

CLUB NEWS

Mars Hill Giving Group



Thank you to everyone who has responded to the request to help out the single mother, Erin. Your generosity is a wonderful display of God's beauty.

To update you, Erin will be moving in with a family tomorrow, is calling on a couple of job opportunities, and the Mars Hill Runners have provided child care covering six days of the week. There are a few needs we can still meet – she needs food and clothing (for herself) and a lot of prayer support right now. For specific ways to help, please email Lynell at lshooks@marshillruns.com.

Some additional projects/ways you can help others are as follows: another single mom looking for a place to rent that will accept a dog and is not too expensive. Again, email Lynell for details.

The DiCocco family's beloved Jose is being lovingly sent off to California...and we'd like to make sure he leaves with a little more than clothes on his back. Gift cards for national chain stores, calling cards (international so he can call his family in Vera Cruz), clothing, a

Spanish Bible are just a few items. He has to be able to carry it all in a backpack (graciously donated by one of our members).

Laura Siemion is in need of help painting in her new house, so grab a brush & paint clothes, and email Laura at Laura.siemion@spectrum-health.org or call her at 437-3737. (she also needs help moving!)

Finally, Jen Ames is collecting funds for the Christmas family we are adopting. Please pray, and bring your gifts to the Monday, Tuesday or Saturday gatherings (or email us to let us know what you're giving).

There are many opportunities to help, and you will be richly blessed while blessing. Don't forget to email Kindra Voorhies to get on the needs/fill the needs list (kvoorhies@mhbcmi.org).

Dot Com

In case you haven't been there yet, you need to visit the new website.

Rudy Malmquist, our master web guy (not just a webmaster guy) has redesigned the website and has added some great features.

Please take a moment to check it out, search around it, poke around, and enjoy what Rudy has put together.

While you're there, check out the directory, and be sure to update or add your information.

This is a great way for people outside of our community to find us, and a great way to find other runners in your neighborhood.

Visit marshillruns.com!



LOVE AND STUFF.

So many times in my life I have heard my father grumble every time he reads something that says "Made in China." For years I have been annoyed by this, and wondered why he fights so hard against buying anything made overseas. I thought it was perhaps because of the loss of American jobs, or the Communist mindset that governs China, or just that the products made, in his mind were substandard.

But this weekend when he said again "made in China" with that all familiar shake of his head, something clicked. It wasn't that I fell into that same set of beliefs held by my father, but was this overwhelming realization that the problem behind it all, was selfishness.

We have entire economies, worldwide economies, built upon making sure that we have more stuff.

Think about it this way:

People want more stuff.
So they need more money to buy more stuff.
They demand higher wages.
And buy more stuff.
But the stuff should be cheaper.
So they can buy more stuff.
So stuff has to be made cheaper.
But we want more money to make the stuff.
So someone else has to make it.
So we lose the jobs.
So stuff can be made cheaper.
So we can have more stuff.

Get the picture?

It isn't that it's just that the stuff is cheaper to make overseas, or that labor is less expensive, and operations are less expensive, and the tax structure is better, but that we have this need for more and more and more that does not satiate.

Because we want more stuff.

But the stuff, or lack of the stuff, or abundance of the stuff, or price of the stuff isn't the problem.

The problem is us and our search for something to fill all of our empty spaces. It is this constant drive to have the newer better bigger faster nicer (fill in the blank). It is a problem of constantly seeking contentment in the things the world provides. But what the world provides doesn't satisfy. It never fills, it never completes, it never leaves us feeling like we have finally arrived or our ship has really come in.

Because it is just stuff, and unfortunately, stuff never satisfies.

So what does?

To quote a few of the great theologians of our time, "All you need is love, love, love is all you need."

I find it ironic that a song by the Beatles is what comes to mind here. After all, millions of people over the years have bought their "stuff," from albums and posters and even the real collectors item, a metal lunch box.

And yet what do they sing about? Love.

