



*Come home  
to God's love*

# Our Vision

The First Presbyterian Church of Dearborn  
November 2015 Newsletter



Thursday  
November 26<sup>th</sup>



## 4<sup>th</sup> Annual Holiday Galleria

VENDORS, CRAFTERS, ARTISANS  
REFRESHMENTS, GOURMET BAKE SHOP  
*and more!*

**Saturday, Nov. 21<sup>st</sup>**  
10am ~ Mitchell Hall

See page 13



## Touch of Hope Christmas Offering *Angel Adoptions*

See Page 6

## 50th Anniversary Celebration **Organ Concert**

**Frederic Blanc**  
*In recital*

**Friday, Nov. 20<sup>th</sup>**  
7:00pm ~ Sanctuary  
See page 12



**Cookie Walk**  
**Sunday, Nov 22<sup>nd</sup>**  
See page 13



## Kirkin O' the Tartan

*A day of remembrance  
of the Scots'  
liberty & religious freedom.*

**Sunday, Nov. 8<sup>th</sup>**

See page 4



## ChristNet

>Returns Sunday, Nov. 1<sup>st</sup>  
**Temporary Overnight Shelter  
for the Homeless**

See Page 4

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## November at FPCD

As the world turns, once again we find ourselves in the midst of crises - from mud slides in CA. to campus shootings in Oregon and Arizona - civil strife in the Middle East and Europe - inundated by a cacophony of political voices and standstills from DC to Lansing on important issues - from budgets to road repairs. Violence is to be experienced about the world and here in MI (Detroit and suburbs) as we seek to turn things around with the Pure MI efforts. Yet, as one looks about the gorgeous scenery in MI all seems to be under control by the Creator and Sustainer of life. Our Church family will continue to receive indications of support of our ministry/mission noting that "God does love cheerful givers." Thanks to the staff and Stewardship Team.

We are grateful for the many projects completed this year which include an update of our elevator a complete redo of walks and landscape around the Sanctuary, Fellowship Hall, and Chapel; and a contract for a new entry door on the north end of the building. A handicapped entrance is in the planning stages for Fellowship Hall. Thanks to the Finance and Property teams.

November promises to be another busy month in our church family life - In worship we begin with a time of Remembrance as we celebrate All Saints Day on November 1st as well as Jean Clarkson's 100<sup>th</sup> birthday. In keeping with tradition we will have a Scottish remembrance of St. Andrew on November 8<sup>th</sup> with the Kirkin' of the Tartan celebration. Scottish attire is in order and in worship we will have our Pipe Major, David B. Martin. David will lead us forth to Mitchell Hall for a time of refreshment (Scottish cookies- blackfly piles) and, Scottish dancers. The DNA plans a Black Light Party on the 14th – volleyball in the dark?

Thanks to the DNA for the great outpouring of support for our annual Halloween program.

On November 15th we pause to join Christians about the world in praying for our Martyrs - those who have risked and in some cases given their lives for Christ. The most recent terrorist act was in Libya where a Libyan Christian was executed before TV cameras by ISIS. Thousands of our brothers and sisters in Christ find themselves in refugee status seeking to escape the wrath of Islamist extremists.

We are privileged as a church to be selected for an organ recital conducted by the AGO featuring a world famous Titular Organist from Paris, France, Frederick Blanc. The recital will be held on Friday

November 20th at 7:00 p.m. featuring our Aeolian Skinner organ. A reception to follow.

Our Presbyterian Women continue their busy schedule with a Galleria on the 21st and a cookie walk on the 22nd - just in time for the holidays. We will also recognize Peg Belloff who will celebrate her 101<sup>st</sup> birthday on the 15th. We all shall be thankful for God's blessings on Thanksgiving Day as we make final preparations for the beginning of the Advent Season on the 29th.

See you in Church,  
Pastor Don

## Children's Ministry



**Children's Church:** At Church every Sunday, about halfway through the service, the kids head upstairs to children's church. Have you ever wondered what happens up there? Let's see if we can give you just a glimpse. There is a wide age range of kids, from preschoolers to middle-school. It can be a challenge to teach that big an age range, but there is opportunity for blessing that would not occur in an age specific group. Each year, the older kids grow into leadership roles, while still participating as kids. They are excited to take on responsibilities and jobs. They look out for the little ones - buddying up with them during crafts, or stepping aside so they can toss the ball in a game. Our smallest members are equally a blessing. It is a joy to watch them participate in the activities as they become more and more comfortable with the group. My goal is for church to be a safe and joyful place for all of the kids to grow and to learn how to be a part of body of Christ.

When we have a discussion, all contributions are important, and it's inspiring to hear perspectives coming from different age levels. Bible stories are great fun with the group. It's amazing that even if we know a Bible story, there are hidden details or ideas that we've never noticed before. At least that's true for me! That means we can always tell the story with a sense of wonder and discovery. One of our favorite opening discussions is "Tell me something important." The kids love to share what is going on in their lives! Sometimes I think we could spend all day chatting. We make sure that only one person talks at a time, so that each person is appreciated. I always have to limit kids' contributions so we can move on to our story or activity.

