

Your Spiritual Bucket List

By Bob Rieder

A cousin of mine was diagnosed a couple of years ago with cancer. She successfully fought it, but it subsequently returned in a more serious form - "stage 4." She was able to treat this resurgent cancer with oral chemotherapy, but a PET scan showed that it had spread further into some of her organs. She disclosed this development on her Facebook page, commenting that, though the treatment she was facing would be more invasive and intense, she still planned to pursue some of her "bucket list" experiences.

Her statement prompted me to think about the "bucket list" concept. What is it that we really want to do, accomplish, or see before our time here is up? I can think of some places I'd like to visit or revisit. I'd love to go back to my hometown in Oregon once again and re-kindle the memories associated with that special place. Maybe you'd like to attend a concert performance by a favorite artist. Go to a renowned museum and see first-hand some classic works of art. Enjoy a meal at a famous, five-star restaurant (without thinking about the cost). Some of us might be a little more ambitious - take a cruise, learn a new skill, or spend some time in a national park we've always wanted to visit.

I suspect that after noting these items, we might turn our thoughts more in the direction of people. Spending time with our kids, and grandkids. Visiting that friend who had such a positive impact when we were younger. For a brother or sister who walked so closely alongside us in earlier days, or someone who's been there for us through the years, simply letting them know how important they've been in our lives. Or, there may be strained or even broken

relationships that need to be healed while there is time. Words of forgiveness that need to be spoken. Sentiments of appreciation that need to be verbalized. Love that needs to be expressed.

The first "tier" bucket list items reflect our desire to experience some of life's goodness for ourselves. But then, as we shift to thinking about "relationship" matters, we are moving toward the goal of leaving a legacy in the life of someone else, giving more than receiving. Focusing less on "adding to our buckets" and more on "adding to the buckets of others." Ensuring that we haven't left undone words and deeds that honor Jesus' mandate to love others as a life priority (John 15:12; Matthew 22:39).

This change in perspective leads me to consider what God would like to see as the imprint of my life. It seems clear from Scripture that He has a plan in mind for us": *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" Ephesians 3:10 (NIV).*



"Good works" like being a godly spouse and parent. Working to meet the needs of the hungry, hurting, and helpless. Introducing others to Jesus. Helping fellow believers with the challenges of being a faithful disciple. I don't always call these kingdom-related and enduring tasks to mind when I'm thinking about my list of "must-dos." But I should.

Jesus uttered the words, *"It is finished," (John 19:30 NIV)*, just before he died. He knew what He was here to do and He did it. Having a bucket list - desired life experiences connecting my daily journey to my dreams and aspirations - is good. And seeking to fulfill them is also good. It is far better, however, to understand what I am here to do - connecting my daily journey to Jesus' dreams and aspirations for me as a disciple. And to seek to do it.

Mayfair Senior Life Ministry

By Keith Hodges,

Mayfair Senior Life Minister

In one way ministry to and by seniors is nothing new to Mayfair. There are at least a dozen active groups within Mayfair's large senior population (500 out of about 1,300 members who are 65 or older). Several of the current "JOY" activities (JOY Bible class on Wednesday afternoons and JOY worship service at 5:00 p.m. on Sundays) are not exclusively for seniors but have many seniors attending them.

Many remember the work Brother Lem Tipton did with the seniors at Mayfair, while more recently a committee known as "Senior Help" grew out of the Mayfair Towers efforts of past years. Members of that committee, spearheaded by the efforts of the late Ray Jones, kept dreaming of a more active ministry for seniors, including possibly a staff member at Mayfair devoted to that end. More recently one of the elders, Dick Savage, did some valuable work charting and assisting the work of various groups associated with ministry to seniors. That is where I entered the picture.

I was born and raised in rural western Kentucky, growing up in the Cumberland Presbyterian Church. I was awarded a basketball scholarship at Lubbock Christian College (now University) in Lubbock, TX, about 1,000 miles from my home. In addition to college studies and playing basketball, early on I was introduced to a period of spiritual growth and learned things about the Bible I had not previously known.

