

E-Messenger

First Church of Christ

What makes us happy in life? It seems like a straightforward question, but it's one that we find ourselves asking every day.

There have been several possible answers as to where happiness comes from. One of the most debated concepts is that happiness comes from having more money. But Dr. Sanjiv Chopra, a professor of medicine at Harvard Medical School, disagrees.

"Winning a \$20 million lottery ticket won't make you happier. Research has shown that after one year, lottery winners go back to their baseline. Some are even less happy," he said in TED talk earlier this year.

"A few probably spent their money on a big mansion or a fancy car. Maybe they spent it all on gambling. But even so, at the end of three months, it's just a house, it's just a nice car. You get used to it," says Chopra, who has written a number of books about happiness. He calls this phenomenon **hedonic adaptation**, which is a concept that refers to people's general tendency to return to a set level of happiness despite life's ups and downs.

In the talk, Chopra explains the four things that have been scientifically

linked to happiness:

1. Friends and family

Developing a close bond with people we trust and confide in is essential to our overall well-being. "Choose your friends wisely and celebrate everything small and good with them," Chopra says.

Many others have stressed the importance of having deep and meaningful relationships. "The world is suffering from an epidemic of loneliness," former U.S. Surgeon General Vivek Murthy wrote in a 2017 **Harvard Business Review** article. If we cannot rebuild strong, authentic social connections, we will continue to splinter apart — in the workplace and in society."

Researchers **have also warned** that "loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day," whereas friendships can "reduce the risk of mortality or developing certain diseases and can speed recovery in those who fall ill."

2. Forgiveness

"The ability to forgive frees you from the burdens of hate and other

unhealthy emotions that can negatively impact your happiness quotient," **says** Chopra.

He cites Nelson Mandela as a hero who truly mastered the art of forgiveness. In 1990, when the legendary freedom fighter emerged from his 27 years of prison, he was **asked** whether he had any resentment toward his captors.

"I have no bitterness; I have no resentment. Resentment is like drinking poison and then hoping it will kill your enemies," Mandela **responded**.

Anyone who's ever felt they've been mistreated (most likely each and every one of us) knows that the act of forgiving can be challenging. But **Karen Swartz**, director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital, says that "making a conscious decision to let go of negative feelings whether the person deserves it or not" can lead to more than just increased happiness.

Studies have found that it can also lower the risk of heart attack, improve cholesterol levels and reduce **blood pressure**,

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anxiety, depression and stress.

3. Giving

Chopra says that getting involved with charities and donating money to help others is one of the most fulfilling ways to spend your time and money. **Researchers** have even **suggested** that people who volunteer have more happiness, higher self-esteem and an even a lower mortality rate.

A study from the **University of Chicago** and **Northwestern University** found that giving, rather than receiving, leads to long-term happiness. In one experiment, 96 participants were

Serving in November

Greeters:

- 3—Tom & Cindy Horton
- 10—Bettie Finken
- 17—Vincent & Nola Girardot
- 24—Scott Bard

Communion Ministry:

- 3—Adam Perry
- 10—Bob & Mary Lloyd
- 17—Dave & Melissa Beerbower
- 24—Larry Snavely

Prayer Warriors:

Jane Runyan & Erica
McNamara

Elder Schedule:

- 3—Larry Snavely
- 10—Dave Cunningham
- 17—Jim McPeak
- 24—Mark Rhodes



Birthdays & Anniversaries



- 2 Sandy Gordon
- 3 Greg Hartman, Roy Koerner
- 6 Ashley Grimm, Marilyn Sanders
- 9 Bryce Gambler, Lydia Snavely
- 11 Chuck Salisbury
- 14 Tasha Karnes
- 16 Nick McCarthy, Mark Rhodes
- 17 Molly Gordon, Eric

Murphy

- 18 Charlene Gambler, Anabelle West
- 19 Dan Olds
- 21 Brian Rogers
- 25 Angie Murphy
- 30 Dan Gallagher, Sophie Hull



- 4 Vincent & Nola Girardot (68)

- 14 Chris & Anna Trubey (10)
- 15 Chuck & Madelon Salisbury (65)
- 16 Mark & Deb Rhodes (35)
- 18 Scott & Pam Hartman (19)

Family News



Fall Fest/Trunk or Treat is Saturday, November 2, 5:00-7:00

(postponed from 10/26). We will be inside the church building with a theme of "God is Wild about You!" Dress/decorate with a safari theme.

A Thankful People

Thankfulness is a quality of character without which we miss life's central melody. The hardest sin to excuse is ingratitude and it comes from thoughtlessness. A think-

ing people is a thankful people. Many personal woes would be eliminate if more time were spent on thinking of our blessings and expressing our gratitude to God and to the many who contribute to our happiness.

