

Joy IN THE JOURNEY

Activities & Service Opportunities of Mayfair Senior Adults



Lee and Nancy Nipper load up their vehicle with



The Dorcas Sewing Ministry at Mayfair

By Joan Allen, Carolyn Foote
& Nancy Nipper

The Dorcas Sewing Ministry began at Mayfair in January 2018 as a mission to support local and international missions through sewing. The work is modeled after the ministry at Healing Hands International (HHI) in Nashville with the ministry name being taken from the story of Dorcas found in Acts 9:36-43.

The effort involves supplying items to support HHI's "Making A Godly Impact" or MAGI Box Project. MAGI Boxes are gift boxes that provide items to meet the physical needs of children living in poverty, but the boxes also open doors and hearts to hear the word of God.

Each MAGI Box is supplied with one set of clothes sewn by members of the Mayfair Dorcas Ministry. Clothing items that are included are shorts for boys and dresses for girls paired with a tee-shirt to complete the outfit.

Each box is marked with the age of the child for

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From the Shepherd's Pen

By Al Nunley



If your Bible is like mine, then there are comments written throughout its pages and many favorite verses that are highlighted. The pages of my Bible also hold numerous articles, handouts, and illustrations that I have collected over the years. I enjoy reading these from time to time. Recently, I came across one that has been in my Bible for many years. I have always liked this story and want to share it with you, even if you have heard it before.

A man was walking on the beach after a storm. First he noticed one starfish that had been washed up on the beach.

But then as he looked further, he noticed more and more of them.

And as he walked on, he realized there were thousands of the starfish that had been washed up by the storm. As he observed the scene, he looked further up the beach and noticed a small boy picking up a starfish and throwing it back into the ocean. The man walked up to the boy, thinking how foolish it was for him to be throwing the starfish back into the ocean. After all, there were so many and the boy was so small.

The man approached the boy and said, "Son, don't you see how many starfish there are? You can't possibly make a difference in saving all of them!"

As the man was speaking, the small boy didn't even look up. He reached down to pick up a starfish, and tossed it back into the ocean. He then looked up at the man and said, "Well, I made a difference for that one!"

With all the horrible things going on in the world right now, it is so easy to give up and say, "What difference is it going to make?"

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which it is intended and contains a new outfit sized to match the child's age. In addition to the new clothes, the boxes are filled with age-appropriate items such as a toy, crayons, markers, pencils, rulers, combs, toothbrush, toothpaste, soap, and new underwear.

The Dorcas members also make bags to hold marbles for the boys and clothing for refurbished dolls for the girls. Included in each MAGI Box is a book bag made by ministry members. Many of the items included in the MAGI Boxes are donated by members of the Dorcas Ministry or the Mayfair Ladies Bible Class, including funds to cover shipping and handling of the boxes, which cost about \$7 per box. Most importantly, each box is provided with a copy of the plan of salvation in both English and Spanish.



Donna Pittman, Lee Carlisle, Carolyn Foote, Nancy Nipper, Overton Gibson, and Joan Allen are part of Mayfair's Dorcas Ministry that prepares MAGI Boxes to support Healing Hands International.

The ministry members work year-round making items to fill MAGI Boxes, doing most of the sewing at home. September was MAGI month for the ministry with Nancy Nipper organizing that effort. In early September the Dorcas members provided enough items to fill 107 MAGI Boxes, while other contributors such as the Ladies Bible Class, Madison Academy and Peggy Hickerson provided enough items to fill another 45 boxes. Lee and Nancy Nipper delivered all 152 boxes to HHI.

So many ladies have contributed to this effort throughout the year that it is not possible to name them all without leaving someone out. Those who



A MAGI Box is ready to close and transport to Healing Hands International.

do not sew have cut out items, iron clothes, or set snaps into fabrics.

The members of the Dorcas ministry are thankful to God for providing them a way to support mission work around the world and for the continued growth of the ministry. An example of this growth came recently when a lady in Scottsboro learned about the ministry through the Scottsboro Ladies Bible Class Facebook page and has since made 48 book bags to support this effort. At some later date, the ministry will make hygiene kits for girls. If you are interested in participating or supporting this ministry financially, please contact DorcasMinistryatMayfair@gmail.com for more information or see Joan Allen, Carolyn Foote, or Nancy Nipper.