Jesus, when asked by his disciples what was the greatest command, responded with "Love the Lord your God with all your heart, soul and mind." The second command, He said, was like it, to "love your neighbor as yourself."

He doesn't say this simply because it's a good idea, or it feels nice, or it's a great thing to say when telling others about God.

It is because it is the stuff. It is the stuff dreams are made of, the feeling of fullness of completion and satiation, and is what makes the world go round. Love.

Love for God, love for yourself, and love for others.

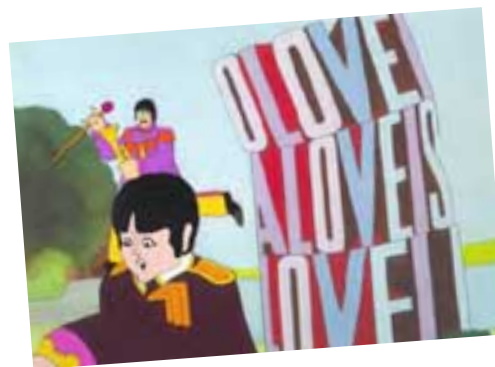
To take it back to my original rantings and ravings about our need for more and more stuff, let's pursue the idea of the "two tunics" philosophy. In Luke 3, John says "the man with two tunics should share with him who has none." This isn't a suggestion on what to do about stuff, but about adopting an attitude and actions reflective of love.

When you give of your time, money, resources and yes, your stuff, with no expectations of return, you are giving away love. It may appear in the form of a grocery bag full of food, or a gift card, or a place to live, but in reality, it is love.

And when we live out life in a spirit of love, selfishness can no longer take center stage. Our actions and decisions, even our wants and perceived needs will begin to change. Our constant desire for more will be replaced with a longing for more love. Love willingly offered, love gratefully received, and love abundantly shared.

All you need is love, love, love is all you need.

-Lynell Shooks



SATURDAY DISTANCE RUNS - GRAND RAPIDS YMCA - 9 AM



Now that marathon training season is over, you would think it was time to take a rest.....but think again.

Rather than work on scheduling long runs with varying distances all over town, we will be running from the downtown YMCA for the rest of the year.



The YMCA, through one of our runners, Kris Palosaari, has offered to promote to all YMCA members this opportunity! Thanks, Kris!

Starting up in January, we will start our Riverbank and Marathon training schedules again.

If you are even toying with the

idea of running Riverbank, this is a great way to get started. You could say that misery loves company, but rather, it is a great way to take your training to the next level while enjoying time with other runners.

If any of you would be interested in helping with water support on any of our Saturday runs, that too may be a lot of fun. Please let me know if you're available and interested.

A map of our Saturday run is available at you guessed it, the website. See you Saturday!

Email Bob Karel with any of your long run questions or comments at bob@marshillruns.com

Top: Say "Brrrrr..."
Bottom: Let it Snow.....

WHO IS A MARS HILL RUNNER? - YOU ARE! THE TRUSTED SERVANTS MODEL

"So in Christ, we who are many form one body, and each member belongs to all the others." Rom 12:5
 "NO ONE RUNS ALONE."

"You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand!" Ps 16:11



The Mars Hill Runners Group is moving in a new direction.....team leadership.

If you are interested in being a part of the trusted servants leadership team, helping organize projects, directing traffic (just kidding), and so on, please feel free to join us at the Malmquist home the first Monday of December, 7:30 pm to find out how you can be involved.



THE PRAYER CORNER

Rachel Olexa is struggling with an injured foot/ankle, please pray for healing. Sara Maher's good friend, Lissa, had a baby several weeks premature. Please pray for Mike, Lissa, and baby Quinn. Scot Sroka's efforts to become a Navy Chaplain are moving along, pray that this continues to go well for Scot. Laura Siemion is a little stressed out about all the work that needs to be done on her house, so keep her in your prayers as well.