Each week, there is a craft, game, or some other activity. Because of the range of personalities and skills in the group, we rotate through different types of activity. One week we might play a game, and then the next week, we'll have an art project. One all-time favorite game is charades, performed individually or in groups. Other activities include clay, video and scavenger hunts. Last week, there was a request that we learn about the pictures on the stained glass of the chapel!

**Sunday School:** Join us for Sunday School at 9:00 each Sunday! Kids' Sunday School is a little like Children's Church, but with smaller, age-based groups and a longer time for stories and activities. That means that children can spend time immersed in the stories of the Bible, forming a foundation that will last a lifetime. While your kids are in Sunday school, you are welcome to take advantage of the adult educational offerings.

**FISH kids' class:** We meet every Wednesday, with dinner (optional) at 6:00 and class at 6:45. This year, we're reading the last book of the Narnia Series, *The Last Battle*. All ages are welcome - come for a great story, discussion, crafts and more. See you in church! ~Beckie Dicks- Children's Ministries Coordinator

**Don't miss our newest family fun event -- the Illumination Black Light Party!**

## Illumination Black Light Party

First Presbyterian Church of Dearborn

Saturday November 14, 2015 6:00 - 7:30 PM

Volleyball, Dancing, Fun Glow-in-the-Dark Activities

1st grade and up\*

\*under 12 must be accompanied by an adult



## Kirkin' o' th' Tartan

On Sunday Nov. 8<sup>th</sup> we celebrate Kirkin' o' th' Tartan. In the days of the Act of Proscription, wearing of the kilt was banned in the Scottish Highlands. According to legend, Highlanders hid pieces of tartan (a traditional Scottish cloth pattern consisting of stripes of varying widths and colors) and brought them to church to be secretly blessed at a particular point in the service. The Kirkin' o' The Tartan serves as a remembrance of the liberty and religious freedom Scots endeavored to preserve, including their influence on freedoms shared by all Americans.

We invite all to come and bring something Tartan or a symbol of your family (e.g. bible, coat of arms, photo, etc.) to bring to the communion table to be blessed. This is the Sunday to wear your Tartan.



## ChristNet Returns Sunday November 1<sup>st</sup>, 2015



First Presbyterian Church of Dearborn will be hosting guests of the ChristNet program beginning Sunday November 1<sup>st</sup> and ending Sunday November 8<sup>th</sup> 2015.

ChristNet provides temporary emergency shelter for men, women, and children from the downriver area.

This is the thirteenth year First Presbyterian has participated by providing shelter, meals and fellowship for a one-week period. Our guests arrive nightly for a warm meal, showers, fellowship, and rest. Our guests depart each morning with a sack lunch after having a nutritional breakfast. Many hands are needed to serve in this exciting Outreach program.

For more information on how you can help, call or email



**Jeni Cole** at 313-792-8224/248-470-7875/[jilcole1971@gmail.com](mailto:jilcole1971@gmail.com)  
**Sue Sullivan** at 313-274-6756/[srsullivan8845@wowway.com](mailto:srsullivan8845@wowway.com)

## Assistance for Southeast Coast Flooding



The Southeast coast is experiencing severe and unprecedented flooding. At its height, more than 400 roads, 150 bridges and two major interstates were closed, isolating communities that were most in need of comfort and assistance.

Presbyterian Disaster Assistance (PDA) is walking alongside those in need to bring God's hope and healing to all affected. PDA staff is helping with assessments, connecting with long-term recovery groups and serving as a witness of the larger church in this challenge.

If you would like to give to this cause, please designate "PDA Flood Relief" on your offering envelope. ~ *Outreach and Mission Committee*

## **Adult and Teen Christian Education, Young Adult Worship & Study & Youth Groups**

***Pastor Mike Hoffman, CRE, Christian Education, Young Adults, and Youth Groups Director***

**Saturdays, 5:30-7:30 PM at Panera Cares:** The Young Adults from our congregation, the Dearborn area, and International Students from U of M-D, gather together each Saturday for Converge, a young adult gathering which consists of a light meal, conversation, worship, a message, and small groups. We have almost finished a 6 week session on prayer that was taught using the E.P.I.C. method of reimaging sermons (I will explain this much more in depth in the December Vision) in which there is more participation, experience, and image-based learning done in community. Our focus has also been on doing service during the week such as moving furniture into unfurnished student apartments, yard-work, and transportation to the airport, train or bus station. A praise report is that a Masters' student in his last semester who looked like he could not financially compete his coursework was rescued by 6 members of our congregation who loaned him \$1,000 each. Likewise, he was able to secure a paid internship to be able to further cover his final costs of room and board, books, and classes. Another member of Converge is loaning a student a car for work and only asks that she makes a monthly contribution to Converge to keep us in the black (and in Panera Cares). Likewise, our own DNA Committee is looking at different options to keep this ministry financially viable. Praise God for his good works through individuals and committees!

