

More Than a Wreath and Candles

The Advent wreath is a symbol of watchfulness and increasing joy as Christmas approaches. Lighting its candles is a common practice on the four Sundays leading to Christmas.

Different color combinations for the candles are used depending upon the church or denomination. Some churches use four blue candles around the wreath with one white candle in the center, while some use all white candles. Many denominations light purple candles on the first two Sundays, pink on the third, purple again on the fourth Sunday and a large white candle on Christmas Eve or Christmas Day.

The wreath, the candles and the colors all have symbolic significance. Here are just a few of the many and various interpretations:

- The circular green wreath symbolizes the everlasting love of God, having no beginning or end. Green represents eternal life.
- The four candles represent the four weeks of Advent. One tradition says that each candle also represents one thousand years. They total 4,000 years the time from Adam and Eve until the birth of Christ.
 - Purple, in ancient times, was expensive and was considered

the color of royalty and kings. On Christmas, Christ is proclaimed King of Kings. Purple also symbolizes humility and penitence.



- Blue is another color often used as a symbol of royalty. Some churches use blue candles to symbolize the night sky and the anticipation of the announcement of Christ's birth. Blue also symbolizes the beginning of a new creation as in the waters of Genesis 1.
- The first purple candle signifies Hope.
- The second purple candle stands for Peace.
- The pink candle for the third Sunday symbolizes Joy and signifies the halfway point of Advent.
- The final purple candle is for Love.
- The large white candle in the center is the Christ candle. Its light symbolizes Christ the Savior "the light of the world."

The beauty and brightness from the glow of all five candles is a reminder that Christ's life was the light for all earth's people — "The light shines in the darkness, and the darkness did not overcome it" (John 1:5, NRSV).

Sunday's **Scripture Segments**

Scripture Readings for November 27, 2016 First Sunday in Advent:

Isaiah 2:1-5

The visionary message presented in this reading focuses on a future day when God establishes a universal reign of peace. Divine decisions will make war obsolete. and the worshiping community responds: "Let us walk in that light of that Lord now!"

Romans 13:11-14

Paul compares the advent of Christ to the coming of dawn. We live our lives today in light of Christ's coming in the future.

Matthew 24:36-44

Jesus describes his second coming as a sudden, unexpected event that will bring salvation or judgment upon people caught up in the usual affairs of daily life. He urges people to be alert and expectant.

Sermon by **Pastor Dave Daugs**



Prayer Pieces Sunday mornings at 8:30 in "The Gallery." Join us in prayer, fellowship, and conversation, while we knit, crochet, and cross-stitch. Contact Gretchen Isakson (gretchenisakson@ yahoo.com) or Robbie Giles (robbiegiles@roadrunner.com) with guestions.

Adult Sunday School! <u>See Through the Scriptures</u> with Pastor Daugs, extended through 1/8, in the Fellowship Hall from 8 - 9 AM on Sunday mornings. See Through the Scriptures the "big picture" of the Bible's message, quickly and clearly.

J.A.M. - Jesus And Me! for children through age 12. Following the Children's Sermon, J.A.M. leaders will escort the kiddos down to the Fellowship Hall for crafts, games, songs, and a snack. Children will return to the Sanctuary just prior to Holy Communion. (Note: JAM will not meet on Sunday, December 25.)

Men's Breakfast! This is a great time when "the MEN" come together for a fantastic breakfast and devotional time, usually every 2nd & 4th Wednesday mornings at 7 AM. *NEW!* Following breakfast, the MEN will head to church for a work day! PLEASE NOTE: Due to holidays, Men's Breakfast will only be meeting on Wed., December 14, at 7 AM, at the Breakfast Club in Moscow.

Study Leader on 12/14: TBD. Contact the Church Office with questions. (emmanuelmoscowid@gmail.com, 882.3915)

The "Old Dudes!" On all the Wednesdays when there is no Men's Breakfast (all Wednesdays except the 2nd and 4th) meet a bunch of Emmanuel "Old Dudes" for coffee and fellowship at the Moscow Co-op at 7 AM!

