

PIONEER

CONNECT

NOVEMBER 26, 2016



FRIENDSGIVING

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WELCOME




to Pioneer

I'm privileged to welcome you to Pioneer Memorial Church today. Some of you may be here for the first time, so allow me to tell you a little about what makes this church unique. First, it's situated on the campus of Andrews University, the second most diverse university in America. As a result, we are also a diverse church family. That's something that we take great pride in. On any given weekend, you'll see people dressed in ways which represent their home country.

Second, we believe that our purpose and mission is to transform this generation to connect, grow, serve, and go. We accomplish this through our weekend worship services, GROW groups, ministries, and outreach opportunities. Through this simple process, we believe that God can grow you and develop you in powerful ways.

So welcome. Today can be the beginning of an exciting new journey for you.

—Rodlie Ortiz

 PIONEER MEMORIAL CHURCH 8655 UNIVERSITY BOULEVARD, BERRIEN SPRINGS, MI 49103		
OFFICE HOURS Monday – Thursday (8 to 5) • Friday (8 to 12)		PHONE – 269.471.3133 FAX – 269.471.6152
LIVE STREAMING www.newperceptions.tv Sabbath 11:45 AM	ONLINE www.pmchurch.org www.newperceptions.tv	RADIO WAUS – 90.7 FM Sabbath 11:30 AM
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CONNECT • GROW • SERVE • GO



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PIONEER LIFE
Mindful Eating

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SABBATH SCHOOL
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ANNOUNCEMENTS

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WE WORSHIP
9:00 AM Service

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WE WORSHIP 2
11:45 AM Service

MINDFUL EATING

BY KATHERINE KOUDELE

We are now well into the Over-eating Season. With our friends and family, we celebrate our thankfulness for God's rich blessings by tucking into plates piled high with rich foods. Snacking opportunities abound with bowls of Chex mix, jars of candy, and plates of cookies all around. We nibble a little here and a little there while passing by an inviting open dish of treats. We finish off the leftovers while watching TV. We are mindlessly eating, and it's hitting us in the waistline.

A new movement is growing in this country, "Mindfulness." At first glance this concept seems to have overtones of eastern mysticism but it is nothing more complicated than thinking about what one is doing while one is doing it. It involves taking time to appreciate with our God-given senses what is happening around us. We all acknowledge that we live in a fast-paced world where "multi-tasking" is considered a virtue, but we are called to slow down and consider what is ultimately important in our lives. "Be still and know that I am God" (Psalm 46:10). God wants us to be healthy so we can better understand and serve Him. An important way to be healthy is to achieve and maintain a healthy weight. One easy and rewarding means to this end is practicing "mindful eating."

Mindful eating has two main components: 1) paying attention to what your body is telling you, and 2) reducing the temptations to mindlessly eat. Let's unpack each of these ideas.

Paying attention to what your body is telling you involves taking a moment to ask "Am I really hungry?" before reaching for a snack or a second helping at mealtime. The body needs about 20 minutes to process the sensation of fullness (satiety) so slowing down the rate of eating allows us to feel full when we actually are, and then stop eating. Paying attention to our body's signals also involves actually savoring what we eat. This automatically causes us to slow down and appreciate the mixture of taste sensations and textures of the food. A happy side-effect of this practice is that we also become more mindful of the quality of our food and end up making better food choices.

Reducing temptations to mindlessly eat is as simple as "out of sight, out of mind" and "first seen, first eaten." Clearing the kitchen counter of everything but a well-stocked fruit bowl has been shown to result in a slimmer family. One study found that women who kept ready-to-eat breakfast cereal on their kitchen counters weighed an average of 21 pounds more than their neighbors who did not. (This effect was not found in men). Re-organizing the refrigerator so that healthy food options are on the front of the middle shelves results in better food choices. Other "tricks" that can be taken include using smaller dinner plates of a contrasting color to the food, eating at a table with the TV off, and serving food from the stove or counter not in dishes on the table.



Here's a simple 10-point checklist developed by Dr. Brian Wansink ("*Slim by Design: Mindless Eating Solutions for Everyday Life*") to determine how "slim" your kitchen is and promote mindful eating:

- Salad and vegetables are served first before the entree and starch dishes are brought to the table.
- Snacks are kept in one inconveniently located cupboard
- The main dish is pre-plated and served from the stove or counter
- The only food on the kitchen counter is a full fruit bowl.
- The dinner plates are no bigger than 9-10 inches across.
- The more of these boxes you check, the further you are on your way toward mindful eating! ■
- Eating is done at a table with the TV turned off.
- There are two or fewer cans of soft drinks in the refrigerator at any one time.
- The kitchen counters are organized and not messy.
- Precut fruits and veggies are now on the middle shelf of the refrigerator
- At least 6 single servings of protein are in the fridge—boiled eggs, yogurt cups, string cheese, etc.