**Sundays, 9-9:50 AM:** On Sunday mornings the Adult Pastor's Class has been going through the DVD series, *Counter Culture*, which looks at social issues that we can all agree on and others that we have had much conversation about. The main idea behind this series is to explore what the Bible says about all of these topics and to get us together to discuss them in a way that respects and enlightens each other. As individual Christians and churches, many of us have shied away from the social issues that we need to seek truth through conversation, while referencing from the Bible. Come join the chatter and see what Countering the Culture is all about!

**Sundays, 3:00-4:30 PM:** Calling the teens of Middle and High School! Come join Chris Masureidis and myself for cooking, message, ice-breakers, and craft/drama/writing activities based on the message. Did I mention once a month field trips for mission (such as "feed the Hungry") as well as just plain fun (like "Apple Charlies")? Trust me, the most often asked question is, "It's already 4:30?" Open to all teens within and outside of our family of faith.

**Wednesdays, 6-8 PM -F.I.S.H. :** Come join us for a delicious catered meal in Mitchell Hall for \$8/person (Park Place), great conversation, choice of two adult classes (*Believe* taught by Pastor Don) and *Grief Share* (taught by Parish Nurse, Chris). Likewise, the kids can join Beckie and Chris for a *Narnia* experience. Take time to become re-filled socially, emotionally, educationally, and spiritually during mid-week!

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## **Presbyterian Women's Bible Study**

**Lamkin PW (Presbyterian Women) Bible Study** will be starting the 2015-2016 HORIZONS Bible study, *Come to the Waters*. Join us on Thursday mornings from 10:00 to 11:30 a.m. Charlie Aronson and Jane Lewy-Mykytenko will lead our discussions. "The rich imagery of water throughout the Bible helps us understand and articulate our faith. Just as water nourishes our bodies, so the scriptures on water nourish our souls."



## Music Corner

Fall is truly here! As we move into November, we have a very full calendar.

Sunday, November 1 – ALL SAINTS DAY AND SERVICE OF REMEMBRANCE – Please come join us for this celebration of all the saints who have gone before us, and a special service remembering those who have joined the church triumphant in the last year.

Sunday, November 8 – KIRKIN’ O’ THE TARTAN – A wonderful service remembering our Scottish heritage, complete with bagpipes during the service, and Scottish dancing in Mitchell Hall after the service! Wear your tartans!

Friday, November 20 – FRÉDÉRIC BLANC IN RECITAL – In a wonderfully special opportunity, Frédéric Blanc, Titular Organist at Notre Dame d’Auteuil in Paris will be giving a recital on our wonderful Aeolian Skinner organ in the sanctuary. This recital is an exciting part of our 50<sup>th</sup> Anniversary Celebration of our church building and our organ. Please plan to come hear this outstanding organist on our wonderful instrument!

Thursday, November 26 – HAPPY THANKSGIVING!

Sunday, November 29 – FIRST SUNDAY IN ADVENT – Please come and join us as we begin our Advent season! We will have the Children’s Choir singing during the Advent Wreath lighting ceremony, and other wonderful Advent music! Join us as we “Prepare the Way of the Lord!”

Also on the 29<sup>th</sup> is the Hanging of the Greens! Please come and help us decorate our sanctuary and our Chrismon tree for the season. The decorating starts at 4:00 and there is a light dinner provided after we’ve decorated. All are welcome! We hope to see you there.

Just another word about the recital on the 20<sup>th</sup>. Mr. Blanc is an internationally known concert artist as well as holding his position at Notre Dame d’Auteuil. The Detroit Chapter of the American Guild of Organists is co-sponsoring this event. This is an amazing opportunity for our church. Please come, and please invite friends and neighbors to the concert. Posters are available for distribution in the narthex. Dr. Timothy Huth, our organist, has also written an article for the *Vision*. Please check it out. The information is here in the *Vision* and also in the bulletins on Sunday. We’d love to fill the sanctuary for this concert. It is also the last big event in our 50<sup>th</sup> Anniversary year, so please join us for this big 50<sup>th</sup> Anniversary Celebration.

See you in church, ~Marshall

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## Touch of Hope Christmas Offering



The Christmas season arrives with joy. Christmas is a time to celebrate the birth of Jesus and a time to be grateful for God’s blessings to us. Many of our fifteen Touch of Hope families are struggling. As a congregation we can brighten their holiday season and show them God’s love.

Angel adoption for gift choices for Touch of Hope family members will take place on November 8, November 15, and November 22. Gifts will be collected and dedicated on Sunday December 6.

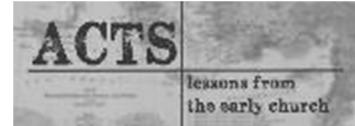
Non-perishable food, personal care items, paper products and cleaning supplies will be collected the week after the gifts on December 13. Fifteen of any item listed in the above categories would be appreciated. All donations of any amount are welcome, provided the items are not past the expiration date. These items will be sorted on December 13 and sponsors and families will pick up donations and gifts on that day.