Theology on Tap! Theology on Tap will consider Sinners, Saints, and Spirits when we meet Thursday, Dec. 1, at 5:15 in the backroom of One World Cafe at the corner of 6th and Main in Moscow. How do we now define these old types of beings? What is the relationship among them? What is our experience of them? Join the conversation this Thursday. Questions? Contact Walter **Hesford**. hesford@uidaho.edu

MARY Circle usually meets the first Monday of the month. The group will meet on Monday, December 5, 2016 at 1:30 PM, at Dorothy Schnaible's home. Questions? Call Shelley Dale (882.9555 or sdale@turbonet.com)

LEAH Circle usually meets the first Tuesday of the month for devotions and a potluck lunch. The group will meet next on December 6, 2016 at Kristin Johnson's home (2542 Old Pullman Rd, Moscow). Bible Study Leader: Martha Hunt. All women at Emmanuel are warmly invited. If you have been thinking of joining a circle, please come and enjoy a delicious potluck lunch, interesting Bible Study, and warm fellowship. Questions? Jeanette Johnston 208.892.9549, or Charlene Olsson 208.882.1028



BE PART OF THE 2016 POINSETTIA GARDEN! We are planning to have a Poinsettia garden in the Sanctuary this Christmas worship season. If you wish to purchase a plant, please fill out an order form and return it with payment to CindyMarie in the Church Office before Noon, Wednesday, December 7. Each 6" Red Poinsettia is \$10. Our garden will be "planted" on December 11.

You can "pick" up your Poinsettia after our Christmas Eve Service.

MID-WEEK ADVENT WORSHIP IS HERE! Family centered mid-week supper and Advent services will be held on Wednesdays, November 30, December 7, and December 14. Supper begins at 5:30 PM with worship following at 6 PM, all downstairs in the Fellowship Hall. Join us for food and fellowship, followed by meaningful Advent activities and Holden Evening Prayer.



Thanks you to the following dinner hosts:

November 30: Youth & Family - December 7: Choir

December 14: Church Council

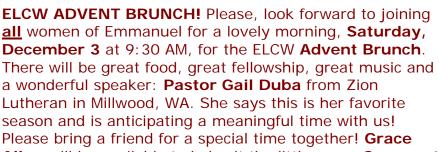
MAKE CHRISTMAS MERRIER FOR LOCAL KIDS! Share the joy of Christmas



with our local children! ELC is once again sponsoring 20 children through the Christmas for Kids organization. Please grab a tag (or two!) from the Christmas tree in the bridge area. Each tag lists the gender, age and desired gift item for kids in our community. The purchased gifts with their tags attached should be **returned to the church by Monday**, **December 5**. If you are interested in participating but are not able to financially do so at this time, ELCW can reimburse you. Full details are on the back of each tag.

Contact Kathy Foss or any Youth & Family Member with questions.

Thank you for supporting Christmas for Kids and for sharing the joy of the season with our local community.





Allen will be available to babysit the little ones. See you there! - Jan Martin



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FYI: The Church Budget is now available to view on our church website. Visit www.emmanuelmoscow.org. On the homepage, there is a dark green box in the upper left corner titled **2017 Church Detailed Budget**. Click on that box.



Serving THIS Sunday

November 27, 2016

Ministers: The Congregation Presiding: **Pastor Daugs** Dir. Of Music/Organist: Janet McIntosh Altar Guild: **Carolyn Todd** Acolyte: **Henry Roberts** Altar Flowers: **Debbie Stone** Assisting Minister: **Debbie Stone** Communion Assistants: **Tara Roberts** Julie Spangler Counters: Carolyn Todd Julie Spangler Fellowship: **Steve & Andrea Fountain**

Pat Blaufuss
Craig & Tammy Greenwalt
Matt & Jolene Halladay
Greeters:

Tim & Liz Brandt

J.A.M. Leader:

Carolyn Todd

J.A.M. Assistant:

Julie Spangler

Reader:

Dorothy Schnaible <u>Ushers:</u>

Vern Kinnison Charlie Campbell Robbie Giles Marci Wood Randy Wood



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Walter Hesford. hesford@uidaho.edu

PIECEMAKERS - HELP US QUILT! BRING A FRIEND! HAVE SOME LUNCH!

