



# Inside Out:

The Newsletter of the Jackson Community Church

Vol. XXII, No.9

November 2023

Serving Our Church  
Members & Friends  
In Jackson, NH  
And beyond!



Friends —

During November, which ends with a holiday focused on thankfulness, let us revisit the spiritual practice of gratitude.

If you wish to download a daily devotional intended to reinforce this practice, here is the link for the document: [https://](https://jacksoncommunitychurch.org/wp-content/uploads/2023/11/thanks_devotional_booklet2.pdf)

[jacksoncommunitychurch.org/wp-content/uploads/2023/11/thanks\\_devotional\\_booklet2.pdf](https://jacksoncommunitychurch.org/wp-content/uploads/2023/11/thanks_devotional_booklet2.pdf).

Ironically, science now reinforces the wisdom our spiritual forebears have long lauded: thankfulness is healthy and beneficial. Additionally, it is part of how we relate well to each other and to our God.

In an article written by Jeff Thompson, Ph.D., former NYPD detective and hostage negotiator, now a research scientist with Columbia University, he acknowledges skepticism that a gratitude practice could promote resilience and improve wellbeing. *“I have no problem admitting that at first ... I dismissed it. My various work includes law enforcement, investigating suicide, and helping people in crisis. I asked myself, how could gratitude possibly fit in?”* Perhaps in our own daily lives, we have also dismissed the impact of such a spiritual practice. After all, gratitude seems like a polyantha-ish approach to resilience and healing.

Recommending a gratitude practice, in the face of pain, loss, and trauma, might also seem to belittle our lived experiences. Thompson assures us, *“Gratitude practices are not intended to minimize any hardships you have experienced or are still going through. ... Gratitude practices help you manage these tough times and remind you that if you stop and pause, there is still good all around us and it is happening each day.”* As Thompson learned through personal application and professional research, and as Biblical writers have told us across the centuries, gratitude promotes spiritual, mental, physical, and emotional health.

Simply reading about gratitude isn't enough. Engaging in a gratitude practice builds up its benefits.

Judeo-Christian tradition has long modeled the efficacy of gratitude as a desirable habit. Scripture extols the significance of thankfulness. In the Psalms, ‘give thanks’ appears 37 times. Jesus regularly prayed and gave thanks in his daily life. The letters of Paul model appreciation by starting each message with thankfulness for the community with whom he is communicating. When writing to the people in Thessaloniki, Paul advised, *“Pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you. Do not quench the Spirit.”* More recently, author Annie Lamott summarized Christian prayers into three simple words: “Help, Thanks, Wow.”

All of these examples suggest that in order for gratitude to be available and helpful to us, we must use it. We must pause, reflect, and give thanks. We must build its role into our lives mindfully and intentionally. We must add thanks-giving to our routines and habits. Thompson cites expert Dr. Alex Korb, “*There’s a gratitude circuit in your brain ... Strengthening that circuit brings the power to elevate your physical and mental health, boost happiness, improve sleep, and help you feel more connected to other people.*” Choosing to cultivate this practice improves our wellbeing, even in the face of challenging circumstances.

Gratitude contributes to perspective, and thus fosters resilience. “*Gratitude ... is connected to cognitive reappraisal (or reframing) ... how we choose to see things ... increasing your inner strength and your overall mental health. By taking this approach, you are building stronger neural connections that will make it easier to do it again the next day and the day after that.*” It empowers us. It also means that we can choose to be stronger and more prepared for tough times, through such spiritual habits.

So how do you make gratitude into a spiritual practice? Repetition.

Thompson offers one example for building the gratitude ‘muscle’. “*For five days... each evening... keep a journal:*

*Reflect on and write one thing that made you happy that day. Push a little deeper by thinking about it and describing at least two more words associated with the reasons why you were happy.*

*Reflect on and write one thing someone else did nice for you today.* This doesn’t have to be anything big either, just something that someone did for you that was nice.

*Reflect on and write one thing you did nice for someone today.* I’m certain you did many things nice for others, the point is picking one, reflecting on it, and writing about it.”

Jackson Community Church invites you to use the example above. Or choose one of the prompts offered in the daily devotional we have shared with you via the link at the beginning of this letter. Use such cues and guidelines to help create a positive, resilient framework of hope and healing for yourself, within your relationships, and in your community.

