

## Memorial Christian Church

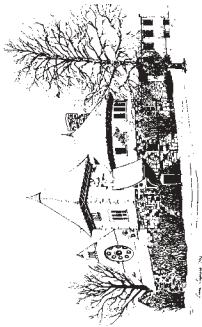
(Disciples of Christ)

730 Tappan~Ann Arbor, MI~48104

(734)662-4245 fax: (734) 662-3879

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www.AnnArborDisciples.org



### Winter Schedule:

Sunday School 9:15 am  
Worship 10:30 am  
Coffee Fellowship after service

### Office Hours:

Tues., Thurs., Fri. 9:00 - 2:00

# THE MESSENGER

M A R C H 2 0 1 0



## CONGREGATIONAL VISIONING RETREAT

Saturday, March 6th,

There will be a Congregational Visioning Retreat in response to information from the cottage meetings and the training that Dr. Rev. Green, Jo Ella Coles, and Linda White received at the New Church Planters Training. The retreat will have two sessions. Session I (9:00-12:00) is for the Core Team. Core Team members have been identified and will be contacted by Dr. Rev. Green. Session II (12:00 - 3:00) the congregation is invited to join the Core Team for lunch. During Session II, you will participate in activities to refine our vision and begin the process of audacious dreaming. You will also be introduced to a rough outline of a plan for relocation, building our ministry and mission, and engaging in open honest dialogue with one another as we "Risk the Ride" together.

## Memorial Christian Church (Disciples of Christ)

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aamcc@provide.net - www.annarbordisciples.org

Dr. Irvin W. Green, Pastor

aamccpastor@provide.net

*UJIMA (Collective Work and Responsibility)*  
*March 2010*

The experience of preparing for my sabbatical leave, scheduled to begin on August 23<sup>rd</sup>, has reminded me that sabbatical and Sabbath have more in common than a root word (shabat). I expect that this experience will enhance my appreciation and execution of my Sabbath, which I observe on Mondays. I hope that, by sharing these insights, I can assist each of you in engaging your Sabbath (I can not take you on my sabbatical with me).

One significant part of my sabbatical preparation has been planning. This has involved nearly two years of date planning, grant writing, selection of activities, budget preparation, and dreaming. Although the leave is expected to be refreshing and regenerating, the preparation has been intense and involved. I expect a fruitful outcome because I have done, and continue to do, the planning of this leave time. I invite you to consider how fruitful your Sabbath time could be, if you claimed it and planned it. This would certainly involve more than getting yourself to church (or not) to see and critique what others have to offer.

Another aspect of this experience has been the sense of expectancy that has occupied me, sometimes to the point of distraction. I think about my sabbatical leave every day. I anticipate the time off, the travel, the people that I will meet, and the reading that I will get to do. I am experiencing my sabbatical before it begins, and will likely be impacted by it for months or years beyond the sabbatical. How much anticipation precedes most of our Sabbath time? How much reflection occurs when it is over?

MEMORIAL CHRISTIAN CHURCH  
(DISCIPLES OF CHRIST)

BY-LAWS changes have been put in place  
and changed the make-up of our Official Board.

2010 OFFICIAL MEMBERS OF THE  
BOARD

CHAIR:	JO ELLA COLES
VICE CHAIR:	DIANE SMITH
SECRETARY:	FRANK WHITE
FINANCIAL SECRETARY:	MELBA LACEY
TREASURER:	JOHN OVERMARS
TWO ELDERS:	TENIA DEWOLF and LINDA WHITE
TWO DEACONS:	LIBBY SCHICK and JUANITA TWEEDY
TWO MEMBERS AT LARGE:	ROSALIE KARUNAS, KELLIE KNIGHT

Official Board Members and MCC Elders and Deacons have begun their 2010 term and are hard at work. Training took place on February 20th. Installation of Officers will take place on Easter Sunday.