"MATTHEW, MARK, AND LUKE, SEE ME AFTER CLASS."



"YOUR BOOK REPORTS ARE SURPRISINGLY SIMILAR."



Why Carry That Bag to the Doctor?

By Claude L "Butch" Kinzer, MD

When a large shopping bag was lugged into the exam room, I would cringe! Yet, I was obligated to review and check all those medications against those in that patient's medical record.

Upon seeing "that bag", a gentleman, who we will call "Ed", came to mind who had been taking Coumadin for years. Ed lived alone; his international normalized ratio, or INR, (a measure of the effect of Coumadin) had always been around the therapeutic range, with only minor tweaks of the dosage to maintain it. By all accounts, Ed was doing well.

This day his INR was elevated. I asked questions. Had he eaten differently? No. Was he short of breath (heart failure can affect the level)? No. Was he taking any new medications? No. He was not experiencing any bleeding. There were no suggestions of complications.

I adjusted the dose of Coumadin. I even wrote the dosage down and handed it to Ed. He was given a return appointment within a week. Further, he was asked to bring all of his medications to the next visit.

Ed returned as appointed. The INR had gone up despite the reduction in dose. I asked all the same questions. Ed gave me the same answers. Ed had not brought his medications. I adjusted the dose and gave him a return appointment.

Ed returned as requested. The INR was unchanged. I asked the same questions. Ed gave the same answers. He had not brought his medications. I was bewildered. I had no explanation. I again adjusted the dosage, as always writing the dosage on paper.

You can guess what the results were at the next visit, little difference in the INR. However, Ed had finally

brought his medications. I went through them, finding no new prescriptions nor any new over-the-counter medications. However, I did see a bottle of Coumadin and a bottle of warfarin (Coumadin's generic form). I clarified the dosage of Coumadin and warfarin, finding that Ed was taking both. I finally had my explanation. I explained they were the same. I clarified the dosage, and in follow-up, the level was back where I wanted it.

This case could have ended tragically. Fortunately, Ed finally brought that bag of medications to the office.

With many of us seeing multiple doctors, the opportunity for added medications to create side effects multiplies. The seemingly innocuous over-the-counter medications can add to the potential of side effects and drug interactions.

Using an electronic health record, I was pleasantly surprised at the ease of maintaining an accurate medication list. I could query and identify some medications prescribed by other physicians. I could easily add or delete medications from the list. I could even evaluate the potential drug interactions.

When a patient was complaining of new symptoms, I found myself looking at the medication list, looking for a potential culprit to explain the new symptoms. Often among those of us most age-challenged, I found a possible explanation for the new onset symptoms.

Upon identification of the possible culprit, I would weigh the benefit of the medication versus the apparent side effect. Next, I would then need to consider if a dosage adjustment would be of benefit.

Another consideration would be to change to a medication with the same benefit without the same side effect. Possibly, I could stop the medication. Then, if I stopped medication, would I need to taper the medication versus stopping it immediately? All of these same questions apply to over-the-counter medications.

I could not carry out this process without an accurate medication list. Thus, lugging that bag with ALL of your medications is the best way to keep your medication list up to date.

JOY in the Journey is a publication
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MAYFAIR CHURCH OF CHRIST

The JOY of the Lord

By Frank Houck



JOY. It is a short but powerful word. Perhaps you can think of a moment of JOY in your life.

For many, it might be the moment of their marriage, the birth of a child, or the baptism of yourself or someone else.

We know intuitively that JOY is more than a moment—it is more than circumstances. Happiness is dictated by circumstance, but JOY is a deep abiding.

Merriam Webster's Dictionary defines JOY as "the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires." That definition, however, leaves something lacking.