Meanwhile, know that we are grateful for each of you, and the unique ways in which you contribute to our community. Begin or end each day with the advice of the poet that follows.

*Blessings! — Rev Gail*

START HERE — *Steve Garnaas Holmes*

Those mornings when you wake up burdened,  
already thinking Oh why bother,  
start here:

thank God for one thing.

One person whom you love will do,  
though even a remarkable coincidence is acceptable.

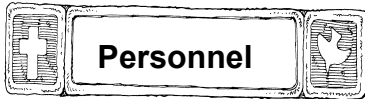
You don't even need to go into peaches,  
the color blue, or migratory birds,  
or a child's laugh you heard the other day,  
let alone the angelic speech of nerve synapses  
or the inscrutable ballet of spiral galaxies,  
or God's outlandish love for you.

Just one thing to give thanks for.

Then resolve to live the day  
in adequate gratitude for that one thing,  
and begin.



## Jackson Community Church



### Personnel

Rev. Gail Pomeroy Doktor  
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Joanne Turner 383-6187  
Administrative 986-5018

Rob Weinstein IT/Tech

Sharon Novak Music

Valarie Willman Custodial

### Church Council

The Church Council meets once a month on the 2nd Wednesday at 7:00pm. All Church members are welcome to attend. The council is made up of the Moderator, Pastor and all committee representatives. The next council meeting will be held via Zoom on Wednesday, November 15th at 7pm.

### Newsletter Deadline

The deadline for submitting news and articles for the December newsletter will be Tuesday Nov 28th. Items can be mailed to PO Box 381, Jackson, NH 03846 or emailed to: jccchurch@jacksoncommunitychurch.org

## Church Family News and Prayers



Nov. 4: Henry Gotjen  
Nov 11: David Hovey  
Nov 18: Garrett Kearns

*Happy  
Anniversary*

Nov. 7: Tom and Gloria Hutchings

*If you would like a special anniversary or birthday mentioned in the newsletter please let us know by sending an email to the office. In order to protect your privacy, we do NOT use the church records for these announcements and will only include them if you send it in!*



## Brunch Church

**Sunday November 20th  
Fellowship Hall 10:30am**

Join us as we bring back the annual Thanksgiving Sunday Worship Service. This is a special day where we hold a pot-luck style brunch church service in Fellowship Hall.

Please bring your favorite brunch dish to share.

Family friendly with a children's activity table for those who get restless.



Rev. Gail continues to help members of the church and community with pastoral visits, phone calls or by remote video. If you're aware of someone who might benefit from a bowl of homemade soup and a visit, please let her know.

# MAKING A DIFFERENCE ... locally and internationally



## Mission Group

Are you passionate about a cause that is either international or local? Bring your ideas and positive energy to the Mission Team.

The Mission Group is always excited when new members and friends are interested in seeing what they are accomplishing.

Current members are Linda Hastings, Jeanette Heidmann, Kit Griffin, Meg Phillips, Claire Mallette Sue Carrigan and Gloria Hutchings.



The Mission Committee has requested three children that the church is sponsoring through Angels and Elves this year.

There are tags with all the information for each child in the narthex .

Please take a tag or two or more and purchase the gift(s) requested.

They need to be returned by noon on December 3.

Please do not wrap them , but indicate for which child the gift has been purchased. If you do not like or are not able to shop, donations are always welcome.

Checks can be made to Jackson community Church with a notation for Angles and Elves. Please help to make Christmas special for these children.

If you have any questions, or you cannot come to the church to select a tag, please call Linda Hastings 603-383-9375.  
Thanks in advance.



## Calendars for the Gibson Center

The Mission Team is collecting 2024 calendars to be distributed through the Gibson Center's Meals on Wheels programs. If you receive any calendars that you will not be using they can be left in the box in the Narthex.

Last month the church received two donations of \$25. Hannaford gift certificates. The gift certificates were given in honor of Brittany costa and in honor of Jacklyn Hill. The Mission Team chose to forward the gift certificates to the Way Station to help those who are in need from food insecurities.



JACKSON COMMUNITY CHURCH's  
**APPRECIATIVE INQUIRY- Discovery & Dreaming Together**  
*Facilitated by Janet Bergman Wilkinson*

**We Seek Your Participation!**

**Friends and Members** — Jackson Community Church invites you to participate in planning for the church's long-term success. The first phase of our newly initiated 'appreciative inquiry' will include multiple forms of engagement: focus group meetings, a community survey, and several full community discovery and visioning sessions, facilitated by a professional consultant.