With the diligent efforts of several teammates and the help of one of the Bible professors, I was baptized into Christ late in my freshman year. I was excited about sharing with others the things I had learned and began an informal ministry of leading others to Christ. Many friends suggested I should consider being a minister, but I was reluctant to do that. Then after my sophomore year, I went on a summer "Campaign for Christ," primarily to Geneva, Switzerland, where two significant things happened. I met my future wife, and I decided to give my life to ministry for Christ and His church.

My wife Francie and I have two children and four grandchildren. I spent six years in youth ministry before transitioning into being a pulpit minister. We



Keith Hodges, Senior Life Minister

lived in several places, including a 21-year stint in Pennsylvania, and more recently 10 years in Texas. Upon my retirement, we moved to Huntsville to be close to our daughter and her family, and closer to our son and his family. Within a short time, I was asked to be the part-time minister for the Hampton Cove church – a position I held for nearly 6 years.

As my work with the Hampton Cove church was concluding, we decided we would visit Mayfair, since our daughter and her family have been members here for some time. Various ones associated with the "Senior Care Ministry" began to discuss the possibility of my getting involved with that ministry at Mayfair. Informal and formal interviews ensued, as well as discussions with various elders. In time I was offered the position of "Senior Life Minister," and in early April 2023 that development was announced to the congregation. There's a certain irony to my now being in this position: I launched into a lifetime of ministry first as a "youth minister" ... and now will be ending that career as a "senior minister."

At Mayfair, I was soon convinced my work would not necessarily involve creating new programs for seniors, but rather strengthening, encouraging, and comforting those seniors already involved in a number of good works of this church. As a natural part of that process, we hope to add some seniors who may not be actively involved. Of course, part of this ministry also includes offering consolation to those who are dealing with significant health issues and/or have become homebound.

I have been made to feel very welcome at Mayfair—first and foremost by the ministerial staff and other workers ... and now steadily by the membership. We have found Mayfair to be a place where people enjoy worshipping and serving the Lord in a

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broad variety of ways.

Finally, since I've never done this aspect of ministry, I am wide open to all the suggestions and help I can get. And while the nature of my work has me making visits and calls to homes and hospitals, my office door is always open for any who drop by to chat. Please feel free to call me whenever you think I may be of service to you.

Mayfair Assistance Helpline

256-704-3384

Mayfair has a helpline for members who may require physical assistance with home maintenance, automotive repairs, or transportation needs. Call and leave a message regarding your needs and you will be contacted for details.

Intentional Friendship Ministry

By Kim Davis

We know the many benefits of being part of a large, vibrant church. When we all contribute in our unique ways to the Lord's body, a great deal can be accomplished for the Kingdom. However, one can feel overwhelmed when coming into a large body of believers. Where do I fit in? Where are my people?

Kim Davis and Jeaneen McGinnis knew that feeling 25 years ago when their families came to Mayfair. While taking a girls' road trip together six years ago, they visited a church in Nashville that had an Intentional Friendship (IF) ministry. They talked with some ladies at the church about IF and knew right away that Mayfair needed this as part of their Ladies' Ministry.

They felt the need for a small group to which they could invite ladies who were single, widowed, divorced, attended church alone without their husbands or children, or those who were new to Mayfair. Everyone needs to find their "tribe" no matter what their situation and this became Kim and Jeaneen's new ministry focus.

Intentional Friendship is centered around a "gathering" of ladies who want to support and love each other through all walks of life. They meet monthly in homes for prayer, fellowship, gathering around a table for a meal, devotional time, and developing deeper friendships.

It is never a "closed" group, they always have their eyes wide open looking for someone to INTENTIONALLY invite into their sisterhood. It's a wonderful time for ladies who are a part of Mayfair to walk alongside someone new. It's a time to identify those within our congregation who need encouragement during illness or rough times by praying for them and

sending cards. It is also a time for service projects such as writing thank you notes to University Christian Student Center contributors or packing Magi boxes as the group did in September.

