

# Mayflower Notes...



## *Mayflower Congregational Church*

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**November  
2010**

**Pastor  
Dr. Rick Martin**

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## *Dates to remember in November...*



November 5 & 6

*Rummage Sale*

November 13

*Second Saturday Supper*

November 20

*Weight lifting Meet*

November 21

*Walter Ellis Harvest  
Festival*

November 25

*Thanksgiving Day*

November 28

*First Sunday in Advent*

### **Walter Ellis Harvest Festival**



The Walter Ellis Harvest Festival will occur on the Sunday before Thanksgiving, November 21st this year.

Many of us never met Walter Ellis. He was a member of Mayflower and he strongly believed in giving back to his community. He started the Harvest Festival as a way to feed people who were hungry in the Lansing area.

We will be collecting canned goods and donations for this worthwhile yearly event. Please designate your checks for the Harvest Festival.

# Mayflower NOTES for November 2010

## From the Pastor's Desk

### Count Your Losses

Thanksgiving Day is almost upon us once again. Food – Fun – Family. Except, the odds are good that we may have experienced loss since last Thanksgiving Day: Loss of a loved one, loss of a job, loss of a home, loss of health or ability. Nearly everyone has experienced “loss” in the past year. The Holidays magnify what we have lost.

Add to our personal losses, we live in a society of discontent. If we don't have the newest phone, the biggest house, the fastest car, the latest toys, society tells us we cannot be happy and content. We must have more. We must have the best. We must have. We must have. Thus we are feeling “loss” of the people and things we have had and loss; and we are feeling “loss” of the things we never had, but must have. Count your many losses, name them one by one, count your many losses and see what God has not done. Life is so unfair! Life is so depressing.

OR, there may be another way of living life. The Apostle Paul talks about a life “*overflowing with gratitude*” (Colossians 2:6) and developing an “*attitude of thanksgiving*” (Colossians 4:2). What would happen if, instead of rehearsing our losses and feeling cheated of what we should have, we were **overflowing with gratitude** for what we do have. What would life be like if we had an attitude of thanksgiving? Going through each day recognizing our blessings, grateful and thankful to God who fills our life with all we have. Sounds to me like the Pilgrims, who were going through great struggle in the New World, yet gathered for a day of food, fun, family, & neighbors to give thanks for their blessings.

Count your losses equals a life of despair. Count your blessing equals a life of happiness. Your choice.



**From Liz Canfield**

As I write today, it is a beautiful yet crisp fall day. Yet by the time the newsletter reaches everyone, I suspect our run of good weather will be over. So, my November thankfulness must begin with an appreciation for the beauty of October. It is something I seem to forget every year, and am left to marvel anew at.

We had a busy month in October's Sunday School. We studied the story of the Widow's Mite, in order to prepare our hearts for Consecration Sunday. We made beautiful turkey table toppers, and we participated in sharing what Mayflower means to us as part of the Consecration Sunday festivities.

November is Christmas pageant time, and we will be spending the month preparing to bring you a great show in December. Have a lovely November!



**Our Sympathy...**

Mayflower Church sends our deepest sympathy to John Wilcox and his family for the loss of Doris on October 9, 2010. God bless her soul.

**Head Usher**

**Naida Kenyon**



**Outreach Focus**

**Mitten Tree  
Walter Ellis Harvest Festival  
Operations Christmas Child**

Dear Mayflower Friends,

God has made us all as we are...as children, young adults, and more mature adults. God, quite evidently, has made me to be (among other things) an Olympic-style weightlifter...a person who lifts a barbell from the floor all the way over their head. The first time I did one element of this, I was ten years old. Periodically during my adolescence, I would do it at my friends' houses (they always had a barbell "exercise set" lying around in the basement). It always felt good to do this...sort of a "light bulb going off" experience, even when I was 10-12 years old, and later on through my junior high and high school years. I knew that I enjoyed it, because it brought me some kind of joy that I had difficulty describing. I didn't really know what that feeling was, but I knew I liked it. Why wouldn't I like it? God (as I now understand) evidently created me to do it. In 1965 when I was seventeen years old, I learned all the competitive lifts that are involved in performing this sport (now only two events required). It's done on a special barbell that turns quickly and smoothly and is designed for maximum performance in the two events of Olympic weightlifting, the snatch and the clean and jerk. The very first day I lifted on an Olympic standard barbell, the light burned ever more brightly.

Right after I graduated from high school, my cousin introduced me to the Olympic standard barbell because he knew that I would like it, and he was right....was he ever! I still don't know how to describe this fully. I don't just like this, I love this. It is a love that is part of the person God made me to be. My journey from that first day with my cousin in the garage in 1965 grew into being a member of three U.S. Olympic Teams, four U.S. World Championship Teams, traveling to ten countries, and eventually setting six American Records, and winning eight World Masters Championships (age 35 and over) gold medals and two World Masters Records.

I have recently returned from Ciechanow, Poland (sixty miles north of Warsaw), where I garnered my eighth World Master Championship gold medal. Most of you have seen this medal, but I'll bring it in for anyone who hasn't. Every major world meet is a growing experience, and this year's was no exception. This year, I lost twenty-seven pounds to move into a weight class and lift against a fellow Czech Republic Olympian from my '72 and '76 Olympic experiences (he's a somewhat smaller guy).