## **HOW DOES THE REGIONAL CHURCH IMPACT THE LIFE OF CONGREGATIONAL LIVING?**

*\*Crystal Conference Center and Camp experiences! Crystal is a sparkling gem in a place most of call sacred ground. We come together there at all ages, points of life and styles of ministry. We worship, study, pray, play and grow at Crystal in life changing ways.*

*\*The Regional Staff! Rev. Dr. Jon Lacey (and Ms. Beverly Peeler) offers leadership to congregations in times of transition, turmoil and celebration. He pastors our pastors and serves to bring congregations together through their various ministries.*

*\*Our own congregations! Have you ever realized the impact the ability to be part of something beyond our own worship spaces offers us? We glean from regional activities challenges, ideas and friendships that strengthen us in our ministries together.*



### **Upcoming Regional Events**

Our region is intending to complete the search for a Regional Minister, introduce a candidate, elect a candidate, and install the new person, ALL within the next 3-4 months. These activities need both your prayers and your participation. The plan is to convene the people of our region for 2 regional gatherings. On **March 20<sup>th</sup>**, the candidate will be presented at a “mini-assembly”. The purpose of this gathering is to meet and hopefully elect our next Regional Minister. The gathering will be at Unity Christian Church, in Swartz Creek, beginning at 10:00am. Please plan to be present and engaged in this important and historical event. **The installation of our Regional Minister will take place at a second assembly, tentatively scheduled for May 21-22.** The location is to be determined.

The connection between Sabbath and sabbatical is important for us to understand. In each case, God has foreseen the need for each of us to regularly regroup and be revitalized. One is intended to be weekly. The other is less frequent, but more involved. We might think of Sabbath as routine maintenance and sabbatical time as a major overhaul. Both are needed, for optimal living. Both are gifts from God. I invite you to make the most of your gifts.

Appreciatively,

Dr. Irvin W. Green, Pastor



### **SERMONS and SCRIPTURES**

<b>March 7th</b>	<b>“Fast Forward”</b> <b>Isaiah 55: 1-9</b>
<b>March 14th</b>	<b>“Actual Newness”</b> <b>2 Corinthians 5: 16-21</b>
<b>March 21st</b>	<b>“Add Jesus, and Stir”</b> <b>Philippians 3: 4b-14</b>
<b>March 28th</b>	<b>“God Needs”</b> <b>Luke 19: 28-40</b>

## NUTRITION FOR MISSION

During our Lenten focus on healthier eating, consider the following\*:

Keep a daily food journal (for mindfulness)

Breathe (slow, deep breaths are calming)

Walk (ask Carl & Juanita about Briarwood, the Fullers about the Rec Track) or swim (ask Rosie)

Slow Down - your eating, your life.

Add Vegies (filling; plus fiber, antioxidants, minerals, vitamins)

Watch portion sizes (1/2 cup of many fruits, "deck of cards" size on proteins)

Enjoy social support (share recipes, talk with fellow MCC'ers about your successes. Jo Ella says bring a friend into the program)

Record your weight weekly (avoids daily fluctuations)

Remember to put food monies saved into your "Nutrition for Mission" envelope for our Easter check to a hunger non-profit. Match \$1 per pound that brings you up or down to the "ideal weight" for your age and height.

\*Suggestions found in many diet books and weight control programs.



## Disciples Women Spring Fair March 13, 2010

March 13th is the big day for the "Super Spring Fair" at First Christian Church (DOC) in Lansing. The Rev. Amy Gopp is going to be our speaker for the event, speaking on mission, and Bosnia/Croatia. Registration for the event will be on site from 9 - 9:30 a. m. More information will follow. Women please note this date and plan to attend.

## Disciple Women Ministries

Our next evening meeting will be in the home of Nancy Zavrel at 6:30 p.m., **March 16th**. All women are invited and encouraged to come. It is a time of women being together, sharing, study, and worship. Please join us.



## 2010 Disciples Women Quadrennial Assembly Awake! Awake!

~registration is now open~

The event will be held at the Sheraton at Four Seasons Hotel and the Koury Convention Center in beautiful, Greensboro, North Carolina, **June 23 - 27, 2010**.

With over 100 workshops already scheduled and awaiting your selection, a myriad of mission opportunities of varying activity levels, the QA choir, a pre-event Habitat for Humanity build, renowned Bible scholars and exciting speakers, the Quadrennial Assembly promises to be one of the best ever!