While we USUALLY meet on the 2nd and 4th Wednesdays, in December we will only meet on **December 14**, at **9 AM**, to help tie quilts, then share a potluck lunch. Contact **Gretchen Isakson** (882.7289 or gretchenisakson@yahoo.com)



"Whatever your hands find to do, do it with all your might." Ecclesiastes 9:10

MEN'S BREAKFAST! This is a great time when "the men" come



together for a fantastic breakfast and devotional time, usually every 2nd & 4th Wednesday mornings at 7 AM. <u>NEW! Following breakfast, the MEN will head to church for a work day!</u>

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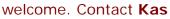
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KNOW ANY ARTISTS IN OUR CONGREGATION?

We need some art for The Gallery! Photos, painting, handiwork, or the like are all



Dumroese (kas.dumroese@gmail.com; 208.301.2324) or the Church Office (emmanuelmoscowid@gmail.com; 882.3915)







have an increase of families with infants and toddlers using the guiet room during worship and we need YOUR help. We are looking for volunteers to help clean up

the quiet room following worship. This should take only 5-10 minutes. It will require cleaning up toys, wiping down the changing table and taking out the garbage. We would love to continue to offer this space for families while keeping it safe and clean. Please remember to be respectful to others utilizing the quiet room. All children must be supervised at all times. Please email

CindyMarie at

emmanuelmoscowid@gmail.com or call at 882-3915 to sign up.

CHILDREN'S CHIME CHOIR!

Do you know of a child that would like to join this group? The chimes are a great way to work together to make music. Children do not need to know how to read music to participate -- they can learn as they go. All they need is an



interest and team work. Reading helps! The Children's Chime Choir meets for rehearsal right after church, and there is room for more kiddos! Please contact Liz Brandt at lizb82657@gmail.com for more information and specific rehearsal dates!

CHURCH OFFICE HOURS! Our Regular



Church Office Hours are 8:30 AM - 4 PM, Monday - Friday. To provide this, we are in need of a few office volunteers. If you are willing to help out, please contact CindvMarie in the Church Office! (882-3915 or

emmanuelmoscowid@gmail.com)

Pray! Praise! Congrats! Yay! Thanks!

Please remember in prayer:

Those who lost loved ones:

Friends and family of Alene Orvik, mother of ELC member, Shelley Dale.

Friends and Family of Anne Dwelle's mother.

Prayers & Concerns Sheet from the Prayer & Concerns

are in honor of Debbie Stone's Mother's 83rd birthday on November 26!

Thank you to Chie Barker, for donating the sale of her car to the Emmanuel Lutheran Preschool!

Thank you to Tom Stroschein, for getting snow tires put on the church van!

Thanks to Larry Lass and Vern Kinnison for doing the annual furnace filter maintenance!

Thank you to **Patrick Karr** for your generous donation to support our Mighty YOUTH program!

Thanks to everyone who turned in their Miracle Sunday Pledge Card!

If you did not turn in your pledge card already, it's not too late! Please turn your card in to the Church Office or drop it in the offering plate on Sunday! Thank you!

Happy Birthday this week to: Cody Wendt, Martin Rathbun, Sara Carter David Foss, Duncan Sasser

> Happy Anniversary this week to: Suzanne and Chuck Wilson 11/29/1986

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EDITOR: CYNTHIA WOOLEVER-WWW.THEPARISHPAPER.COM

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DOES YOUR CONGREGATION SUFFER FROM ANXIETY?

The church governing board gathered with a consultant for their much-publicized first meeting. They knew the consultant's reputation and were eager to hear his advice. However, the consultant did not begin with recommendations. Rather he introduced a planning method known as SWOT analysis—acronym for strengths, weaknesses, opportunities, and threats. Several church members were familiar with the approach but could not imagine how it applied to their church problems. No one had given much thought to how the congregation's internal dynamics and their external context related to their current crisis.

He first asked: "What are some of the church's strengths?" The room went silent. Finally, one member offered: "Well, we know we need help." After the nervous laughter subsided, the consultant tried again. "What are some of the church's weaknesses?" Many hands went up and he struggled to capture all their answers in his notes. The same response problem came with the next set of questions. The church leaders offered few insights about the congregation's opportunities but a full set of complaints about the threats they faced as a church. Knowing that the SWOT method only worked if members could give meaningful answers, he knew he was dealing with deeper issues. The consultant suspected a collective anxiety that caused the leaders to focus on preventing bad things from happening instead of a "promotion focus"—the tendency to reach for new opportunities and rewards.1

What Does Church Anxiety Look Like?

