking ahead, we will have a similar service and luncheon on **Maundy Thursday, March 28**. Please mark these dates on your calendar.

Love One Another
AS I HAVE LOVED YOU. JOHN 13:34

Pastor's Pen

What Are You Grateful For?

It is February the month when we remember our Valentine. We are also in Lent with Easter coming in March. So, I ask you again, "What are you grateful for?" If you are grateful for anything, do you show gratitude? Couldn't find who wrote this story many have told it.

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help." There were only a few coins in the hat-spare change from folks as they hurried past. A man was walking by. He took a few coins from his pocket and dropped them into the hat. Then he took the sign, turned it around, and wrote some words. Then he put the sign back in the boy's hand so that everyone who walked by would see the new words. Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon, the man who had changed the sign returned to see how things were going. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?" The man said, "I only wrote the truth, I said what you said but in a different way." I wrote, "Today is a beautiful day, but I cannot see it." Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see....

Practicing gratitude can be a game changer. It has far reaching effects, from improving our mental health to boosting our relationships with others. Living your life with gratitude helps you notice the little things, your car starting in the morning, a stranger holding the door for you, the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a habit of noticing the good. Building the capacity for gratitude isn't difficult. It just takes practice. The more you bring your attention to that which you feel grateful for, the more you'll notice to feel grateful. We need to affirm the good things we've received and acknowledge the role other people play in providing our lives with goodness.

Start to take note how often you say thank you. Do you appreciate the people around you? Your job, your perks at your job and how lucky you are to have a place to go and earn money, which we all need. If you work from home, are you grateful for the benefits of that. Your family, your husband, wife, partner, or children, and friends. How often do you say thank you even if it is just that they have committed to be with you in