—Sunshine Magazine

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 8:00 Worship 9:15 Sunday School 10:15 Worship 6:00 Snavelly Life Group 7:00 YW Life Group	4	5	6 5:30 Supper 6:15 Fusion 6:30 Adult Bible Studies	7 9:15 Ladies' Bible Study @ Seasons 9:30 Senior Seekers	8	9 8:00 Men's Breakfast
10 8:00 Worship 9:15 Sunday School 10:15 Worship 4:00 Piano Concert 7:00 YW Life	11 	12 10:00 Craft Group	13 5:30 Supper 6:15 Fusion 6:30 Adult Bible Studies	14 9:15 Ladies' Bible Study @ Seasons 9:30 Senior Seekers	15	16
17 8:00 Worship 9:15 Sunday School 10:15 Worship 6:00 Snavelly Life Group 7:00 YW Life	18	19 12:45 Visitation Ministry	20 5:30 Supper 6:15 Fusion 6:30 Adult Bible Studies	21 9:15 Ladies' Bible Study @ Seasons 9:30 Senior Seekers	22	23
24 8:00 Worship 9:15 Sunday School 10:15 Worship 7:00 YW Life	25	26 11:45 Lunch Bunch	27	28  THANKSGIVING DAY DINNER 11 AM-1 PM	29	30



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Love All, Worship One,
Make Disciples

Bryanfcc.org



Connect with us!

Office Hours: Monday-
Thursday 8:00 AM-5:00
PM

Facts & Figures	
October 6	
Attendance SS 48	Worship 49/110
Offering	\$6,691.00
October 13	
Attendance SS 32	Worship 57/106
Offering	\$7,370.00
October 20	
Attendance SS 37	Worship 47/88
Offering	\$3,729.00
October 27	
Attendance SS 42	Worship 56/107
Offering	\$3,481.34
Needed for Budget	\$4,458.67

Love All

Our Service Personnel:
Lindsey Carter (FL), Caleb Lloyd (Japan), Josh Severs (S. Korea), Katie Sparks (TX), Josh Tonneas (TX)

Cancer: Gwen Acker-Dickinson, Nathan Bailey, Sue Bever, Tim Bight, Brent, Sherry Buchsteiner, Jennie Case, Chuck, Andrew Dell, Adam Farger, Carrie H., Molly Johnston, Kent, Chuck Lees, Ron Lewis, Tim Mavis, Aaron Nartker, Mary Pinckley, Elaine Purdue, Steve Ringer, Bob & Sue Secoy, Elizabeth Shetler, Terry Shinaberry, Dean Sme-

thurst, Lyle Snavely, Bernice Speiser, Ron Stark, Dinah Stillner, Amy Tobin, Jaime Trevino, Linda Walker, Kathy Walton, Drew Wayman. *Other Concerns:* Jennifer Mavis, Brianna Pitts-Hill, Trevor Bailey, Dale & Leona Puff, Neighborhood, Arlene Boyer, Dale Boyer, Danielle Strouse, Paul Newcomb, Asher Cravens, Brenda Ridgway, Cindy Wolf, Zach Swisher, Cheryl Towers, Keller Gardner, Gene Nash, Marilyn Lundy, Kim Beek, Shirley Bard, Joshua Taylor, Keely Strouse, Ken Idle, Carson Strouse, Annie Engel, Gene

Crawford, youth ministry, Kim Snavely, Ramon Alpaugh; *Shut Ins:* Genesis: Gloria Wright; Home: Linda Lewis; Ottawa Riverview: Barbara Hake, Hawthorn Glen: Roy Koerner.





given \$5 every day for five days — with the option to either spend it on themselves or on others.

"Everyone started off with similar levels of self-reported happiness," the researchers wrote. "Those who spent money on themselves reported a steady decline in happiness over the five-day period. But happiness didn't seem to fade for those who gave their money to someone else."

4. Gratitude

"There's a wonderful anonymous quote that goes, 'If you don't know the language of gratitude, you'll never be on speaking terms with happiness,'" Chopra tells the audience.

Practicing gratitude can be as simple as saying "I'm grateful" at least once a day. In fact, one [study](#) from the [American Psychological Association](#) found that doing so can help people savor positive experiences, cope with stressful circumstances and strengthen relationships.

"Taking time to think about what you're grateful for makes you more aware of the positive things in your life," says Chopra. As a result, "it makes you less biased by the fewer negative things in your life."

Kyle Young is a freelance creative writer and author of "[Quitterproof: The 5 Beliefs of Highly Successful People](#)." He has also written for Fast Company and Harvard Business Review.

Destined to Win,
Larry Snavelly



"Autumn is that **critical time of year when you don't** know whether to rake the leaves or **pray for a windstorm.**"—Bob Orben



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