We'll 'explore the best of what is' in our church today, and then build from those strengths and emerging opportunities to imagine our future. The community planning activities of the coming few months will become the basis of our church's long term strategic plan, we hope your voice will be included!

**Scheduled Appreciative Inquiry Discovery Sessions:**

- Sun, Nov 12: Lunch & Appreciative Inquiry - 12:30-2:45pm
  - Sun, Nov 19: Harvest Potluck & Appreciative Inquiry - 10:30-12:45pm
- Zoom session to be scheduled

**Facilitator:** Janet Wilkinson is an organizational development consultant and certified Appreciative Inquiry Practitioner based in nearby Madison NH. She has over 20 years of experience leading, co-leading and facilitating an array of organizations and initiatives through periods of growth and change.



Members and Friends....

Please keep a look out in your mailbox for a letter from the Jackson Community Church in regards to your 2023 financial giving and where you stand with your 2023 pledge. Please do not just toss this letter aside—please take a look at it closely and let the office know immediately if there are any errors.

This letter will also include a pledge card, please take a moment to fill this out and return it to the church (mail or leave in the wooden church in the narthex). By returning your pledge card promptly you can help us plan next years 2024 budget. Your contributions make the work and life of this church possible.



# LEADING the WAY

In the summer of 2023, a working group of laypeople and staff from Jackson Community Church entered a self-guided process to review the way our church is currently operating. To conduct this evaluation, we thoughtfully read and discussed the book *Governance & Ministry* by Dan Hotchkiss.

We compared recommended governance models to our own current framework for leadership and decision-making. The working group also sought input from the church's active Teams and leadership boards, including Council, Deacons, Trustees, Missions, and others. We continue to welcome questions and thoughts from the congregation (please send those via [icchurch@jacksoncommunitychurch.org](mailto:icchurch@jacksoncommunitychurch.org)).

Now we are adapting to move forward. **The recommendations outlined below will gain momentum in 2024:**

- **The Council** will adapt to function more like a Board of Directors. It will continue to **meet monthly and focus on big-picture, long-term, mission-driven goals and objectives for the church**. Its purpose would be future-focused and strategic in orientation (vs reading past business reports).
- The Council will continue to have access to summary reports, shared from functioning Teams, to summarize Team activities and needs. The Council would respond to any support requests made by functioning Teams.
- **The Council will continue to be comprised of 7 people**. This includes **the moderator and treasurer** (2 elected officers – consistent with the current format for Council), **staff** (pastor plus the church administrator serving in secretarial role - consistent with the current format for Council), **plus 3 at-large members** (volunteers serving in lieu of Team representatives who currently attend Council to submit business reports reviewing their Teams' past activities).
- **At-large members of Council** could continue to **include people who also serve on Teams** and want to be involved at both levels of governance. Such volunteers would fill different roles between Teams and Council, since the focus of the different groups would vary. **At-large Council members** would be people **invested in the future of the church** and are **interested and inspired by big-picture thinking and implementation**.
- **Teams** (Committees such as Deacons, Missions, Trustees, Flower and other time-limited, pop-up Teams) might opt to **meet** quarterly or as **frequently or infrequently as necessary to work on their projects and scopes of responsibility**. Representatives would not need to attend Council. Rather Teams would **operate independently**, as they currently do.
- To stay in communication with Council, **Teams would provide a summary report**, an outline, **to the Council once per quarter** (less frequently if different timing is relevant to how often a Team meets). These reports would be read in advance of Council meetings, and would not comprise the work of Council during its meetings.
- **The Team's summary for Council** would include **answering a few questions for Council**, such as "Do you have any problems? Do you need any help? What should we know about? What do you need from the Council? How can we support you?"
- Once completed, the **Council will share the church's revised Mission, Vision & Values statements with the Teams** (Committees). These will be adapted to include input gathered through the **Appreciative Inquiry process** (Discovery & Dream sessions, surveys, community focus groups) guided by Janet Bergman Wilkinson starting this autumn. **Council will implement adapted approaches and practices for church leadership, decision-making and governance beginning in 2024.**



Ben Kilham and his family have been rehabilitating and releasing injured, orphaned and abandoned black bear cubs brought to them by the NH Fish and Game Department since 1993. The Kilham Bear Center is regarded as one of the most successful bear rehab centers in the world.