Help will be needed to sort gifts and donated food, personal care items, paper products, and cleaning supplies. This will mean sorting on both December 6 and December 13. Please consider donating time on those Sundays. If you have questions or want to volunteer please contact Margie Johnston-Maurer at 313 563-9520. All volunteer help and donations of gifts and supplies are appreciated. Monetary donations are also welcome. Our families need and appreciate the support we give them, especially during the Christmas season. Thank you for your generosity and support.

## Musings from Pastor Mike, CRE

Young Adult & Adult CE Director and Youth Groups Leader

### Re-establishing the Six Lessons from the Early Church



“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.” – Acts 2:42-47

Christians need to have a sure knowledge of salvation through Christ’s death and resurrection, as well as be filled with the Holy Spirit. “Sanctify them by your truth; your word is truth.” – John 17:17

Christians must be Christ Centered – studying and preaching the word. “Your word, O Lord, is eternal; it stands firm in the heavens.” – Psalm 119:89

Christians need to hold all things in common: possessions, living for Christ, and caring for each other. “We know that we have passed from death to life, because we love our brothers. Anyone who does not love remains in death.” – 1 John 3:14

Christians must “do” life together, coming together for communion and prayer. “And he took bread, gave thanks and broke it, and gave it to them, saying, ‘This is my body given for you; do this in remembrance of me.’” – Luke 22:19. “Devote yourself to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so we may proclaim the mystery of Christ, for which I am in chains.” – Colossians 4:2-4

Christians must continuously offer up praise – an outward sign of being filled with the Holy Spirit. “Through Jesus, therefore, let us continuously offer to God a sacrifice of praise – the fruit of lips that confess his name.” – Hebrews 13:15

Christians should be so filled with joy that non-believers desire to flock to church “to get what they have”. “Rejoice in the Lord always. I will say it again: Rejoice! And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:4 & 7

Next month I will attempt to show how we might re-establish these six lessons in the church utilizing the EPIC (Experiential, Participatory, Image-based, and Conversational) style in worship. This is a possible way that would bring young adults back to church through a change in methodology and not in changing the message (Truth). Would older members of a congregation change their concept of what liturgical worship is? I suppose it would depend on how great their desire is for intergenerational worship. Email me your thoughts at [pastormike929@gmail.com](mailto:pastormike929@gmail.com) ~ God’s Peace - Mike

# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>Communion/All Saints' Day</b> <b>Service of Remembrance</b> <b>Daylight Saving Time ends</b>  9am Education Hour 9:25am Adult Choir <b>10am Worship Service- Sanctuary</b> <b>11:30am</b> Property- Library 3:45pm Youth Groups- MH 3:30-4:30pm Children's Choir- Sanctuary 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir- Sanctuary 7pm Bible Study- Bert Ebi's	10am Card Ministry- R14  <b>DEADLINE FOR BULLETIN</b>	9am Men's Fellowship Work 9:30am Physical & Spiritual Fitness- MH 4:30-5:30pm Sewing Class 7-8pm Deacons- NP 7:30-8:30pm Investment Com- Nancy's office 7-8pm Worship & Arts- SP 7:30-8pm AA- MH	3  10am Stephens-Currie- 10am-4pm Treasure Ch 10:30am-12pm ALL St 6:45pm FISH (dinner) 6:45-8pm Adult and Kid 7-8:30pm GriefShare- 7-9pm Adult Choir- San
<b>CHRISTNET through November 8<sup>th</sup> Y</b>			
<b>Kirk'n O' the Tartan</b> T. of Hope Angel Adoption- Narthex  9am Education Hour 9:25am Adult Choir <b>10am Worship Service- Sanctuary</b> <b>11am</b> Special Coffee Hour in Mitchell Hall 3:45pm Youth Groups- MH 3:30-4:30pm Children's Choir- Sanctuary 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir- Sanctuary 7pm Bible Study- Bert Ebi's	8 11am-2pm Garden Club- MH 6:30pm NAMI- NP  <b>DEADLINE FOR BULLETIN</b>	9 <b>Veteran's Day</b> 9am Men's Fellowship Work 9:30am Physical & Spiritual Fitness- YC 4:30-5:30pm Sewing Class 5:30pm Outreach & Missions- SP 7-8pm CE Committee- NP 7:30-8pm AA- MH  <b>DEADLINE FOR VISION</b>	10  10am-4pm Treasure Ch 6:45pm FISH (dinner) 6:45-8pm Adult and Kid 7-8:30pm GriefShare- 7-9pm Adult Choir- San
<b>CHRISTNET ENDS</b>			
T. of Hope Angel Adoption- Narthex 9am Education Hour 9:25am Adult Choir <b>10am Worship Service- Sanctuary</b> 3:45pm Youth Groups- YL, YC, 2A 3:30-4:30pm Children's Choir- Sanctuary 4:30-5pm Handbell Choir- Bell Room 5-6pm Youth Choir- Sanctuary 7pm Bible Study- Bert Ebi's	15  <b>DEADLINE FOR BULLETIN</b>	16 9am Men's Fellowship Work 9:30am Physical & Spiritual Fitness- YC 4:30-5:30pm Sewing Class 5:30-6:30pm Finance- SP 6:30pm SESSION/CC -NP 7:30-8pm AA- MH	17  10am Stephens-Currie- 10am-4pm Treasure Ch 10:30am-12pm PROGR 6:45pm FISH (dinner) 7-8:30pm GriefShare- 6:45-8pm Adult and Kid 7-9pm Adult Choir- San
<b>Christ the King/Reign of Christ</b> T. of Hope Angel Adoption- Narthex  9am Education Hour 9:25am Adult Choir <b>10am Worship Service- Sanctuary</b> <b>11am</b> PW Cookie Walk- MH No Youth Groups No Children's Choir, No Handbell Choir, No Youth Choir 7pm Bible Study- Bert Ebi's	22 6:30pm NAMI- NP  <b>DEADLINE FOR BULLETIN</b>	23 9am Men's Fellowship Work 9:30am Physical & Spiritual Fitness- YC 4:30-5:30pm Sewing Class 7:30-8pm AA- MH	24  11am-1pm Keenagers Treasure Chest closed 7-8:30pm GriefShare- No FISH No Adult Choir
<b>1<sup>st</sup> Sunday of Advent</b> 9am Education Hour 9:25am Adult Choir <b>10am Worship Service- Sanctuary</b> No Youth Groups No Children's Choir, No Handbell Choir, No Youth Choir <b>4-7pm Hanging of the Greens &amp; Dinner- Sanctuary, MH (K)</b> 7pm Bible Study- Bert Ebi's	29  <b>DEADLINE FOR BULLETIN</b>	30 No Homeschool Class  <b>DEADLINE FOR BULLETIN</b>	