We think of anxiety as an emotional state that individuals experience—like feelings of worry and unease. But non-anxious individuals participating in a church organization can produce a collective nervousness—an unhealthy group emotion entirely different from their own. An anxious church tends to:

- Over think any decision before taking action
- Imagine and expect negative outcomes
- Worry about the very worst that could happen

- Respond poorly to any negative feedback from nonmembers
- Be extremely self-critical

Church Anxiety Risk Factors

Anxiety levels can never be reduced to zero but alarms can fire too frequently, disabling a church with paralysis. High anxiety gets churches stuck in unproductive loops that, over time, actually increase anxiety. For both individuals and organizations, this anxiety manifests itself in a variety of symptoms: it shows up in how we *act* (the behavioral component), how we *feel* (the emotional component), and how we *think* (the cognitive component). And when a church gets caught in an anxiety trap, leaders fail to see the big picture and do not take advantage of opportunities for more effective ministries. When faced with these anxiety bottlenecks, leaders must address all three dimensions where anxiety surfaces.

Behavioral traps. The default mode of operation for anxiety-prone congregations is postponing decisions, conducting more research and gathering more information



"...AND YET...
IT SORT OF MAKES ME WANT TO TAKE A LOOK."

than necessary, and waiting for attitudes or opinions to change. This approach often means that congregations are working harder using outdated or failed strategies. The old proverb, "If all you ever do is all you've ever done, than all you'll get is all you ever got" summarizes this truth. This blend of postponing action mixed with all-ornothing approaches are warning signs that indicate congregations have persisted too long in certain behaviors.

One of the fastest ways to reduce anxiety is to change behavioral patterns first, without waiting for thoughts and attitudes to shift. To get out of no action mode, set deadlines for action and make those deadlines public. Research shows that deciding when and where actions are to be taken increases the odds of follow through. Hold leaders accountable by delivering decisions and actions on time, no matter how difficult. Consistently review plans and keep moving forward on implementation. Do not let the behavior of a few highjack the congregation's ability to boldly act on core mission goals.

Our church goals are like a mirror that should reflect who we are. If a church fails to act on its mission goals, the church is not who it says it is. Rediscovering our goals and committing to them increases our resilience to anxiety.

Cognitive traps. While behavior in churches reveals unconscious intent—we do what we are motivated to do—our conscious intent reflects what we think we want to do and that intent clearly lines up with our goals. Still, our thinking can be bogged down in cognitive traps. For instance, information and knowledge are essential ingredients for making decisions, but these two alone are insufficient in an imperfect world. To move forward in mission requires faith, the willingness to focus on both the positive and negative, and some ability to tolerate ambiguities.

As noted in the story with the consultant, anxiety-prone congregations, and leaders in particular, are wired to consider any potential negative outcomes. However, with practice, church leaders can routinely put on the table for discussion all the potential positive outcomes and give them an equal hearing. In addition, leaders can recognize the potential harm arising from inaction. Even when the congregation recognizes that a negative outcome is possible, leaders can still believe taking action is worth the risk and that there is value in acting with uncertainty.

Emotional traps. The overall emotional temperature of the congregation determines the likelihood of tsunami-level anxiety. Alice Boyes describes an anxiety-prone individual as someone whose answers start as no and might move to yes. A congregation whose default response is "no" to any proposed action is a church

that uses a lot of emotional energy to process change or even the idea of change. When reducing anxiety becomes the goal, rather than the goals themselves, leaders have taken the bait for an emotional trap. Apprehension and pessimism suggest the congregation does not believe it has the capacity to cope with things that do not go according to plan. Similar to navigating the cognitive traps, members and leaders must make a concerted effort to dig out of the emotional traps. Try starting with a "yes" on a mission goal, setting behavior deadlines for decisions, and making sure to consider as many positive implications as negative ones.

Tackling Anxiety with Better Habits

Church anxiety can cost you in terms of missed opportunities. Fortunately, church anxiety is not genetic. When congregations tackle anxiety with self-knowledge and a conscious intent to change habits, they often achieve dramatically different results.