For more Info, call the library @ 603-374-2755

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A Note from church member Kevin Hamory to Rev. Gail:

I miss you, your family and your parishioners. I miss everyone. I am doing ok. I still have some difficult things to deal with but I am enjoying my new friends company.

Please pray for me as I pray for all of you.

Peace, Love, Happiness

Kevin



### **Free Fitness Classes on Tuesdays and Fridays**

Laurie McAleer offers a free weekly exercise classes at the church. Classes are held on Tuesday and Friday mornings at 9:30am.

All are welcome to participate.





**Feeding the  
Community**

## **THE BARTLETT/JACKSON FOOD PANTRY :**

The Bartlett/Jackson Food Pantry is located at 9 Dundee Road, Intervale (off Route 16A—former location of Faith Bible Church). The pantry is open on the first and third Saturdays of each month from 10:00am to 12 noon.

For more information contact a Mission Team member or Brenda Mederios (bartlettjacksonfoodpantry@gmail.com or 603-383-9246)

The pantry accepts all donations of unexpired food as well as paper products. They are currently in need of: coffee, tea, cereal, toilet paper and mayonnaise.

**DONATIONS CAN BE DROPPED OFF AT THE JCC FOYER ANYTIME IN THE DESIGNATED BOX. MONETARY DONATIONS CAN BE SENT TO BJFP, PO BOX 279, GLEN NH 03838**



## **THE WAY STATION is in NEED OF FOOD ITEMS,**

- Gift Cards to Market Basket for Thanksgiving (\$10-\$40)
- Hearty soups, stews, canned spaghetti, canned tuna/chicken. (Pop tops please)
- Energy bars, fruit drink boxes, fruit cups, peanut butter, shelf stable milk
- Wrapped crackers and small raisin boxes.

Items can be left in the pantry box in the church entryway.

For monetary donations for the Way Station contact Jeanette Heidmann or send to the Way Station at PO Box 1888, North Conway 03860.

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## **Steeple Light**



The Steeple Light will be lit in the month of November in memory of Gail Erickson by her friends and family.

If you would like the steeple lit in memory or in honor of a loved one, family member, friend or organization, please mail your request along with a donation to:

Jackson Community Church  
Attn: Steeple Lighting  
PO Box 381  
Jackson NH 03846



## Did you know....



The **Charitable IRA Rollover**, also known as a **Qualified Charitable Disbursement (QED)** allows Americans age 70 ½ and older to make gifts to one or more nonprofit organizations (such as Jackson Community Church) without federal tax penalty, by simply requesting a transfer of IRA assets from the plan administrator directly to your charities.

Gifts can be made up to \$100,000 annually and count towards the owner's Required Minimum Distribution (RMD) for individuals age 72 and older. QCDs from pre-tax IRAs are still a tax-savvy giving strategy in 2021 if you are between age 70 ½ and 72, even though RMDs are not required until age 72.

Consult your tax advisor for the best advice. This is a very painless and tax-advantaged way to support JCC and other favorite charities!



### Have you considered naming Jackson Community Church in your estate plans?

Everyone has the capacity to leave a legacy – large or small – to the organizations that they care about most. There are many simple ways you can make a lasting gift to the church. JCC can be named as a beneficiary in your will, IRA, or charitable trust. Charitable Gift Annuities are available through the United Church of Christ that will provide you with income for life, a tax deduction, and a substantial gift to the church in the future.

Jackson Community Church is fortunate to have several trust funds that were given by generous church members in the past. We rely on the income from these funds to help balance our budget each year. But we could do much more if we had the resources.

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Won't you consider leaving a legacy to JCC for future generations? Please let us know if you would like confidential information about these options.

*"Giving liberates the soul of the giver" – Maya Angelou*

### Inside Out Address Changes, News Updates, Thoughts and Prayers



*We strive to keep our church family, near and far, connected through this newsletter. We would love to hear from you!! Please send us information about yourself or other members of our church community, thoughts and prayers, and notices of pertinent community events. Please also let us know if your address has changed, or if you wish to be removed from the mailing list. Send any correspondence or changes to Jackson Community Church, Attn. Newsletter Editor, PO Box 381, 127*

Name: \_\_\_\_\_

Street address: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Email: \_\_\_\_\_ telephone: \_\_\_\_\_

Thoughts/Prayers: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_