# November 2015

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 Currie- NP Treasure Chest ALL Staff- SP (dinner)- MH, K and Kids' Classes Share- NP Hr- Sanct., Turco	5 10-11:30am PW Bible Study- NP 6-8pm PNC- NP	6	Set up Communion 9am-11am Rebekah Circle- NP 2-5pm Baby Shower- MH, K 5:30-7:30pm Converge at Panera Cares
<b>10th) YL, YC, KITCHENS, ROOMS 2A&amp;B</b>			
11 Treasure Chest (dinner)- MH, K and Kids' Classes Share- NP Hr- Sanct., Turco	12 10-11:30am PW Bible Study- NP 6-8pm PNC- NP	13 6:30-9pm Game Night- MH	14 10am-12pm BEOM Club- NP 10am-2pm Treasure Chest 5-8pm Illuminate Black Light Party- MH 5:30-7:30pm Converge at Panera Cares
18 Currie- NP Treasure Chest PROGRAM Staff- SP (dinner)- MH, K Share- NP and Kids' Classes Hr- Sanct., Turco	19 10-11:30am PW Bible Study- NP 6-8pm PNC- NP	20 9am Craft Show setup- MH, K, N&SP 7pm Organ Concert- Sanct., Narthex	21 9am PW Board Meeting- NP 10am-3pm Holiday Galleria Craft Show MH, K, N&SP 3pm Cookie Walk Setup- MH 5:30-7:30pm Converge at Panera Cares  <i>Presbytery Meeting at 9am at FPC Northville</i>
25 Hr- closed Share- NP	26 <b>Thanksgiving Day</b>   CHURCH OFFICE CLOSED	27	28 Chrismon Tree goes up 5:30-7:30pm Converge at Panera Cares

## Notes from our Parish Nurse

*November is the perfect time to contemplate gratitude. Scripture is very clear about God's desire for us to have grateful hearts and to acknowledge His goodness to us. I pray that this article, from a blog entry I read, will help offer some suggestions.*

Increased gratitude is a common result of practicing mindfulness. As we start paying more attention to our thoughts, we notice where we block ourselves from appreciating the good things in life. Say, for example, that you always used to get angry when stuck in traffic, but now when you bring your focus to where you are (rather than where you want to get to) you notice things such as the song on the radio or a beautiful scene beyond the car window. We can't feel grateful for things we don't notice, and so mindfulness and gratitude go hand-in-hand.

### The Science of Gratitude

Robert Emmons, Ph.D. is a Professor of Psychology at UC Davis in California, and has been studying the effects of gratitude on over 1,000 people. The participants in his study ranged in age from eight to eighty, and were split into two groups. One group was asked to keep a journal in which they were to write five 'gifts' that they were grateful for each day, while the other group had to write down five 'hassles'. Some examples of the 'gifts' people noted were generosity of friends, and watching a sunset through the clouds. Examples of 'hassles' were things like difficulty in finding a parking space, and burning their dinner.

What Emmons found was that those who had kept a gratitude journal experienced significant psychological, physical and social benefits: a 25% improvement in overall health and wellbeing in comparison with the group focusing on what had gone wrong each day.

Here are just eight of the many ways in which mindfully practicing gratitude can improve our wellbeing, and the wellbeing of others around us.