Katherine Koudele is a Certified Group Fitness Instructor and the Co-director of the PMC Health Ministry.

SUPPORT THIS MINISTRY

Please indicate
"Master Plan-Evangelism"
on your tithe envelope.

WE WORSHIP

CONNECT • GROW • SERVE • GO

Opening Voluntary

Allegro • Henry Heron

Introit

For the Beauty of the Earth • Conrad Kocher

Call to Worship

Rodlie Ortiz

Bless the Lord, O my soul, and all that is within me bless his holy name!

Bless the Lord, O my soul, and do not forget his benefits.

O give thanks to the Lord for he is good;

His steadfast love endures forever!

Doxology

Praise God, From Whom All Blessings Flow • 2

Invocation

Sabine Vatel

Hymn of Praise

Now Thank We All Our God • 559

Congregational Prayer

Rodlie Ortiz
My Faith Looks Up to Thee • st. 1 of 517

Worship in Music

Now Thank We All Our God • Johann Sebastian Bach

Tithes & Offerings

Michigan Advance Partners
Now Thank We All Our God • H. W. Tauscher

Children's Story

Scripture

Romans 8:35-39 NIV • Pavel & Rhonda Tomenko

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Hymn of Preparation

For the Beauty of the Earth • 565

Sermon

"Friendsgiving" • Sabine Vatel

Connect Card

Hymn of Commitment

What a Fellowship, What a Joy Divine • 469

Benediction

Closing Voluntary

Now Thank We All Our God • Sigfrid Karg-Elert

PRESIDING PASTOR: Rodlie Ortiz; ORGANIST: Kenneth Logan
WORSHIP IN MUSIC: Debra Rosengren, flute

MUSIC ALIVE

OBSCURE THANKS

Today's offertory exemplifies an interesting aspect of music history. From all of the "chorales" of the Reformation in Germany, perhaps none is more famous than is "Now Thank We All Our God." It apparently originated in the mid 1600s. In the U. S., it benefits from juxtaposition with American Thanksgiving, in terms of its being widely known and sung (in different versions). But another aspect of music history is the occasional

emergence of a gorgeous composition by an exceedingly little-known composer. Such appears to be exemplified in today's offertory. Who was "H. W. Tauscher"? Obscure, indeed: If you discover much more than that he was born in 1760 and died in 1843, today's organist would like to hear from you! One does not have to be a famous composer to write music of such beauty. ■

WE STUDY

CONNECT • GROW • SERVE • GO

Song Service	Jimmer Mun
Welcome	Sinegugu Katenga
Prayer	Joelle Atangana
Scripture	Ama Amposah
Special Feature	"Words of Hope" • Girls of Mercy
Offertory	<i>My Maker and My King/Praise the Lord</i> • arr. Josephine Katenga
Bible Study	"Intimations of Hope" • Classes
Theme Song	<i>Make Me a Blessing</i>

Make me a blessing; make me a blessing.
Out of my life may Jesus shine.
Make me a blessing; O Savior, I pray.
Make me a blessing; to someone today.

"Make Me a Blessing," Ira Bishop Wilson
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Benediction	Christina Carroll
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ORGANIST: Kenneth Logan
OFFERTORY: Girls of Mercy

WE WORSHIP 2

CONNECT • GROW • SERVE • GO

As We Begin

Allegro • Henry Heron

Praise

Praise to the Lord • Oh Give Thanks • Give Thanks • Until Then

Prayer

Rodlie Ortiz

Tithes & Offerings

Now Thank We All Our God • H. W. Tauscher

Children's Story

Worship in Music

Now Thank We All Our God • Johann Sebastian Bach

Sermon

"Friendsgiving" • Sabine Vatel

Connect Card

What a Fellowship, What a Joy Divine • 469

As We Depart

Now Thank We All Our God • Sigfrid Karg-Elert

WORSHIP COORDINATOR: José Bourget; ORGAN: Kenneth Logan
MUSIC DIRECTOR: Joshua Goines; PRAISE LEADER: Jamila Sylvester
WORSHIP IN MUSIC: Debra Rosengren, flute

SUBMIT announcements by emailing bulletin@pmchurch.org or by going to www.pmchurch.org/announcements/submit. Requests must be received **Monday by 5:00 PM** for consideration.