The ways a church thinks, feels, and acts grow into deep-seated habits. In some congregations, these behavioral, emotional, and cognitive patterns solidify into obsessions. Two acres of undeveloped land went on the market next to a suburban church. Leaders began discussing whether the congregation should purchase the additional acreage. Differences of opinion became arguments and arguments led to warring camps—about whether funds could be used more wisely elsewhere, uncertainty about whether the church would grow enough to ever need the extra space, and others who wanted control over the types of development likely to be adjacent to church property. After six months of debate and delay, they realized that their anxiety and uncertainties had generated familiar bad habits. With renewed commitment to their goals, the church sought out several community partners—a preschool and a local Habitat for Humanity chapter. After purchasing the property, the congregation helped these two nonprofits obtain grants to build a school and new family housing. By consciously moving past their negative thinking, they played a critical role in shaping community resources that fostered their neighbors' quality of life.

What opportunities has your congregation missed? When has inaction interfered with meeting the church's mission goals?

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^{1.} Material drawn from the analysis of individual anxiety by Alice Boyes, *The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past You Stuck Points* (New York: Penguin, 2015).

Servant **SCOPE**



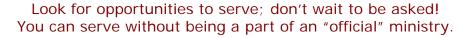


What would YOU like to do?



Here's an idea! Make a positive impact on the Sunday experience of all who enter here!

Did you know? **EVERYONE** can serve!



We all can:

- extend the word of welcome, whether or not we are official
- be listening, caring friends, whether or not we are official lay counselors:
- be ready to give reason for the hope that is in us, whether or not we are on the evangelism team;
- be enthusiastic participants and ready to give a hand, whether or not we are on the planning or cleanup committees:

OR... you can sign up!

Asked to be placed on the monthly Servant Schedule! Try something new!

Contact the office and say you want to be on the schedule to serve as a Greeter! Assisting Minister! Usher! Bring Altar Flowers! Acolyte! Communion Assistant! Reader! Be a Counter! Help with J.A.M.! Let us know!

What would **YOU** like to do?

There are many ways to be involved in the ministries at Emmanuel. Just let us know what you hold interest in, what your gifts are, what you like to do! Your help is always needed and appreciated! Please contact us!

208.882.3915 or emmanuelmoscowid@gmail.com

Serving NEXT Sunday

December 4, 2016

Ministers:

The Congregation Presiding:

Pastor Daugs

Dir. Of Music/Organist:

Janet McIntosh

Altar Guild:

Deb Dumroese

Acolyte:

Connor Perry

Altar Flowers:

Jack & Marilyn Mastro

Assisting Minister:

Gwen Sullivan

Communion Assistants:

Kas Dumroese

Deb Dumroese

Counters:

Heidi Bitterwolf

Kas Dumroese

Fellowship:

Walter Hesford

Jeff & Karen Hill

Gretchen Isakson

Janice & Irv Johnson

Greeters:

TBD

J.A.M. Leader:

Lisa Bender

J.A.M. Assistant:

Gretchen Isakson

Reader:

TBD

Ushers:

Vern Kinnison **TBD**



Meet Our Members... and wish them a...

Dec. 4 - Barbara Johnston Sarah Greenwalt

Dec. 5 - Jane Leidenfrost Keelyn Pilcher

Dec. 7 - Sally Rogers

Jeff Pilcher

Dec. 9 - Carol Nelson

Dec. 10 - Miranda Strey

Dec. 12 - Shelley McGuire Ryann Pilcher

Dec. 15 - Annajean Flomer

Dec. 17 - Emma Carter

Dec. 18 - Karen Ross Marijka Schwarzlaender

Dec. 21 - Becky Brenner

Dec. 23 - Luke Baker

Dec. 28 - Jerry Giles
Ian Wendt

Dec. 29 - Kas Dumroese Sally Vorhies Jack Kelly

Dec. 30 - Nancy Ruth Peterson

Dec. 31 - Sara Kimberling



Jack & Marilyn Mastro - 12/06/1958 Gerald & Merlyn Willett - 12/07/1954

Clifford & Carolyn Todd - 12/17/1977

Irv & Janice Johnson - 12/27/1968

Dean & Phyllis Vettrus - 12/29/1960

Ben & Katy Beard - 12/31/1977

Are we missing your name in our Birthdays & Anniversaries list? If so, please let us know! Call 208.882.3915 or email emmanuelmoscowid@gmail.com with your special dates!

Featured in THIS issue, # 4-161127, of the Emphasis: Weekly Edition: More Than a Wreath and Candles... OUICK List of Emmanuel Happenings Parish Paper! "Meet our Members..." ... December Celebrations!...