

Church

Thanksgiving Service Set

The Lower Big Pine Baptist Church will hold a Thanksgiving service on Nov. 30 beginning at 7 p.m. The David Shelton Singers will perform. Pastor Danny Little invites everyone to attend and worship at this service.

Fifth Saturday Night Singing At Shoal Hill Baptist

The Shoal Hill Baptist Church will hold the fifth Saturday night singing on Nov. 30 at 7 p.m. The Rev. Lawrence Mason invites everyone to attend.

The Shoal Hill Baptist Church and the First Freewill Baptist Church of Marshall will sponsor a rummage sale on Dec. 2 and 3 in the Jackie Ball Bldg.

Revival Services Begin

The Laurel Bend Missionary Baptist Church will conduct revival services beginning on Dec. 1 at 7 p.m. The Rev. Clyde Hensley Jr. will be the guest evangelist. Rev. Jerry Shelton invites everyone to attend.

THE IMPERIALS, an award-winning gospel quartet, will perform at Mars Hill College on Dec. 1 at 7:30 p.m. in the Moore Auditorium. The concert, sponsored by the MHC Student Government Association, is open to the public. Admission is \$7.50

THE MARS HILL COLLEGE CHOIR, CHORUS and instrumental ensemble will present a Christmas Choral Celebration on Dec. 6 at 8 p.m. in the Moore Auditorium on the Mars Hill College campus. The free concert is open to the public. The 50-member choir will also perform at the Biltmore House on Dec. 8 and 15 and at the Grove Park Inn on Dec. 14. For more information on the concert, contact Dr. Joel Reed at 689-1209.

Norman Luboff Choir To Present Christmas Concert Monday

Norman Luboff, the internationally acclaimed choral conductor and composer, will lead his choir onto the stage of Mars Hill College's Moore Auditorium Monday, Dec. 2, to begin the Christmas season with a unique and exciting concert.

The 8 p.m. concert will actually be the third time Luboff has visited Mars Hill, and the second concert he and his choir have performed here.

The first concert was held in Nov. 1979. Impressed with the college's music program, Luboff returned in the spring of 1980 to direct Mars Hill's annual choral clinic for high school students.

"The greatness of music," according to Luboff, "is that it reaches all around the world. Every composer speaks to us in his own very personal way and if he has genius; he will

move us whether it is with a soft and flowing line or the force of a rock beat."

His own career began as a singer following graduation from the University of Chicago. His dual role as singer and arranger became so demanding that he was forced to give up singing. His credits include scores for over 80 motion pictures, radio, television, advertisements, and ar-

rangements for top recording artists.

By the late 1950's, the Norman Luboff Choir had established itself as one of the leading choral forces in the world. The concerts by the choir feature explorations of a world where the gimmick is replaced by the nuance and the flashy labels by the beauty of universal thought and an incredible variety of expression.

The concert will feature the music

of Monteverdi, Rachmaninoff, Charpentier, and Britten, as well as a celebration of traditional Christmas carols and hymns arranged by Luboff.

Sponsored by Mars Hill's Visiting Artists and Lecturers Committee, the concert is open to the public. Admission is \$5 and tickets will be available at the door. For additional information, contact Robert Kramer, Chair-

man, Visiting Artists and Lecturers Committee, P.O. Box 117, Mars Hill, NC 28754.

Living And Growing

By CARL MUMPOWER

I had a 1:00 am crisis last night. Before it was all over, I made three calls and spent thirty minutes on the phone. I was bone tired, but after all the intensity, I couldn't sleep. Try as I might, I couldn't quit thinking. My mind was racing ninety miles an hour. It took an hour and a half to finally go under. I'm missing that two hours of sleep right now.

Last night was an isolated experience for me. As a rule my mind runs at a fairly steady pace. I like to think that I'm more in control of mind than that it is in control of me. For some of us, it's not always like that. Our minds can, in fact, be much like a runaway train. It's not a pleasant way to live.

When our mind takes control, thinking becomes a dominant force. We become obsessed, and the focus is usually not on positives. You can tell if your mind is running the show by a tendency to worry about trivia. An overly zealous focus on mistakes and problems is another sign. It's also worth noting that a hyper active mind can wear you down and leave you feeling consistently tired. When you wake up in the morning, do you find that your mind immediately starts to fire up? That's a common indicator of an racing mind. Still another symptom has to do with relaxation. A mind in turmoil will kill our ability to relax readily and comfortably. This is one reason that so many of us rely on alcohol or tranquilizers for "nerve" problems. Most of these stress relievers do little more than numb us or slow down our thinking. By doing so, they help us relax. Alcohol and such is one way, but there are others.

Have you ever said no to your mind? Yes, that's right, no! You might be surprised how well that can work if you practice. You can begin by saying no to your mind when it starts picking on your mistakes. A good hearty "no" can also work when your mind is worrying over things that don't count or can't be changed. If your mind has been the boss for a long time, it will take time to turn it around. But you can teach old dogs new tricks.

A racing mind can be nothing more than a developed habit. Most often, however, it's a sign of deeper stresses. Emotional pressure can cause our mind to race in an effort to compensate for the pain. Sometimes those emotions can run so deep that we aren't even aware of their impact on our thinking.

Check out that brain of yours. Is it a partner in the process of life, or a dictator who drives you with a whip? Your heart, body, spirit, and mind are members of a team that operates you. None of those parts should be allowed to mutiny and take over the ship...

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Attend The Church Of Your Choice



Sunday a.m. Psalm 9:1-11
Sunday p.m. 2 Corinthians 2:14-17
Monday a.m. Psalm 34:1-22
Monday p.m. Ephesians 5:18-20
Tuesday a.m. Psalm 103:1-22
Tuesday p.m. 1 Thessalonians 5:12-24
Wednesday a.m. Psalm 116:1-19
Wednesday p.m. Hebrews 13:1-18
Thursday a.m. Psalm 118:1-29
Thursday p.m. Revelation 11:15-19
Friday a.m. Isaiah 25:1-5
Friday p.m. 1 Corinthians 1:4-9
Saturday a.m. Philippians 4:4-9
Saturday p.m. 1 Chronicles 16:8-34

REASONS TO BE THANKFUL

Read the 150th Psalm... It begins and ends with a call for all men to praise God.

Let everything that hath breath praise the Lord. Perhaps we would do well to follow David in this matter of being Thankful. Our Pilgrim Fathers did. They put God right in the center of every Thanksgiving day. It was the Lord's Day... not just another day void of work. Then just what is there about Thanksgiving, about God, that makes me glad? What is it that lifts my face to Heaven when I am sad and when I am glad? Too many times we find the weak, the hungry, the sick and the sad way out in front with their Thanksgiving to God for His fairness, His kindness and His goodwill.

Certainly God goes beyond justice to establish love as the central virtue. He gave up His Son to prove it to us beyond a doubt. He calls on us to be very Thankful for health, if we have it — for wealth, if we own it — and for that friend who can turn us on when our way is dark.

He invites all of us to live like women and men who know very well about God... to be grateful for the few days He gave us which have been full of the trouble He promised. Don't ever let us say a final farewell to dear ones, but let us be Thankful for His promise that we may find them again. Thank you, Lord, for these reasons and many more. Amen.



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