BOOK STUDY - "VELVET ELVIS"

Please continue with our assignment: Collect songs, quotes, movie clips, literature, experiences, etc. from your every day life that reflect what Jesus is like. The only catch: it must be from the "secular" world (what many Christians call anything that is not specifically labeled "Christian"). For this coming week the challenge was specifically to find things that remind you of the kind of holy ground that Rob discussed in Chapter 3 of Velvet Elvis or what it is like to discover Jesus is real/really around you.

Please consider the following Scripture: Col 2:20-23; Psalm 24:1; Ps 139:7-12; Proverbs 10:30; and finally, Proverbs 6: (all of it really, but if I have to choose then) 6-8,16-19.

Please remember, even though God's image may be almost obliterated because of sinful habits, we need to remember that God's image **is still there** to reverence in every human being of every race, color, or sex. Spiritually, when a Christian consciously sees the smile and love of God in the midst of present trouble, then the true glory and beauty of that Christian's life is revealed to the world around. One of the true tests of Christian character is seen in your attitude and mine toward another's sin; but also in your attitude and mine toward another's innate Goodness. Where *your* focus lies - in the sin or the goodness - also reflects something.

Next Tuesday: Trouble Me Tuesday (no reading due) 7:30-8:30p in Rm. 401 Thanks Steph and Ian for dinner (7-7:30p)!

Following Tuesday: Velvet Elvis, Movement 4 Tassels, pp. 96-110. Thanks Mark Johnson for dinner! (Same times, same places)

May you go placidly among the noise and haste Today. Shalom. Rebecca.



GR MARATHON SHIRTS

The shirts produced by the Highland Group for the Grand Rapids Marathon, shown here, are available at a reduced cost to Mars Hill Runners. For just \$15 per shirt, you can get your hands on a Brooks long sleeve wicking shirt.

There are a limited amount of smalls and larges, but quite a few medium, no XL available.

For more information, please email Rudy at spiff@mac.com.

CHRISTMAS PARTY



Erin McCormick and Megan Zendian are coordinating the Christmas party this year. Email Erin at: mackermac1@yahoo.com so that anyone who plans to come/help/bring something can contact her directly. She will then coordinate this info with Spud. It's only three weeks away.

NEED MORE INFO?

For more information about the mars hill runners group, email any of the following individuals:

General Questions:
info@marshillruns.com

Club News - Prayer Requests:
Lynell Shooks
lshooks@marshillruns.com

Suggestion - Complaints:
Rudy Malmquist
spiff@mac.com

Book Study:
Rebecca Malmquist
rebecca@marshillruns.com

Long Run Planning:
Bob Karel
nanci@marshillruns.com

Welcome Wagon:
Pat Carey
longrun262@marshillruns.com

Community Outreach
Jen Ames
amesjenniferd@yahoo.com

MARSHILL MAIL

You too can be one of the cool kids, and get your own marshillruns.com email. This free, web-based email server is available to the mars hill runners group members. Email spiff@mac.com for more information.

Calendar

November 19, 2005

Saturday Training Run - YMCA

November 21, 2005

Group Run - East Grand Rapids

November 22, 2005

Group Run, Mars Hill

December 13, 2005

Christmas Party, Mars Hill

How to Find Us

MONDAYS

East Grand Rapids Middle School, 6 p.m. - 4.2 mile lake or 5.0 mile "hood" route.

TUESDAYS

2, 3, or 5 mile runs from Mars Hill Bible Church, 3501 Fairlanes Avenue, Grandville, 6 p.m.

SATURDAYS

Different locations - see Club News article on Saturday run for more information.

ON-LINE

You can find out more about the Mars Hill Runners Group by visiting our website at <http://www.marshillruns.com> or by emailing us at lshooks@marshillruns.com

"We are a community of many individuals united in the common goal of living healthy lives. To that end we seek to run together, encourage each other, support one another, and to be servants in our community."

People of all ages and abilities are welcome.

No One Runs Alone.