



# The Visitor

November 2025

The newsletter of the Presbyterian Church of Kane

## In this edition

### Community Thanksgiving Service

To be held in our sanctuary on Tuesday, Nov. 25<sup>th</sup> at 7:00 pm

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### Thanksgiving Worship and Meal with St. Matthew's

On Sunday, November 25<sup>th</sup> worship and meal with St. Matthew's at St. Matthew's

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### NPRC Use of Fellowship Hall Continues

Update on what's going on in the building.

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### November Calendar

## Community Thanksgiving Service

*To be held at the First Presbyterian Church on Nov. 25<sup>th</sup> at 7:00 pm*

The Kane Area Ministerial Association (KAMA) holds several community worship services throughout the year including an annual Thanksgiving worship service. The location and featured speaker for these events are scheduled on a rotational basis. This year the location for the service is in our own sanctuary. The speaker will be Pastor Micah Reese from the Kane Community Methodist church.

This year there will be a community choir for the service directed by Lynda Karger. The choir will include volunteers from the community who would like to sing. The choir will sing several anthems during the service. If you, or someone you know, would like to sing with the choir, please contact Lynda, or come to a rehearsal which is scheduled for Wednesday, Nov. 19<sup>th</sup> at 6:00 pm and/or Tuesday, November 25<sup>th</sup> at 6:00 pm.

Refreshments will be served in Fellowship Hall after the service. Come to the community service and bring a neighbor giving thanks for our community and our common life together.

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## Thanksgiving Worship Service and Meal

On Sunday, November 23<sup>rd</sup> we will be worshipping at St. Matthew's and again this year sharing worship and a meal on the Sunday before Thanksgiving. St. Matthew's has an annual tradition on the Sunday before Thanksgiving to share a meal together after worship and they have again invited us to share with them in this tradition.

Worship will be at 11:00 am in St. Matthew's sanctuary and following worship, we will share in a Thanksgiving meal including traditional turkey, stuffing, mashed potatoes, and gravy along with side dishes and desserts contributed from those attending.

This is a chance to join our partners for worship, fellowship, and a shared meal. Please remember to bring your own place setting and a dish to share.



With a nod to the long-time Kane Republican column

*The Bird was a column which appeared in the Kane Republican years ago providing brief snippets of town news. If you have news to share, please let us know!*

... A big “thank you” to our resident tech guru Will Keesler for another of his informative sessions. On October 27<sup>th</sup> Will conducted a session on Facebook and some of the set-up and security options available. The session was well attended and the participants learned about features and options available and were able to ask questions. As an added benefit, ice cream and candy were enjoyed by all.

... The building renovations on the lower level are nearing completion. The Session Property committee has contracted with two local contractors to provide a solution for the water coming into the basement during heavy rains and to repair and preplace wood and wall areas damaged over repeated leaks.



## Northern Pennsylvania Regional College Continues Use of Fellowship Hall

Northern Pennsylvania Regional College (NPRC) continues to hold Homesteading classes in our Fellowship Hall.

The successful series of monthly programs is part of an ongoing vision to devote that part of our church building that is not in daily use to advance arts and education programs in Kane. Additional future activities are in the initial planning stages and will be announced shortly.

In the meantime, upcoming NPRC courses include:

November 19, Homemade Cleaning Products

January 28, Budgeting and Bartering for Self-Reliance

February 25, Gardening for Beginners.

Each session is offered as a stand-alone, and there is no need to register for all sessions if you are interested in only one of the topics. Further information is available at the NPRC website, [regionalcollegepa.org](http://regionalcollegepa.org), or contact Jody Larson or John Cleland.

## Kane Area Food Pantry



Please continue to remember the Kane Area Food Pantry. The November distribution date is November Nov. 21<sup>st</sup> from 12:00 noon to 3:00 pm.

The economic situation is challenging for all of us and especially for those whose income barely meets monthly expenses. As food costs rise, there are more people in need of help. The Food Pantry is always in need of canned proteins such as chicken and tuna. Monthly needs are determined once the Food Pantry managers can determine what foods they are able to get from other sources.

## A Final Word for November .....Expressing Gratitude

In her book, *Grateful, The Transformative Power of Giving Thanks*, Diana Butler Bass explores what it means to give thanks. Bass is a historian, and she explores the historical, philosophical and social implications of gratitude. Among others, there are two points which Bass makes in her book which I find interesting.

Bass argues gratitude is not only experienced individually, but also inherently social. Gratitude it connects us to each other. An example of social gratitude is at weddings. And a recent example of when we experienced gratitude in our life as a congregation is the shared worship service we had on September 7<sup>th</sup> when we came together with St. Matthew's for our joint worship service giving thanks for our partnership.

In her book Bass also points out a connection between expressing gratitude and physical health. Bass, citing the work of researchers, observes when expressing gratitude, the threatening messages from our amygdala and anxious instincts from our brainstems are cut off. Our brains cannot simultaneously express gratitude and fear. Our brains can alternate between gratitude and fear, but these states are mutually exclusive. Psychologists draw similar conclusions observing gratitude blocks toxic emotions including resentment, regret and depression. Gratitude strengthens social connections, self-worth and makes people more stress resilient.

There are many examples in scripture where we are encouraged to give thanks and express our gratitude. For example, the psalmist writes "*Enter God's gates with thanksgiving and into his courts with praise, give thanks to God; bless God's name*" (Psalm 100:4). The ways in which God has designed and created us is amazing. We are created to express gratitude – and when we do it makes us healthier! Thanks be to God for the gift of expressing gratitude which, in turn, brings us renewed health.

# Presbyterian Church of Kane Calendar of Events

## November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 9:30 Coffee & Conversation 11:00 Worship	3	4 6:30 Bell Choir	5 6:30 Chancel Choir	6	7	8
9 Communion 9:30 Coffee & Conversation 11:00 Worship	10	11 9:00 Worship Committee 6:30 Bell Choir	12 6:30 Chancel Choir	13	14	15
16 9:30 Coffee & Conversation 11:00 Worship	17	18 6:30 Bell Choir	19 6:30 Community Choir Rehearsal	20	21	22
23 11:00 Worship at St. Matthew's	24	25 7:00 pm Community Thanksgiving Service	26	27 Thanksgiving	28	29
30 9:30 Coffee & Conversation 11:00 Worship	1	2	3	4	5	6