

Baby Boxes for Haiti

Our outreach project continuing in February is "Baby Boxes for Haiti," a program to teach and supply safe birthing facilities. The program needs funds and layette supplies. To support this worthy project, any amount can be added to your pledge/contribution check or given separately. Cash donations are also welcome. Any amount may be donated, but \$40 will purchase one complete layette and box.

Mitten Tree

The Mitten Tree will be up through the end of January, waiting for your donations of gloves, mittens, scarves, hats, and socks. The donations will be divided between Lewton School and Lansing Charter Academy. Monetary gifts will be divided between the schools so they can purchase winter wear as needs arise. Please make your check payable to Mayflower and designate "Mitten Tree." Cash donations are also welcome. The deadline to contribute is February 5.

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**February
2023**

Rev. Mark McCormick
Pastor

It's happening in February...

2/5 - Communion

2/15 - Prudential Council - 7:00 p.m.

2/15 - Deadline for March Mayflower Notes

2/22 - Ash Wednesday

Weekly Events:

Fellowship Hour - Sundays after worship service

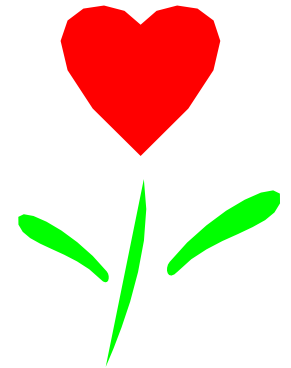
Women's Bible Study - Wed. - 10:30 a.m.

Exercise Class - Tues., Wed., Thurs. - 8:00 a.m.

Handbell Choir - Thurs. - 4:15 p.m.

Chancel Choir - Thurs. - 5:30 p.m.

February



BIRTHDAYS

2/1 - Nancy McKay

2/9 - Lisa Jones

2/11 - Bob Z

2/22 - Gwen Tisdale

2/26 - Candy Bywater

OUTREACH FOCUS (see info on back)

Baby Boxes for Haiti



Mayflower Financial News

Our Christmas Eve offering (received mostly on the rescheduled date of January 1) totaled \$500. It was designated for the Greater Lansing Food Bank. Thank you for your donations.

One of our current outreach projects is the Mitten Tree, which is just wrapping up. Monetary gifts will be divided equally between Lewton School and the Lansing Charter Academy so they can purchase winter wear as needed. You may still make your checks payable to Mayflower and designate "Mitten Tree" until Sunday, February 5. Cash donations are also welcome. The monetary total to date is \$200.

See the back of this newsletter for an article about our January and February outreach project: Baby Boxes for Haiti. Your generous donations are much needed! It was wonderful to have the founder, Dorothy Frederickson, speak to us during the service on January 8. She is such an inspiration! Thank you for your generous gifts for this project, which currently total \$470.

The following is a summary of our finances as of December 31:

Income:	\$ 18,724.16
Expenses:	<u>10,209.38</u>
	\$ 8,514.78

YTD for Twelve Months:

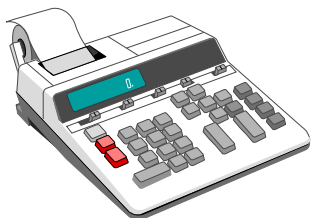
Income:	\$133,739.05
Expenses:	<u>124,884.19</u>
	\$ 8,854.86

Fund Balances:

Checking:	\$108,686.96
Savings:	5,938.14
Certificate of Deposit:	<u>22,705.70</u>
	\$137,330.80

Detailed financial reports are in the brochure rack in the lobby or can be emailed to you. Contact us if you have questions or want a copy.

—Linda Wheeler, Treasurer, and
Lorraine Finison, Financial Secretary

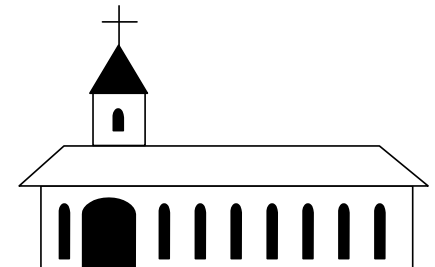


Pastor Mark's Musings

Although our winter weather has been remarkably mild (at the time of this writing), it has been unusually gloomy. Norman Rosenthal, MD, who first coined the term Seasonal Affective Disorder back in 1986, tells us that 6% of people living in the northern United States suffer from the disease, and 14% suffer from a lesser form of the disease simply known as the "Winter Blues." These disorders are a form of depression and can cause mood fluctuations, hopelessness, irritability, low energy, loss of interest or pleasure, appetite, and sleep changes. There are some ways we can deal with this, such as light therapy, cognitive behavioral therapy, sticking to a more regular sleep/wake schedule, and limiting alcohol and caffeine intake. I encourage anyone struggling with this to do some or all these things, depending on the severity.