Theopedia, on the other hand, describes it more convincingly as "a state of mind and an orientation of the heart. It is a settled state of contentment, confidence, and hope." Similarly, John Piper zeroes in on JOY unique to Christians, writing, "Christian JOY is a good feeling in the soul, produced by the Holy Spirit, as he causes us to see the beauty of Christ in the word and in the world."

Rick Warren's definition: "JOY is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation."

These ideas drive us closer to the definition. JOY is a feeling, yes. But it is also a confident abiding in the vine, which is Jesus (John 15). It is knowing that all our life derives from the vine. But it is also the future expectation that everything is going to be okay as we draw life from Jesus Christ, the vine—no matter our circumstances.

JOY is the reason why so many have gone to a martyr's death still confident and assured. Indeed, it is why Jesus could go to a cross "for the JOY that was set before him." (Hebrews 12:2)

All these ideas about JOY make me pause. They make me ask, "How am I doing living in the JOY, the confident assurance of a present and a future abiding in Christ?"

As I experience JOY for myself, I am moved to work for the lasting JOY of others. For me, JOY is a power-

ful motivator for working to build a healthy family legacy shaped by generosity. JOY rises from that confident assurance of God's goodness, now and into the future. In the same way, I aim for my family—and yours—to experience that goodness and to impact others for good, now and into the future.

JOY drives me to live for others, to do my best work, and to give generously. We often need reminders to live with JOY. JOY is not rooted in the circumstances of life. JOY is the quiet confidence of a great God who works for our good even if we cannot see the way immediately. *MacLaren's Expositions of Holy Scripture* describes the JOY of the Lord this way: "All great thoughts have a solemn quiet in them." Such is the way of JOY. Here are seven reminders for the journey:

1. "...for the JOY of the LORD is your strength." (Nehemiah 8:10)
2. "You have put more JOY in my heart than they have when their grain and wine abound." (Psalm 4:7)
3. "You make known to me the path of life; in your presence there is fullness of JOY; at your right hand are pleasures forevermore." (Psalm 16:11)
4. "With JOY you will draw water from the wells of salvation." (Isaiah 12:3)
5. "Your words were found, and I ate them, and your words became to me a JOY and the delight of my heart, for I am called by your name, O LORD, God of hosts." (Jeremiah 15:16)
6. "The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his JOY he goes and sells all that he has and buys that field." (Matthew 13:44)
7. "These things I have spoken to you, that my JOY may be in you, and that your JOY may be full." (John 15:11)

Mayfair Assistance Helpline

256-704-3384

Mayfair is introducing a new helpline for our members who due to health issues may require physical assistance with items such as home maintenance, automotive repairs, or transportation needs. Call and leave a message regarding your needs and you will be contacted for additional details.



By Dick Savage

We serve a God that loves people very much. He wants us to know Him and therefore, He has gone to great lengths to ensure that we can know Him. The only way that we can know God is to understand what He has revealed to us about Himself. God provided to us the Bible in which He has made known what He wants us to know. Therefore, we can only know our Creator, our Sustainer, and the One that wants us with Him for eternity by spending time in the written word He has provided.

Wouldn't it be great to be able to walk and converse with God as did Adam and Eve and learn from Him all those things we would like to know? Since that is not possible, our best source for communicating with and understanding God is what is written in words that came from the heart of God in a human language that we do not understand and were then translated into yet another language we can understand.

Even though the purpose of any translation is to properly portray the intent of the original speaker, things can be lost in the translation process. In future issues of this newsletter, I plan to share with you words and concepts as recorded in the Hebrew scriptures that demonstrate that God has a heart for people and that heart is easily broken by people that do not love Him in return.

*In happy moments, praise God.
 In difficult moments, seek God.
 In quiet moments, worship God.
 In painful moments, trust God.
 In every moment, thank God.*

Lem Tipton

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The starfish story is a good reminder to us all that even the smallest thing can make a difference. Yes, there are thousands of souls we contact during our walk. But we can make a difference in that one and in that one. Look for the opportunity to show Jesus in our lives.

We often think we are too insignificant or too unimportant to make a difference. We couldn't be further from the truth. Like Esther, God created you for such a time as this. What will you decide – to ignore all the starfish because there are so many or to pick up one at a time?