NEXT WEEK'S OFFERING
PMC Operating Expense

SUNSET TODAY • 5:18
SUNSET NEXT FRIDAY • 5:15

PIONEER PULPIT

| 12 • 03 |

DWIGHT K. NELSON

| 12 • 10 |

BEN MARTIN

Children's Celebration of Christmas

FINANCIAL FEATURE

MICHIGAN ADVANCE PARTNERS

Any finance course will teach you that one of the most valuable uses of money is to invest it for future benefits. MAP has fully embraced this investment philosophy as they support many programs including Adventist education, Camp Au Sable, and evangelism. These programs help to introduce young people to the Lord and help to grow them into the future leaders and pioneers of the Adventist Faith. So today let's invest in the future of the Adventist Church and the furthering of the Lords work by supporting MAP.

Family Vespers

TODAY • 5:00 PM
YOUTH CHAPEL

Join us as we praise God during this season of Thanksgiving.

GROW More Hope in 2017

Lead a GROW Group between February 20 and April 30, 2017. It's as simple as 1, 2, 3. (1) Think of a subject or activity that you are passionate about. (2) Invite at least 2 others to join you. (3) Sign up at www.pmchurch.org/grow so that more can join. Help us grow more hope, community and friends for Christ in 2017! For questions or ideas, contact Pastor Sabine at growgroups@pmchurch.org or 269.471.6153.

Wrap-a-Gift for Refugees

DECEMBER 1 • 6:00 PM
105 SOUTH CASS STREET

ASAP Ministries will be participating again in the "Berrien Springs Christmas Open House." During that time we will be accepting donations of new blankets, hats, socks, scarfs and gloves for refugees from Southeast Asia. Come help wrap these much-needed gifts and enjoy refreshments. At 6:30, 7:30, and 8:30 PM, there will be a Christmas Piñata Bash on the driveway! For more information, call 269.471.3026 or email office@asapministries.org.

Adult Sabbath School Visitor's Day

DECEMBER 3 • 10:30 AM

The Adult Sabbath School Superintendents have planned a Visitor's Day program. The featured presentation will be on educating people about the local and global contributions of Seventh-day Adventists. Bring your guests to a special dinner in the Commons following 2nd Service. To be involved or for more information, please contact Judy Aitken (judy.aitken@asapministries.org) or Pastor Sabine (471.6153).

Soup for Students

On December 6 let's give some bowls of love to students during finals week. We need commitments for at least 25 pots of soup. We also need volunteers to help clean up after the event. **Let us know by November 30** if you can help by calling Lailane Legoh at 269.471.3543.

Adopt a Family for Christmas

Experience the joy of bringing smiles and deep appreciation to families who may be struggling during the holiday season. In addition to helping some international student families on campus, we would like to include a few non-Adventist families in Berrien Springs, and also assist Harbor of Hope Church in Benton Harbor as they reach out to their immediate neighbors. We are looking for people who would like to adopt a family, give a donation (money, gift cards, food, toys, etc.), or help in other ways. Donations can be made through PMC—note "Adopt a Family for Christmas Program." To choose a family, or for more information about how you can help, call Katherine Smith 269.471.1502 or Deby Andvik 269.471.6648.

Pathfinder Mentors

We are looking for mentors who can spend 1 hour twice a month with our Pathfinders. The specific Squad meets Mondays 7 to 8 PM. For questions, email evergreen.pathfinders@gmail.com

Adventist Retirees of Michiana Christmas Banquet

DECEMBER 11 • 1:00 PM

VILLAGE SDA FAMILY CENTER

Join us for our annual Christmas Banquet and an excellent program as we enjoy the spirit of Christmas! Please **RSVP by December 5** to the PMC church office 269.471.3133.

Church Business Meeting

DECEMBER 13 • 7:00 PM

PMC COMMONS

You're invited to attend our year-end business meeting. It will be a joint meeting with the church board the board of elders. Come share the life of this congregation with a holiday flair for Christmas.

Get Our E-Letter!

Receive PMC's e-Letter, Pioneer Midweek, for weekly updates about church life, events, and more! Subscribe today at www.pmchurch.org/newsletter.

More Announcements

For more PMC and community announcements, please visit our website at www.pmchurch.org/announcements.

TRANSFORMING
THIS **GENERATION**



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