**Greater Energy Levels:** When we experience sadness or depression, our energy levels slump way down. Sometimes doing the simplest of tasks can feel like running a marathon. However, people who kept a gratitude journal in Emmons study reported that their energy levels improved. Many also started exercising more. People with depression are often told that exercise will help, however this study suggests it may in fact work the other way around; that being mindful of what's good about our life plays an important role in having the energy to exercise.

**Better Sleep:** On average, study participants found that they were not only sleeping 10% longer than they used to, but that the quality of their sleep was improved. They reported waking up feeling more refreshed and ready for the coming day.

**Reduced Blood Pressure:** With our current hectic lifestyles, high blood pressure has become a common problem. However, simply taking moments to focus our attention on our loved ones or friends, or on the beauty of nature, can lower blood pressure, thus taking the strain off our hearts, brains and many other parts of the body.

**Feeling Less Lonely:** Gratitude strengthens relationships, not just with people we know, but with other people in general. When we're mindful of positive traits and behaviours in others, we feel more supported, and that leads to us feeling more able to support others in return. When we feel safer, we become less selfish, as we no longer feel such a need to look out for our own interests above others. This leads to us feeling less lonely and isolated, as we are more able to truly connect with others.

**Fewer Physical Symptoms:** People who wrote down five things they were grateful for each day became less affected by aches, pains and other physical symptoms. This ties in with other studies which have found that mindfulness can ease uncomfortable physical symptoms, even chronic pain.

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**Improved Attentiveness:** As we mentioned earlier in this post, mindfulness and gratitude are very much linked. Over time, those who deliberately thought about what they were grateful for experienced greater attentiveness. They felt more alert and aware of life.

**Taking Better Care of Health:** Practicing daily gratitude resulted in many participants taking better care of their physical health. Mindful individuals tend to have better self-control and are less impulsive, in many areas of life, including eating habits. Add this to more exercise and better quality of sleep, and you've got an all-round much healthier life.

**Increased Joy:** When we steer our attention to what's good about the world, we naturally feel a greater sense of joy. It's important to note, however, that gratitude isn't about denying what's wrong; solely acknowledging the positive and avoiding the negative can do us much psychological harm. But noticing good things, when and where they exist, takes us out of seeing the world as just being a bad place where bad things happen. In truth, life contains both good and bad, but mindful gratitude helps us appreciate those lovely moments in life, whilst at the same time enabling us to make more of those lovely moments for others.

**Resource:** <http://www.londonmindful.com/blog/8-wellbeing-benefits-of-practicing-gratitude/> This entry was posted on 4 May, 2015 by TMP Admin.

~ Chris Mayer, Parish Nurse



**[Jesus] Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own (John 7:17 NRSV)**

The acid test for knowing Christian truth is to see the results of obeying God's will (which is to live by faith). This is Jesus' response to Jews who were amazed by His learning and questioned His teaching. He told them to resolve to obey God's will and not be distracted by those who teach for their own glory (John 7:18).

Later, Jesus reinforced this by defining disciples as those who find truth and freedom by continuing in His Word (John 8:31, 32). He taught that they will experience joy and the love of both the Father and the Son (John 14:15; 15:10, 11). By obeying Christ, we will see Him acting in our lives (John 14:21) and our faith will strengthen!

Abiding in Christ to obey His Word brings blessings: One is answered prayer (John 15:7; Matt. 7:7-11) which proves our discipleship and enables our fruitfulness (John 15:8); another blessing is that our fruitfulness glorifies God – which is our major goal in this life. Abiding means communing with Him in obedient and honest spiritual intimacy (John 4:24). This helps us become more like Christ (1 John 3:2, 3) and draw closer to Him.

How can all this happen? "When the Spirit of truth comes, He will guide us into truth" (John 16:13). The Holy Spirit has come and now leads and strengthens those who honestly seek to live by the truth.

God calls every Christian to ministry (Eph. 2:10), and He equips every Christian with spiritual gifts (1 Cor. 12; Rom. 12:4-8) to accomplish their ministry. Abide with Him, obey Him, and enjoy how He guides and fulfills your life!

~ John Holden



## **50th Anniversary Celebration Organ Concert**

### ***Frederic Blanc***

***In recital***

***Friday, Nov. 20<sup>th</sup>  
7:00pm ~ Sanctuary***

Frédéric Blanc was assistant organist at Saint-Sernin de Toulouse (1987-1995). A finalist of the International Improvisation Competition of Strasbourg in 1989, he has also been a prize winner of several other International Improvisations competitions, including Nuremberg (1996) and 2nd Prize in the Grand Prize of Chartres. In 1997, he was awarded the Grand Prize of the city of Paris, an international competition. Frédéric Blanc maintains an active career as a concert artist throughout Europe, as well as making several concert tours in the USA. He has recorded several CD for EMI, Aeolus, Motette devoted to improvisation and organ literature. Since 1999, Frédéric Blanc has served as organist at Notre Dame d'Auteuil, Paris.

Frederic will be performing works by French Masters, and a major improvisation on a given theme.