It's not surprising that during the past six years, IF has grown geographically to include groups in Madison/Monrovia, Hampton Cove/Owens Cross Roads, Northeast Huntsville, Piedmont, and South Huntsville, as well as a group that meets at Mayfair on Wednesday nights. Outside of the monthly IF gatherings, some have enjoyed day trips, luncheons, weekend retreats, and a BIG event each year, the annual "All IF Gathering" where all the groups come together.

In addition to the Intentional Friendship Ministry brochure that is always in the church front lobby, the ministry is consistently mentioned at Mayfair's New Member Luncheons and on the Mayfair website. If you would like to have more information, please free to reach out to Kim Davis – at kim@steadyforlife.org or 256-652-2912.



“Gray hair is a crown of glory; it is gained in a righteous life” (Proverbs 16:31 ESV)

In this issue of JOY in the Journey, we continue our series on Mayfair’s Senior Members, who truly wear a “Crown of Glory”, as we learn more about Bill Norton.

Bill Norton

By Wanda Tucker and Randy Norton

January 29, 1933, William Edward Norton was born in Atalla, Alabama, the seventh of nine children to Henry Dalton Norton and Hattie Norton. Most likely, his family was just passing through Atalla at that time, but they eventually ended up in New Market, Alabama, where William (Bill) remembers learning how to swim. They later moved to Lewisburg, Tennessee, before Bill started to school.

Bill began his first job as a paperboy at the age of 12 and continued for 5 years. At the age of 13, he was collecting door-to-door from his clients. That is when he first laid eyes on a young girl with long curly hair, hiding behind her mom. He often talks about that day and the fact that he said to himself, “I will marry her one day.” Bill worked hard on the paper routes and purchased several motorcycles with the money he made. He would fix one up, sell it, and buy another. I believe he even purchased a car.

During his teenage years, there would be more opportunities for Bill to run into that beautiful, young, curly-headed girl. Eventually, they dated and became engaged.

Bill graduated from high school in Lewisburg in 1951. After graduation, two of his brothers-in-law informed him that the Army was administering tests to qualify people for Army civilian jobs in Huntsville. So off to Huntsville he went, after he was hired by the Army. After about a year, and knowing he would soon be drafted, he decided to join the Army before they were able to draft him. He served for three years as a radio operator, including a tour in Korea. At the end of his tour of duty, his group was sent to New York to march in the parade before being allowed to return home. Bill would have rather gone straight home to his future bride but the Army had other plans.

After he completed his time in the Army and the



Bill and Rachel Norton

obligatory parade, Bill returned home to Huntsville for his civilian Army job. But most exciting to Bill, was returning home to his love. He and Rachel Harper were married on September 3, 1955, and were married for 54 years before her passing in 2009 after a long struggle with Multiple Myeloma.

In 1960, NASA established the Marshall Space Flight Center and he transferred from his civilian Army position to work for NASA. There, he worked as a machinist making parts for rockets and other hardware items. He later became an Engineering Technician where he spent most of his time designing and troubleshooting. The engineers often presented Bill with a problem that they couldn’t solve and he would

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come up with an answer. As a machinist, Bill's efforts led to several patents.

Bill, from a very young age, was a hard worker. From a paperboy to working with NASA, and even moonlighting at a machine shop on the side, to better provide for his family, he always worked hard and accomplished much. He was never idle. Even today, he is still a landlord, a good neighbor, a friend, and most importantly, a man of God. Bill loves to help people and continues to do so even today by looking after his elderly and widowed neighbors.

Bill and Rachel have 3 children; Wanda (Rick) Tucker, Ricky (Lynn) Norton, and Randy (Holly) Norton; 8 grandchildren; and 17 great-grandchildren with another one due in January. Bill and Rachel loved spending time with family. Some of their favorite memories were camping, a trip to Colorado, a very special trip to see the Apollo 11 launch, and of course sports. Bill was always involved in the sports his chil-

dren and grandchildren played. Family and his faith have always been most important to Bill.

Today, he enjoys spending time with his family and his special friend, Ann Higgins. They enjoy playing games and eating together.