As part of the Beloved Community, I encourage all of us to share stories, and look for signs in others which might lead you to offer help, suggestions, and mutual support, yet with the greatest of discretion. At the close of our delayed Christmas Eve Service on January 1, we made a commitment to let our lights shine. Perhaps this has become all the more important as we amp up our motivation to check in on others by making a phone call or writing a note of encouragement. Let us continue to let our lights shine which will be spiritual light therapy for each other and can also have a positive effect on our physical bodies. Thanks be to God!

Pastor Mark



Greetings from Your Lay Leader

The subject of families has been much on my mind for quite some time. My definition of family came from my own experience consisting of my biological father and mother and a brother and sister. We lived in the same dwelling and dad was recognized as the head of the family. We were connected to each other by blood and ancestry. Even though neither of my parents ever spoke the words “I love you,” each of us knew we were cared for and given guidance in how to care for others.

In the following years I realized that a family can be other than my experience of being connected by blood and ancestry. One could be part of a family by adoption. One could become part of a family through one parent’s remarriage and suddenly you have a new parent and possibly new siblings. One might also be part of a family by choosing to be a member of a gang, for example the Mafia.

Another means of becoming part of a family is to join a fellowship group. That is what each of us did when we joined Mayflower Congregational Church. We may be a member or friend, but we are part of the Mayflower family. Mayflower’s constitution covenant states that we band together as a Christian church to maintain the worship of God; develop a relationship with Him and our fellow members; stand for righteousness; and love and care for each other.

Lenten season begins this month on Ash Wednesday, February 22. This is a time for each of us to concentrate on the depth of Jesus’ love and care for us by his willingness to suffer death on a cross so that our sins will be forgiven and we can spend eternity in heaven.

What a joy it is to be part of Jesus’ family and receive his love and care and guidance in how to love others.

May each of us be grateful for our earthly family, no matter who is part of it. May we be an example to those in our lives we come in contact with of what a blessing it is to be a part of Jesus’ family.

Ruth L. Pasch

Music Notes from Barb Fuller



Many of you know that my 90-year-old uncle died on January 6. Uncle Phil was my father’s youngest brother and the last of that generation who had the family tradition of singing Welsh carols and hymns after Thanksgiving and Christmas dinners. Jerry and I visited him on Christmas morning, and as he lay in his hospital bed we sang a number of those songs together – Jerry on bass, Unc on tenor, and me on soprano. We were surprised that he still had the strength to sing, but he did with as much enthusiasm as he could muster. So, I thought that in tribute to him I would give a little background on one of those Welsh hymns that we traditionally sing, “Guide Me, O Thou Great Jehovah.”

This hymn came out of the revival movement that ran through Wales during the 18th century, which was led by a 24-year-old Welsh preacher, Howell Harris. Rev. Harris was revered for his strong evangelistic preaching and his use of enthusiastic congregational singing.

William Williams, the author of the text for this hymn, was the son of a wealthy Welsh farmer and was preparing to become a medical doctor when he heard the emotional preaching of Howell Harris. It was then that he decided to dedicate his life to God and the Christian ministry, and like Harris, made all of Wales his parish for the next 43 years. During that time, he traveled 100,000 miles on horseback, preaching and singing the gospel. Interestingly, he became known as the “sweet singer of Wales.”

Williams’ inspiration for this hymn came from the Bible regarding the march of the Israelites from Egypt to Canaan, suffering from forty years of wandering and twice almost dying from the lack of water. At God’s command, Moses struck a large rock with his wooden staff and out flowed a pure, crystalline stream that saved their lives. God also continued to guide them with a pillar of cloud during the day and the pillar of fire by night. Thus, the words of this hymn:

Guide me, O Thou great Jehovah, pilgrim through this barren land; I am weak, but Thou art mighty; hold me with Thy pow’rful hand; bread of heaven, bread of Heaven, feed me till I want no more.

Open now the crystal fountain, whence the healing stream doth flow; let the fire and cloudy pillar lead me all my journey through; strong Deliv’rer, strong Deliv’rer, be Thou still my strength and shield.

When I tread the verge of Jordan, bid my anxious fears subside; death of death, and hell’s destruction, land me safe on Canaan’s side; songs of praises, songs of praises, I will ever give to Thee.