### **European Organ Study/Performance Tour**



This past summer I had the privilege of touring Europe with the French Organ Music Seminar (FOMS) program. Some 25 organists landed in Amsterdam and immediately got on the train to Alkmaar and Haarlem, two of the great historical organs of the Reformed Church. After several days, on to the great cathedral organs of Paris, Bordeaux, Toulouse and St. Sebastien Spain. Along the way we performed, attended masterclasses and lessons with some of the finest organists of our day, attended many recitals and had a lot of 'bench time' at many organs. I can say I was cracked wide open spiritually, artistically and emotionally. It was so fine to see these great organs still making beautiful music for the church as well as in concert.

In Paris this summer I was blessed to return to one of my favorite organs, an outstanding French Symphonic organ built by Aristide Cavaille-Coll at Notre Dame d'Auteuil and also attend a master-class with their organist, Frederic Blanc. He mentioned that he could visit Ann Arbor after playing Rockefeller Chapel in Chicago and heading to LA on his current concert tour, so I'm glad to announce that our church in collaboration with the Detroit AGO (American Guild of Organists) will host him in recital Friday November 20 at 7PM on our wonderful Aeolian Skinner organ. I encourage you to bring family and friends, please spread the good music! Meanwhile, you are always welcome in our own organ loft, I'm always happy to show you the organ. ~Tim Huth

**If you are KEEN... and over 50 years of age,  
YOU ARE A ~ Keenager**

Please join us the fourth Wednesday of each month for Christian Fellowship and Information as we go for lunch, or meet in Mitchell Hall. Check the Keenager bulletin board for details and sign-up sheet.



THE FIRST PRESBYTERIAN CHURCH  
OF DEARBORN PRESENTS  
SPONSORED BY THE PRESBYTERIAN WOMEN

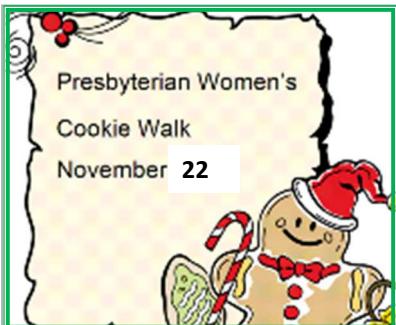
## 4<sup>th</sup> Annual Holiday Galleria

VENDORS, CRAFTERS AND ARTISANS, TIN CAN RAFFLE  
REFRESHMENTS, GOURMET BAKE SHOP,  
ONE-STOP HOLIDAY SHOPPING

**\$1 admission      Saturday November 21<sup>st</sup>      10am-3pm**

PROCEEDS FROM THIS EVENT GO TO SUPPORT LOCAL CHARITIES  
HELPING WOMEN AND CHILDREN IN NEED

**600 North Brady, Dearborn mi, 48124    313 274 1313**



### Presbyterian Women's Cookie Walk

Mark your calendars for the annual Presbyterian Women "COOKIE WALK". We will again have our sale after church on Sunday, November 22<sup>rd</sup> in Mitchell Hall. We would appreciate donations of home made Cookies, Candy or other special treats... these can be brought to the church on Saturday November 21<sup>st</sup> or Sunday November 22<sup>rd</sup> marked "Cookie Walk" for sale.... As always, the proceeds go toward our various Mission projects. **Make- Bake- Donate.. See you there.**

### NOËL Festival

**WHEN: Sunday, December 13<sup>th</sup> at 6:00pm**

**WHERE: Mitchell Hall**

**FOR: Delicious Dinner**

**PLUS: Christmas Pageant**

**Tickets: \$10 Adults, \$5 Children 5-12, Children under 5- FREE**

**Patron Tickets— \$100**

**Tickets will be available for purchase**





## Summer Camp memories prompt \$100,000 gift!

Long time member, John Blyth, fondly recalls summer days at Camp Chickagami, full of swims in lake Esau and nights around the campfire. The memories, clear as a bell at age 98, prompted John to present a \$100,000 check to the directors of the 86-year-old camp on Presque Isle in the northern Lower Peninsula.

Half the money will be used for scholarships and half for camp needs, including maintenance. The camp is owned by the Episcopal Church's Diocese of Eastern Michigan.

John grew up in St. Clair Shores and lived in Dearborn for nearly 50 years. He presently lives in Burham Hills Health and Rehabilitation Center in East Lansing.

Source: Dawn Parker/Lansing State Journal

### Happy 100<sup>th</sup> Birthday, Jean!

*Jean (Burnside) Clarkson was born on October 30, 1915 in Clinton, Indiana, a small coal mining town in central Indiana. Her parents had immigrated from Scotland to Indiana, where they had relatives. Jean also had a sister, Jeanette, who was five years older. She had a very happy childhood growing up and graduated from high school in 1934. On July 4th 1936 she married her longtime sweetheart, Ray Clarkson, who was also from Clinton, but had moved to Detroit with his family.*



*Jean soon moved to Detroit with her husband until they built a home in Dearborn in 1947. They had two sons, John and Robert, three granddaughters and two great grandchildren. Jean joined the First Presbyterian Church in February 1952 when it was located on Mason and Garrison. She was a member of the choir for many years and fondly remembers singing at three packed services at the old church. She has also been involved in other church related activities.*