So, can I encourage you to take the time to do something that will make a difference in someone else's life? It doesn't have to be much. Just take a moment, do something special. Make a difference.



"If telemarketers call, invite them to church."

**WORSHIP & BIBLE STUDY
 OPPORTUNITIES**

- Early Worship Sunday 6:00 A.M.**
- Morning Worship Sunday 9:00 AM**
- Bible Class Sunday 10:30 AM**
- Evening Worship Sunday 5:00 PM**
- Ladies Bible Class Tues. 10:00 AM**
- Men's Bible Class Wed. 10:00 AM**
- JOY Bible Class Wed. 1:00 PM**
- Praise & Prayer Wed. 6:30 PM**

Mayfair Cancer Support

By Frank Houck

No one asks to experience cancer, and while you can't help what has happened to your body because of cancer, you can control how you react to it. When, or if, you do face that challenge, it can introduce you to a whole new community of support.

Mayfair's Cancer Support Group strives to connect you to that new community of support. Our goal is to make that community bond stronger by sharing stories from those who have lived through it and who can offer you daily support.



Cancer survivors Glenna McRight, Dona Thompson, and Diane Houck show off their new shirts.

It is normal for people who have been affected by cancer to be anxious, sad, angry, or even confused about what they are feeling. Mayfair's Cancer Support Group can help to improve your ability to cope and your ability to feel more in control over your situation. It can give you a sense of hope.

You may feel that support groups or counseling are not for you – or the idea of sharing personal experiences with strangers to be uncomfortable. However, part of the challenge is accepting the fact that you need support. This is a time when emotional and social support can help you find ways to talk about and understand what you're going through.

The need for a cancer support group is not limited to those who have been diagnosed with cancer, but it is also beneficial to their caregivers. Caregiving can sometimes be frustrating and painful. People

caring for very sick patients may notice their own feelings of severe sadness and emotional distress.



Support for Cancer Patients and Their Families

They may feel despair

and grief over their loved one's illness and may feel overwhelmed or frustrated as they try to manage the many tasks associated with caregiving.

Despite the sadness and shock of having a loved one with cancer, many people find personal satisfaction in caring for that person. You may see the job of the caregiver as a meaningful role that allows you to show your love and respect for the person. It may also feel good to be helpful and know that you're needed by a loved one.

You might find that caregiving enriches your life or you might feel a deep sense of satisfaction, confidence, and accomplishment in caring for someone. You may also learn about inner strengths and abilities that you didn't even know you had and find a greater sense of purpose for your own life. The caregiving role can open doors to new friends and relationships as well as draw families together and help people feel closer to the person who needs care.

Whether you have cancer or someone close to you has cancer, it can be very helpful to talk with others in a similar situation who will understand what you are going through. You shouldn't have to feel you have to do this alone. We can help you connect with others face-to-face or over the phone. For information call Frank or Diane Houck. 256-658-6598; 256-694-7899 or 256-881-6464.



The cancer support group enjoys a meal together prior to one of their meetings.

Senior Adult Outings

By Frank Houck

The Mayfair Senior Adults are planning two trips to the Princess Theater in Decatur on Friday, October 8, 2021 to see "Twitty and Lynn: A Salute to Conway and Loretta" and Saturday, November 20, 2021, to see the world-famous Glenn Miller Orchestra.

Both Tayla Lynn and Tre Twitty have country music in their blood. The grandchildren of the famed duo Loretta Lynn and Conway Twitty, Tayla and Tre have taken to the road to honor their grandparents in an intimate evening of music and storytelling.

Tre Twitty takes a calm, methodical approach to his storytelling and performing, while Tayla Lynn arrives on stage, often unexpectedly, with explosive energy and heart.

The Glenn Miller Orchestra with its unique jazz sound is one of the greatest bands of all time. Formed in March 1938, the second Glenn Miller Orchestra (which would later include the likes of Tex Beneke and Marion Hutton) soon began breaking attendance records all up and down the East Coast. The present Glenn Miller Orchestra was formed in 1956 and has been touring consistently ever since, playing an average of 300 live dates a year all around the world.