So what are you waiting for? Spread the word to your friends and family and start making your plans to attend. Check out more information on the Disciple website (Disciples.org).

# AMONG OUR OWN

**IN OUR PRAYERS:** Our friends who are dealing with health issues and their loved ones who care for them; **Betty Baird and Carl, Lloyd Ballard and Geneva, Judy Hiser and Victor... Wanda Cavello** and others with ongoing health concerns...Our homebound members, **Jeanne Neighbors** and **Shirley Smith**.



**PROPERTY UPDATE:** MCC has been a very busy place! Fire damage to the exterior of the building has been repaired. The inside is close to being done. We had pew cushions cleaned, new carpeting put in the sanctuary and parlor. There is a new tile floor in the old entry and new carpeting going upstairs and downstairs from that entry. Plaster work and painting have been done but there is still repair work ongoing. This is the home stretch! ALLELUIA!



# CHRISTIAN EDUCATION

**CHRISTIAN EDUCATION:** Classes for all ages begin at 9:15am each Sunday.



## LENTEN SUPPERS

We began our Lenten Suppers on Ash Wednesday. Each of you is invited to join us on any of the remaining **Wednesdays of Lent**. We gather at **6:30pm** and share a light meal and participate in meditational conversation. If you are willing to provide the meal or lead the discussion, please see the sign-up sheet in the narthex.

## LECTIONARY BIBLE STUDY



Our weekly 10am Thursday morning Bible Study group will not meet the first week of March. But please join us if you can on March 11th. We start each session with prayer and sharing news among us. Coffee and snacks are shared as we discuss the lectionary Bible texts. Feel free to join us whenever you can.

## MISSION COMMISSION MEETING SUNDAY, MARCH 14th.

Ever heard of a **BLUE MOON SUNDAY**? Plan to join us about 15 mins. after worship service for a light meal and a lively discussion as we finalize plans for this exciting new approach to mission here at MCC! In order to make sure we have enough food, **PLEASE** call Eve at 734-455-7157 to let us know you will be coming.

# MARCH MARCH 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Lenten Meal & Study 6:30pm	<b>4</b>	<b>5</b> World Day of Prayer	<b>6</b> Congregational Visioning Retreat (see cover story)
	<i>1st - 4th Annual Black Minister's Retreat, Goldsboro, NC</i>					
<b>7</b> Lent Sun. School 9:15 Worship 10:30 Fellowship	<b>8</b>	<b>9</b>	<b>10</b> Lenten Meal & Study 6:30pm	<b>11</b> Bible Study 10am	<b>12</b>	<b>13</b> DWM Spring Fair  Russia with Love 10am
	<i>DPF Young Adult Peace Conference 11-14, MO</i>					
<b>14</b> Lent Sun. School 9:15 Worship 10:30 Fellowship Mission Meeting with Lunch	<b>15</b>	<b>16</b> DWM 6:30pm (Women's group)	<b>17</b> Lenten Meal & Study 6:30pm	<b>18</b> Bible Study 10am  Shalom 11:30am	<b>19</b>	<b>20</b>
<b>21</b> Lent Sun. School 9:15 Worship 10:30 Fellowship	<b>22</b>	<b>23</b>	<b>24</b> Lenten Meal & Study 6:30pm	<b>25</b> Bible Study 10am	<b>26</b>	<b>27</b>
<b>28</b> Palm Sunday Sun. School 9:15 Worship 10:30 Fellowship	<b>29</b>	<b>30</b>	<b>31</b>			

Kathy Knight	Mar 04
Helen Nelson-Dilworth	Mar 05
Denise Coles	Mar 06
Shirley Smith	Mar 06
Nancy Williams	Mar 13
DeMarcus DeWolf	Mar 19
Pam VanHeyningen	Mar 21
Melba Lacey	Mar 24
Wayne Ten Roberts	Mar 26
L.J. DeWolf	Mar 31



Carolyn & Wayne Ten Roberts  
March 22nd