

Mayflower Congregational Church



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Dr. Rick Martin

Pastor



January

Birthdays

- 1/8 - Janet Hershey*
- 1/11 - Abigail Rutledge*
- 1/24 - Lois Ries*
- 1/24 - Susan Schweinfurth*
- 1/28 - Kathryn Fuller*
- 1/28 - Solomon Fuller*

ANNIVERSARIES

- 1/1 - Jerry & Barb Fuller*

Head Ushers
Lois Ries



Outreach Focus
Mitten Tree



From The Pastor's Desk

Some Things Old – Some Things New

Happy New Year! That's our hope, isn't it? A better, happier year in 2016 than 2015. More good, less bad. More love, less hate. More blessings, less trials. More fun, less sadness. This is my prayer for you. Amen.

What does 2016 hold for us? No one really knows, except God. My best guess is: some of the same old things & some new things. May some of the new things be:

- 1) Being a step closer in our walk with God
- 2) Having better relationships with our spouse, family, church family & friends
- 3) Being a bit better in the human being department, a better person, a better Christian
- 4) Fill in the blank

Some of the old things will be:

- 1) Jesus

Hebrews 13:8 Jesus Christ is the same yesterday and today and forever.

- 2) God's plans for you

Jeremiah 29:11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

I'm sure 2016 will hold a mixture of "good" and "bad" for most people. However, as we keep our eyes on Jesus and follow Him, "*I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow*" (Jeremiah 31:13). May 2016 be a year of blessings for you, and for Mayflower Congregational Church.

Mayflower Financial News

We continue to have successful 2nd Saturday Suppers this fall, in December we served 95 people. The Harvest Festival donations brought in \$180.

A brief summary of our finances as of November 30, 2015:

Income:	\$ 10,130.45
Expenses:	<u>5,842.98</u>
	\$ 4,287.47

YTD for Eleven Months

Income:	\$ 95,373.64
Expenses:	<u>80,865.52</u>
	\$ 14,508.12

Fund Balances:

Checking:	\$ 15,613.56
Bequest Funds Savings	19,013.44
Memorial Fund CD	5,497.26
CD Savings	<u>22,311.76</u>
	\$ 62,436.02

A more detailed report is available in the brochure rack near the church office.

Treasurer
Linda Wheeler



“If—”

by
Wm. C. McHarris



These are indeed perilous times. The rise of talk radio, 24/7 cable news, and especially the internet have made it possible for information waves to travel faster than brain waves. As a result, demagogues and doomsayers are barraging us with worst-possible scenarios and dire predictions for the future unless we take heed of their prejudices and advice. What are we to do?!

Rudyard Kipling is rather out of style nowadays, when the very idea of stiff-upper-lip stoicism is met with scorn. Nor was he gender inclusive. Nevertheless, I find his poem, “If—,” written some 120 years ago, to contain strangely appropriate, timely, and sage advice. And were he writing it today rather than in Victorian times, I’m sure the ending of the last stanza would have been altered to fit in with our — hopefully — more inclusive society:

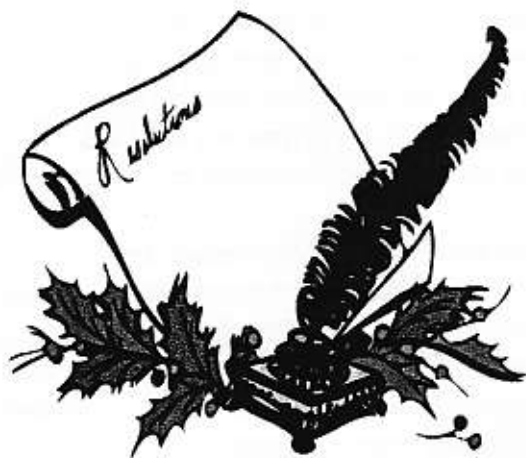
If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired of waiting,
Or being lied about, don’t deal in lies,
Or being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two imposters just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build ’em up with worn-out tools:

(continued from Bill McHarris)

If you can make one heap of all your winnings
And risk it all on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son.



30 WAYS TO BETTER HEALTH IN 2016 -

1. Drink plenty of water.
 2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
 3. Eat more foods that grow on trees and plants, and eat less food that is manufactured in plants.
 4. Live with the 3 E's — Energy, Enthusiasm, and Empathy.
 5. Make time for prayer and reflection.
 6. Play more games.
 7. Read more books than you did in 2012.
 8. Sit in silence for at least 10 minutes each day.
 9. Sleep for at least 7 hours. Personality:
 10. Take a 10-30 minutes walk every day — and while you walk, smile.
 11. Don't compare your life to others'. You have no idea what their journey is all about.
 12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
 13. Don't over do; keep your limits.
 14. Don't take yourself so seriously; no one else does.
 15. Don't waste your precious energy on gossip.
 16. Dream more while you are awake.
 17. Envy is a waste of time. You already have all you need.
 18. Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present happiness.
 19. Life is too short to waste time hating anyone. Don't hate others.
 20. Make peace with your past so it won't spoil the present.
 21. No one is in charge of your happiness except you.
 22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
 23. Smile and laugh more.
 24. You don't have to win every argument. Agree to disagree.
- Community:
25. Call your family often.
 26. Each day give something good to others.
 27. Forgive everyone for everything.
 28. Spend time with people over the age of 70 & under the age of 6.
 29. Try to make at least three people smile each day.
 30. What other people think of you is none of your business.