Bill Norton with his great-grandchildren

Caring for the Temple (Part 2)

By Dr. Butch Kinzer, MD

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. (1 Corinthians 6:19-20 ESV)

I have read that if you do not have hypertension (HTN) there is still a 90% chance of developing HTN. When I began my training, the threshold for treating HTN was a systolic blood pressure (BP) of 160 or a diastolic BP of 100. Through the years the thresholds have changed. We now look at two stages of HTN. Stage 1 is a systolic of 130-139 and a diastolic of 80-89. Stage 2 is a systolic greater than 130 with a diastolic of 90 or greater.

Why is HTN treated? The reasons are related to the consequences of elevated BP in the circulatory system causing strokes, heart disease, and/or kidney failure.

Early in my career, we had few medications available for the treatment of HTN most often with side effects. Today, we have multiple options for treatment with a much better side effect profile. Looking

at HTN treatment studies, we notice that often two drugs are required. The reason is synergistic effects with fewer side effects. I have at times needed to resort to the use of four or even five medications.

(Please note that the nuances of drug choice and use in the elderly frail are beyond the scope of this article. With enough interest I can address this in a later article.)

When BP control is not attained with multiple medications at higher doses, then we begin the search for secondary causes of HTN such as an adrenal tumor that secretes an excess of a hormone that elevates the BP or an obstruction of blood flow to one of the kidneys. Another simple solution is to discontinue medications such as ibuprofen, weight loss drugs, over-the-counter decongestants, or even some oral contraceptives, that can elevate BP.

Medications are most helpful in treating HTN, yet their effectiveness is greatly enhanced by lifestyle changes such as smoking cessation, weight loss, increased physical activity, good sleep hygiene, elimination of alcohol intake, or decreased salt in-

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take. When well-practiced these lifestyle changes can result in stopping medication. In cases where the elevation of BP is mild, patients are often asked to initiate treatment with lifestyle changes only.

The DASH (Dietary Approaches to Stop Hypertension) diet is available from the National Institutes of Health. Typically, with dietary change comes a decreased salt intake and healthier food choices. However, we must be mindful of foods that have increased salt as we eliminate sweets. Both salt and sweets enhance the taste of foods, but over the years, I have observed that those who salt their food before tasting use too much salt.

How does a physician diagnose HTN? It is a legitimate question. First, you must be sure that the BP is truly elevated. Look to be sure the blood pressure cuff fits properly. It should at least cover the middle third of the upper arm.

Next, recheck the blood pressure to ensure that the cause of the elevated BP is not caused by White Coat Syndrome, a condition where the anxiety of being around doctors in white coats can make your blood pressure rise. When stage 1 HTN is indicated, I request home monitoring of the BP over a period of a month, consisting of at least 20 readings, taken at various times of the day.

In the case of a stage 2 HTN reading, I examine the vasculature of the retina. If I see arterio-venous (AV) changes in the vasculature, I start medication. In the

Know your numbers: Blood pressure

Blood pressure category	Systolic (Upper number)	And/Or	Diastolic (Lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High blood pressure (Hypertension Stage 1)	130-139	or	80-89
High blood pressure (Hypertension Stage 2)	140 or higher	or	90 or higher
Hypertensive crisis	Over 180	and/or	Over 120

If you are over the age of 65, speak to your provider as your blood pressure goals may be different from those listed.

absence of AV changes, I advise lifestyle changes.

Most often, when I advised medication, patients would push back by saying, "I have never had a high BP in the past." My response is "There is always a first time." Another comment I hear is "But I will be on medication for the rest of my life." To the latter comment, I ask "What is the most common effect of the BP medication?" My answer is, "You will live longer and more importantly your quality of life will be improved."

An observation I shared with every patient I started on a BP medication was that if they lost weight and increased their physical activity, I would need to reduce the dose of their medication or even stop it with a sustained lowering of their BP. Occasionally, I had to make good on that promise.

Remember that our bodies are a temple, we must recognize that our lifestyle choices can have a negative effect on the temple. Certainly, there are diseases beyond our control; yet, good lifestyle choices contribute to the maintenance of the temple.