*Jean lost her husband in 1969 and her sister (who was also a member of 1st Presbyterian) in 2004. Jean has made many wonderful dear friends during her 63 years of membership at 1st Dearborn. The church has always been an important part of her life. She faithfully attended until the last few years when she was no longer physically able. Her church family has been absolutely wonderful keeping in touch with her through phone calls, cards, visits, and making sure she received communion on a regular basis in her home. Jean had a 100th Birthday Celebration at Park Place where over 135 people, including many church friends, helped her celebrate her special day!*

*Jean would like to sincerely thank her church family for their love, thoughtfulness and kindness. It has been truly appreciated.*

*May God bless you,  
From the family of Jean Clarkson*

### Sunday Night Bible Discussion Group

The Sunday night Bible study group plans to discuss Dr. Francis Schaeffer's book, "How Shall We Then Live?" (a study of the development of Western Culture from Roman to the present time). It covers the areas of Philosophy, Science, and Religion and explores how our individual world view affects how we act in our times. We will use DVD and a study guide based on the book. Please call Bert Ebi (562-5156) or the Leslie's (336-8238) if you plan to participate.



## NEED A LIFT? WE'D LIKE TO HELP!

We will try to accommodate members who need a ride to a medical appointment or Sunday Service. Contact Nancy Barber at (313)565-2741, or call the church at (313)274-1313. Also, if you are free to occasionally help with driving, we'd like to hear from you too.

~Nancy Barber, Deacon Moderator.

*Matthew 25:40 "Whatever you do for one of the least of these brothers of mine, you did for me."*



### FPC Knitters

Knitters: Our November and December meetings are pre-empted by Thanksgiving and Christmas Eve. Enjoy the holidays with your families and plan on joining us January 28, 2016 when the knitting ministry resumes. If you haven't checked us out yet, January is a good time for new beginnings.

See you in January! ~ Lynn Hoffman



## Book of the Every Other Month Club

Next Meeting: Sat. Nov. 14th

Our book to be discussed: "The Great Emergence: How Christianity is Changing and Why" by Phyllis Tickle



"Author, Tickle, observes that Christianity is holding a semimillennial rummage sale of ideas... Tickle escorts readers through the centuries of church history leading to this moment and... charts the possibilities for the emerging church."

*from Publishers Weekly*

## Meals for the Homebound

Some of our homebound congregation could use assistance with meals. The next time you are preparing something that is easily frozen, just make a little extra. Freeze enough for two people in a non-returnable container and drop it off at church, letting the office know. The Deacons will deliver it. This small gesture will mean a lot to the recipients and what a wonderful way to show our Christian love. Nancy Barber - Deacon Moderator

## Sunday Morning Worship 10:00 am

- November 1 / - Communion, *I Would Be Healed* - Rev. Don Wright**
- November 8 / - *It's a Tradition* - Rev. Don Wright**
- November 15 / - *The Impact of Belief* - Rev. Don Wright**
- November 22 / - *Christ the King/Thanksgiving, A Great Faith* - Rev. Don Wright**
- November 29 / - 1<sup>st</sup> Sunday of Advent - Rev. Don Wright**

## November Birthdays

- 11/02: Sandra McLennan, Victoria Davidson
- 11/04: JoAnn Cashwell
- 11/05: Carolyn Buell, Emma Scott
- 11/06: Alexandra Slanec
- 11/08: Gregory Martin
- 11/09: Donald Wright
- 11/11: Walter Pauza
- 11/13: Isabelle Blair, Carolee Orcutt  
Annabelle Hyma, Emma Best
- 11/15: Meghan Johnson, Evelyn Reid
- 11/16: Daniel Currie
- 11/17: Lorraine Lamkin, Jane Mayberry
- 11/18: Deborah Martin, Andrew Koper
- 11/20: Joanne Whitehouse, Travis Yarrington
- 11/22: Gary Wolter
- 11/23: Robert James
- 11/24: Carl Zirbel, Dottie Kennedy
- 11/25: Margaret Belloff, James Maurer
- 11/26: Doris Bryer
- 11/27: Jordan Romeo
- 11/28: Michael Barr
- 11/29: Kelly Clark, Greg Kasul
- 11/30: Jack Guinall, Trudy Monroe  
Mark Dearth, Angella Griffith  
Matthew Megregian, Heather Slanec

## Peg Belloff's 101<sup>st</sup> Birthday!

Congratulations to Peg Belloff who celebrates her 101<sup>st</sup> birthday on Sunday, Nov. 15<sup>th</sup>.

Newsletter of The First Presbyterian Church of Dearborn  
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## Our Vision

16

## Sent with a Prayer

**Are you praying for a Vision?**  
**Pastor Don**

Pastor  
Rev. Don Wright

Education & Young Adult Coord.  
Mike Hoffman, CLP

Parish Associate & Pastor Emeritus  
Rev. Don Wright

Children's Ministries Director  
Beckie Dicks

Director of Music  
F. Marshall Dicks, M.M.

Parish Nurse  
Chris Mayer, B.S.N.