Author Unknown

2016 is your year. You will do anything and everything to make yourself a better person inside and out. This year you will spend time on your problems not others problems. You will put yourself first to gain every ounce of happiness you lost in 2015. This is your wake up call. You will make your dreams into reality this year.

You will put your determination to it. This year is for you to be reborn to the person you need and want to be. 2016 is your year.

- New Years Pep-Talk



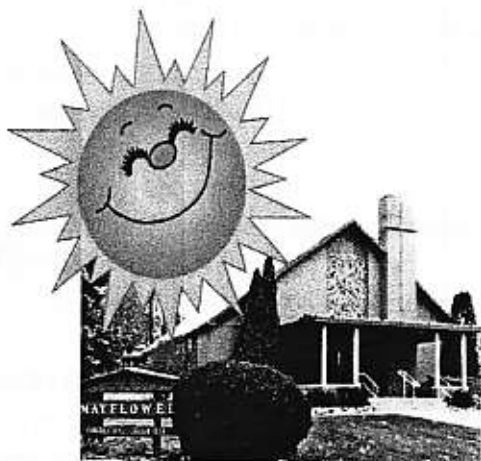
I would like to thank Liz Canfield for writing the Christmas Play this year. Liz has a real knack for capturing the issues of the season in spite of family challenges this year. I appreciate your story-telling skills.

Thank you, thank you...

Meredith

From the Trustees

We have established a new fund, which we are calling "Mayflower Heat," in preparation for the inevitable day when the vintage boiler in the Mayflower basement finally rejects any more repairs and instead demands a replacement. We do not know exactly what a new boiler (or more modern source of heat) will cost when the blow falls, but it will be a lot – we are guessing almost half of our total pledges for one whole year. That is why we are asking for you to contribute when you can, so we can save up money in advance.



It occurred to me that one way you could contribute would be to do it as a gift to a friend or relative. My sister Rachel and her husband have not given us a Christmas present for years. Instead they send us a certificate saying they have donated in our name to Heifer International, a charity we all admire. If you should choose to donate to Mayflower Heat this way, we will provide you a certificate and some small gift to give to your recipient. But you do not have to do the gift-certificate thing – we will be very, very happy to see the fund accumulate by any means!

Rilla

Music Notes

Do you ever become a little “blue” after January 1st with the hustle and bustle of the holidays over and the coldest and snowiest months of the new year ahead? If you answered yes you would be like thousands of other folks who live in Michigan.



I have a secret for you – it doesn’t have to be that way. I believe that for the most part the weather is a mind-over-matter situation. Yes, it can slow us down or even keep us from participating in planned activities at times, but we all have the ability to accept those things we can’t change and do something about what we can – us!

Christina Georgiana Rossetti (1830-1894) wrote one of my favorite Christmas hymns, “In the Bleak Midwinter.” What I love so much about this particular piece of music is that it has such a foreboding title but contains such beautiful melodies. The first verse says:

In the bleak midwinter Frosty wind made moan, Earth stood hard as iron,
Water like a stone;

Snow had fallen, snow on snow, Snow on snow, In the bleak midwinter,
Long ago.

Christina portrays such a dreary world into which the baby Jesus was born. She isn’t insinuating that it snowed in Bethlehem at the time of the birth, but is using the word “snow” as symbolism of the cold rejection Mary and Joseph received in their time of need as well as the purity freshly fallen snow represents. The last stanza Christina wrote is:

What can I give him, Poor as I am? If I were a shepherd, I would bring a
lamb;

If I were a wise man, I would do my part, Yet what I can I give him; Give
my heart.

Do you get it? As we look at the coming cold months of winter, we can see it as either a dreary and miserable time to endure or as a time to think about what we can do for others less fortunate than ourselves. Winter is good thinking time; it is a time to snuggle under a warm blanket and count our blessings; it is a time to reach out to someone else, even if it is a brief email or telephone call.

We do have control over our reactions to winter – will you let it get you down or will you see the beauty and opportunities in it? It’s all up to you.

Dates to remember in
January...

- | | |
|------|--|
| 1/1 | New Years Day-
office is closed |
| 1/3 | Communion |
| 1/9 | Second Saturday Supper |
| 1/12 | Trustees Meeting -
10 a.m. |
| 1/15 | Items Due for February
Newsletter |
| 1/15 | Mayflower Newsletter
articles are due |
| 1/17 | Prudential Council
Meeting - Noon |
| 1/31 | Annual Meeting |