A JEALOUS GOD

By Dick Savage

Do not worship any other god, for the Lord, whose name is Jealous, is a jealous God (Exodus 34:14 NIV).

In Shakespeare's play, Othello, Othello's servant sought to destroy his master by planting a seed of jealousy in the heart of Othello. Iago placed the handkerchief of Othello's wife, Desdemona in the room of Cassio, Othello's lieutenant. Just a simple little thing.

The English word "jealousy" has changed over the last 500 years and the understanding of the Hebrew word more closely fits the word jealousy at the time

of Shakespeare than it fits our understanding of the word today.

There are two words in Hebrew used for jealousy, "quana" and "quanna." There is a big difference between the two. Quanna is a jealousy we think of when we hear the word jealousy. We associate it with envy and rage. This type of jealousy causes Othello to be caught between the jaws of affection and anxiety. It eventually led to the tragic end of the play.

The Renaissance man viewed jealousy as "quana." Sometimes this word is translated as zeal-

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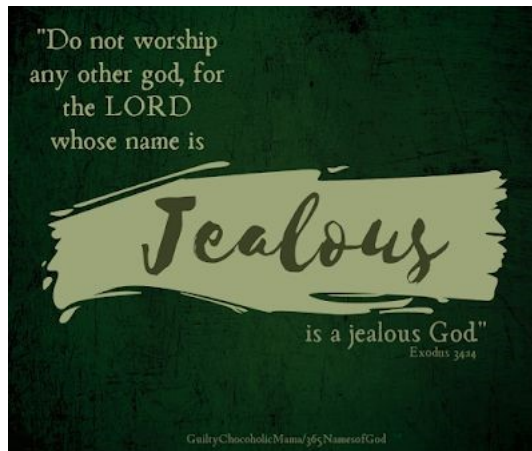
ous. Its basic meaning is a deep passion. Jealousy was something considered noble to the Renaissance man. It showed how deeply he felt toward someone. To be jealous was a good thing because it showed you were so passionate about someone or something that you would challenge someone to a duel and die to defend your passion or honor. Such a passionate person was to be honored and trusted. Today, of course, we see jealousy as a misdirected passion.

It is important to understand how the word “jealous” is used in scripture. Its use in the Ten Commandments (Exodus 20:5) to describe God is different from how it is used to describe the sin of jealousy (Galatians 5:20). When we use the word “jealous,” we use it in the sense of being envious of someone who has something we do not have. A person might be jealous or envious of another person because they have a nice car, home, or possessions. Or a person might be jealous or envious of another person because of some ability or skill they have, such as athletic ability.

In the Ten Commandments (Exodus 20:5), it is not that God is jealous or envious because someone has something He wants or needs. In that passage, we read:

“You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. You must not bow down to them or worship them, for I, the Lord your God, am a jealous God who will not tolerate your affection for any other gods” (Exodus 20:4-5 NLT)

Notice that God is jealous when someone gives to another being something that rightly belongs to Him. In these verses, God is speaking of people making idols and bowing down and worshiping those idols instead of giving God the worship that belongs to Him alone. God is possessive of the worship and service that belong to Him. It is a sin (as God points out in this commandment) to worship or serve anything other than God. It is a sin when we desire, or we are



envious, or we are jealous of someone because he has something that we do not have. It is a different use of the word “jealous” when God says He is jealous. What He is jealous of belongs to Him; worship and service belong to Him alone and are to be given to Him alone.

Perhaps a practical example will help us understand the difference. If a husband sees an

other man flirting with his wife, he is right to be jealous, for only he has the right to flirt with his wife. This type of jealousy is not sinful. Rather, it is entirely appropriate. Being jealous of something that God declares to belong to you is good and appropriate. Jealousy is a sin when it is a desire for something that does not belong to you. Worship, praise, honor, and adoration belong to God alone, for only He is truly worthy of it. Therefore, God is rightly jealous when worship, praise, honor, or adoration is given to idols.