We had a great time lifting against each other (this time I won), and we understand each other, even though I don't speak Czech and he doesn't speak English. And the reason is that God made the two of us to do this special thing that we love so much. It's not that we don't love others or don't have other allegiances...we just love this thing we've been made to do. And as I was explaining to Pastor Rick just recently, the weight loss, the sacrifice, the effort, and yes, sometimes the suffering - are not of my own will power or inspiration. They are NOTHING compared to what Jesus went through that fateful night in the Garden of Gethsemane and later on Golgotha. They are but faint glimpses into what has been done for us all as Christians. And I love it, and I love Him. And I thank Him for creating me the way he has. And I thank you all for your prayers, good wishes and support during the last two years helping me recover from injury and supporting this trip in the way that you have. It is very special to me.

God bless,  
Fred



### **Bible Trivia**

Q. What kind of man was Boaz before he married?

A. Ruthless.

Q. What do they call pastors in Germany?

A. German Shepherds.

Q. Who was the greatest financier in the Bible?

A. Noah. He was floating his stock while everyone else was in liquidation.

Q. What was the greatest female financier in the Bible?

A. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.

Q. What kind of motor vehicles are in the Bible?

A. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

Q. Who was the greatest comedian in the Bible?

A. Samson. He brought the house down.

## **Peace Sunday**

The Prudential Council has designated November 7th as “Peace Sunday”.

We’ll dedicate a new “peace” candle for the altar; music and the sermon will have a related theme. We’ll create prayer flags with the Sunday school. Please plan to attend this meaningful service.



## **The Mitten Tree**

The mitten tree will be up this weekend awaiting your donations of winter mittens, hats and scarves. We hope to distribute them before the holidays. Cash or check donations will be welcome. Please designate the “mitten tree” on your checks.



## **The Iron Egg**

Mark your calendars on November 20th for the Iron Egg Weightlifting Championship. The contest will take place in the Social Hall at Mayflower from 11:00 a.m. until 4 p.m.

Weightlifters from the near midwest will be lifting for top honors.

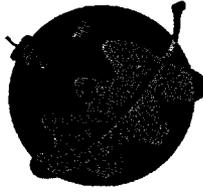


## **Shoebox Gifts**

Remember to pick up a shoebox and fill it with items for a child in another country. Haiti will be one of the countries that this project focuses on this year.

Your shoebox needs to be turned into the church office by November 14th.

## *Music for November*



Have you read the books by Jan Karon, with protagonist Father Tim Kavanagh, the “Mitford” series? I highly recommend them. They are a mixture of home, humor, scripture, seeking, difficulty, resolution, and love. You will smile, but you will also think and hope. She began a second series in which Father Tim returns to his childhood home in Mississippi, “Home to Holly Spring.”

At one point Paul’s Second Letter to Timothy (1:7) is quoted: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.* Paul is writing this to Timothy, to encourage him to witness faithfully to Jesus, in the face of suffering and opposition. Father Tim, as well as we, are encouraged to not be fearful, but to be loved in Christ, and to be strong in Him. I am reminded of a parallel verse, Joshua 1:9: *Be strong and courageous, do not be terrified, do not be discouraged, for the Lord your God is with you, wherever you go.*

Apparently, I would like the answers right now, and that is usually not the way life works! We can shape things many ways in our minds; perhaps plan A is not the only way. When we hear about life in Zimbabwe how can we not adjust our perspective?

Life is not a flowery bed of ease, but we have a wonderful, awesome God, and godly friends who reflect Christ’s light. From Proverbs 3:5-6, here is a special heart verse: *Trust in the Lord with all your heart and lean not upon your own understanding. In all your ways acknowledge Him and He will direct your paths.* God’s way, not our way. Father Tim prays the prayer that never fails: Thy will be done!

Amen  
Chrisann

# Ice Cream Prayer, The

by: Author Unknown, Rainbow Garden

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our heads he said, “God is great and God is Good. Let us thank Him for the food, and I would even thank you more if mom gets us ice cream for dessert. And Liberty and justice for all! Amen!”

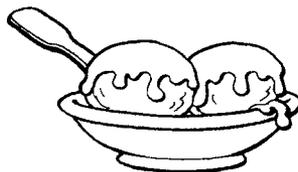
Along with the laughter from the other customers nearby, I heard a woman remark, “That’s what’s wrong with this country. Kids today don’t even know how to pray. Asking God for ice-cream! Why, I never!”

Hearing this, my son burst into tears and asked me, “Did I do it wrong? is God mad at me?”

As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, “I happen to know that God thought that was a great prayer.”

“Really?” my son asked. “Cross my heart.” Then in theatrical whisper he added (indicating the woman whose remark had started this whole thing), “Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes.”

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, “Here, this is for you. Ice cream is good for the soul sometimes and my soul is good already.”





# November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Quiet Worship Time 6:00 pm	2	3	4 Handbells 6 pm Choir 7:30 pm	5 Rummage Sale	6 Rummage Sale
7 Communion	8 Quiet Worship Time 6:00 pm	9 Trustees	10	11 Handbells 6 pm Choir 7:30 pm Veteran's Day	12	13 Second Saturday Supper 5 pm
14	15 Quiet Worship Time 6:00 pm Newsletter Item deadline	16	17	18 Handbells 6 pm Choir 7:30 pm	19	20 The Iron Egg Lifting Meet
21 Walter Ellis Harvest Festival Prudential Council Meeting	22 Quiet Worship Time 6:00 pm	23	24	25 Thanksgiving Day	26	27
28 First Sunday of Advent	29 Quiet Worship Time 6:00 pm	30				