For each event, the church bus will leave Mayfair at 6:00 PM that evening with the show starting at 7:00 PM. Each concert will last about 2 ½ hours. Tickets prices are \$42.00

To purchase tickets and secure your seat on the bus. or for more information, contact Kim Davis at work: kim.steadyforlife@gmail.com; home: kim.davis@knology.net; or phone: 256-652-2912.

Many of our Mayfair members, including some of our Senior Adults, are not listed in the online pictorial directory. If you are not listed, or your contact information is not up to date, then please consider adding or updating your information to include a current photograph to help others within the congregation recognize you and get to know you better.

Instructions on how to update your information can be found at:

<https://mayfair.org/members/online-pictorial-directory>



Mayfair Staff Members surround Sue Bell upon her retirement, while Elder Bob Reider leads prayer.

Mayfair Honors Sue Bell for 30 Years of Service

By Lee Milam

Luke 6:38 - Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you give it will be measured back to you."

In these days of upward mobility and economic requirements of raising a family, a lifetime of service to one organization is exceedingly rare. When an employee chooses to give the bulk of their career to one group of people, lifetime relationships are forged and personal impact is maximized in ways that transient workers can only dream about.

Such is the case with Sue Bell. For 30 years, Sue has served the Mayfair church as Administrative Assistant and Office Manager for our daily operations. She has graciously been the constant thread through weddings, funerals, and countless other ministry efforts, assuring that Mayfair's office remained a place of joy and Christ-focused service. Her gentle presence and compassion for people made her much more than a "secretary." Sue was a frontline minister of the gospel every day - helping, serving, and loving God's people.

As Sue retires from her daily responsibilities, we thank God for the big part that she has played in the life of our church. We are thankful Jim and Sue remain a vital part of the Mayfair family, just slowing down and enjoying their Golden Years a bit more. May God bless them both with many more years of happiness.

Reaching Lost Souls in Scotland

By Dick Savage

Mayfair's work in Scotland started in 1987 when Adam Barr graduated from David Lipscomb University and asked us to support him as he returned home to plant and grow a congregation in Cumbernauld, a town of about 50,000 people located near Glasgow.

The population of the area between Glasgow and Edinburgh is about 2,000,000, which provides tremendous potential for growth. The congregation in Cumbernauld currently has 59 members with about 50 attending each week before the COVID pandemic.



Scotland's oldest congregation of the Lord's church, which dates back to 1768, is at Kirkcaldy and is still going strong. By the early 1950's there were about 77 congregations; however, 65 of those disappeared back into denominationalism. Today there are 24 congregations varying in size from 2 to 85.

Since the congregation is so small, regular fellowships are important to enhance relationships. In addition to two worship services on Sunday, there are numerous Bible classes during the week, spiritual development training, as well as a Bible memory challenge for the youth.

The congregation is very active in outreach efforts to include gospel meetings, campaigns, youth activities, visitation, door knocking, tract and Bible distribution, Bible correspondence courses, a tape ministry, and a benevolence program for the needy. They also started and conduct a preacher training program.

Four men who were converted at Cumbernauld have been trained at Bible colleges and are now preaching the gospel at varying locations. The Cumbernauld congregation also planted a congregation



Adam, Melanie & Nicole Barr

in Perth, Scotland one of the ancient capitals of Scotland. That work is growing even in these challenging times.

Adam serves as a director for the national church Bible camp which is active during the summer. Since beginning this work in 1987, the congregation have focused on the children in the area, trying to create a new generation of Scots that know God. Some of the children they reached in the early days of the work are now returning with their families and want their children to have spiritual training. Often the congregation is able to reach adults through the youth contacts they make, resulting in about 5-6 baptisms each year.

Adam, Melanie, and their daughter Nicole work faithfully with the congregation there, having made a significant impact on the lives of many people in the congregation as well as in the community.



**WORLD
BIBLE
SCHOOL**

In our next issue quarterly issue (January 2022) of *Joy in the Journey*, we'll take a look at fulfilling the great commission of making disciples of all nations through World Bible School.