Why is God jealous? Is it just arbitrary or does He have a reason? We are told in Deuteronomy, *“So remember this and keep it firmly in mind: The Lord is God both in heaven and on earth, and there is no other” (Deuteronomy. 4:39 NLT)*.

The truth is, there is no other God. God is not going to share you with anything or let you embrace some false god. Our very life is dependent upon being unified with the One who created us. The devil, wanting to be God, has caused the mess in this world. This will only be resolved at the final judgment.

Jesus had something to say about this when the devil came to him with the three temptations in the wilderness. At the last temptation, the devil said that all these things I will give you if you will fall down and worship me. Jesus said to him it is written that *“You must worship the Lord your God and serve Him only” (Matthew 4:10 NLT)*.

Our God is a jealous God and He is not going to put up with us wanting to share our love with anything. The truth is that God created us in His image, sustains us in life, and demands to be worshipped on His own agenda and not ours. *“Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture” (Psalm 100:3 NIV)*.

Assisted Parking Ministry

By Chris Parker and Don Mayhew

Galatians 5:15 (ESV) - For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.

The Mayfair Assisted Parking Ministry (MAPM) is a tremendous service to members and visitors who need assistance parking their cars. This quiet and behind-the-scenes ministry started at the old Mayfair location on Whitesburg Drive in 1991. Many of the current team members are connected to this ministry due to the dedicated service of the late Randy Sherrill, who led this ministry humbly for many years until his passing in June 2022. It was a great pleasure to serve with Randy and be part of his incredible humbleness and willingness to serve no matter what weather conditions occurred on a Sunday. His example of leadership and impeccable reliability was a tremendous blessing to all who had the opportunity to serve with Randy. Additionally, Jack Stephens has been an outstanding leader and has mentored, trained, and continues to provide encouragement and support in this ministry.

Today, the MAPM has nine members: Don Mayhew (Coordinator), Chris Sherrill, Bobby Moss, Colby Malone, Clyde Carlson, Tom Armstrong, Mike Davis, Ray De LaValle, and Chris Parker. The team's goal is to have enough volunteers to have three members each Sunday, providing this service at two different entrances if the group grows enough. Some team members, like Chris Sherrill and Bobby Moss, serve nearly every Sunday to support this ministry. No matter how cold, hot, wet, or dry the weather, MAPM is there to help those needing parking each Sunday. Our team realizes how important this ministry is to several of our senior Mayfair members who may be unable to attend church without this service.

Typical Sundays have 10-15 cars that need to be parked. The team has realized that having three valet attendants makes managing the load for assisted parking easy. Should you decide to be a part of this outreach ministry, you will help make it possible for a portion of our congregation to attend worship. Their expressions of gratitude will warm your heart. It is also a great way to meet and form relationships with our brothers and sisters and even meet some new people. Many of our guests utilize this service, and your helpful attitude and smiling face will be their first contact with Mayfair. As an assisted parking ministry member, you

work with a group of Christians willing to serve their fellow brothers and sisters.

Ephesians 6:7-8 (ESV) - rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a slave or free.

DUTIES

- Setting up the Valet Station
- Assist drivers in and out of their cars
- Unload/load walkers, wheelchairs, canes, etc.
- Park vehicle
- Retrieve vehicle
- Break down the Valet Station

QUALIFICATIONS

- Valid Driver's License
- Pass a background check
- Willingness to serve each Sunday for an entire month, 1-2 times per year
- Arrive early and stay until the last car is retrieved
- Desire to greet Mayfair members and guests with a smile and open doors
- Willingness to get wet, cold, or hot!

SCHEDULE

- Arrive - 8:15 AM. Setup valet station
- Tend the valet station and park cars until 9:10 AM or as needed
- Between Worship and Class - 10:10 to 10:30 for those leaving worship service or coming in for Bible study
- After Class - Retrieve vehicles until 11:15 AM

If you want to serve in this ministry, please contact Don Mayhew (donmmayhew@gmail.com) or Chris Parker (parkercm71@protonmail.com).

