



May 2026 Newsletter

A Loving Church for a Living Lord!

Rev. Brian Fellows – Pastor

1 East Main Street, Clifton Springs, NY 14432

***Our Mission: To Make Disciples for the
Transformation of the World***

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TIME TALENTS TITHES TESTIMONY

PASTOR'S CORNER

May is Mental Health Awareness Month. I do not believe we talk enough about mental health in church therefore, I am including in this newsletter. I wonder why we feel uncomfortable talking about our mental health. We are not ashamed about going to see a doctor when we have a medical problem, it is a bit more difficult to admit that we may need a pastor or spiritual counselor. When we start talking about mental health, there is guilt, shame, and a sense that we are broken and beyond repair. I hope this article can help you consider why you have the feelings and attitudes towards mental health that you do.

Mental health is an essential aspect of overall well-being, impacting how we think, feel, and act. Raising awareness about mental health is crucial for educating communities, promoting early intervention, and encouraging open conversations. If we, as followers of Christ are concerned about the health of our communities, we need to be about the work of helping others be healthy of mind, body, and spirit. I also include social health with these three when I teach in the hospital. We are social beings; community is important to our ability to thrive.

Millions of people worldwide experience mental health challenges such as anxiety, depression, bipolar disorder, and post-traumatic stress disorder (PTSD). These conditions can affect individuals of any age, gender, or background. Recognizing the signs—such as persistent sadness, excessive worry, withdrawal from social activities, or changes in behavior—is a vital step toward supporting those in need. Being aware of the signs and being willing to approach the subject of mental health with love may save someone's life. In 2025, the suicide rate in the US was 14 deaths per 100,000 people, about 50,000 a year. The rate has been stable for the past few years, and 50,000 is still too many.

Stigma surrounding mental health often prevents individuals from seeking help, fearing judgment or discrimination. By fostering a **culture of empathy and understanding**, we can create environments where people feel safe discussing their struggles. Creating a community of support, empathy and understanding is also work we should be doing as a faith community.

Here are some things we can do to help:

- **Listen and Communicate:** Offer a nonjudgmental ear and encourage open dialogue.

- **Encourage Professional Help:** Suggest resources such as therapists, counselors, or support groups.
- **Promote Self-Care:** Activities like exercise, mindfulness, and healthy sleep routines can improve mental health.
- **Stay Connected:** Social support from friends and family is vital for emotional resilience.

If you or someone you know is struggling, various organizations provide confidential support and information, the National Alliance on Mental Illness (NAMI), Mental Health America offer helplines, educational materials, and local support groups. The Substance Abuse and Mental Health Services Administration (SAMHSA) can also help. Reaching out to these resources can be the first step towards recovery and improved well-being.

Promoting mental health awareness is a shared responsibility. By learning about mental health, supporting those in need, and breaking down stigma, we can build healthier, more compassionate communities. Remember, mental health is as important as physical health, spiritual health, and social health. Seeking help is a sign of strength, not weakness.

Pastor Brian

CHOIR

The Origin of Mother's Day and Its Music

According to Smithsonian American Women's History Museum, Mother's Day was officially established in the United States by Anna Jarvis in 1908, following her mother's death in 1905, to honor the sacrifices mothers make for their children. The first official service was held in Grafton, West Virginia, and in 1914, President Woodrow Wilson signed a measure designating the second Sunday in May as Mother's Day.

After campaigning for years, Jarvis saw the holiday made official by President Woodrow Wilson in 1914.

Today, Mother's Day is celebrated in up to 90 countries.

The music of Mother's day is quite varied, ranging from traditional hymns such as "For The Beauty Of The Earth" to contemporary music such as "Wind Beneath My Wings" by Bette Midler and "The Best Day" by Taylor Swift.

John Tyo

FINANCE

March 2026

In March, expenses were greater than revenue.

Revenue	\$ 11,222
Actual Expenses	<u>\$ 28,306</u>
	\$ -17,084

We are looking at a potential over billing from NYSEG. That may reduce the significant expenses. Next finance meeting May 12th at 6:30 pm.

Tom Brickle, Finance Team Chair

FOOD MINISTRY

Proving hunger has no denomination.

Received an at large grant from Food Link this month for health and wellness items. We will be receiving various diapers, men's deodorant, hand soap, skin and hair cleanser. All at no charge that we can hand out to folks we service. Something a little different for our food cupboard.

Another subject, after almost 20 years it is time for me to start backing away from our food ministry. Looking for help with food deliveries from Food Line every other Monday morning.

See Steve, Connie or Dan if you think you can help !

STAFF PARISH RELATIONS

Dear Friends,

I have served as Financial Secretary for three years now and I will be stepping down at the end of August. More and more of my time is needed to care for two friends that are “family” to me.

I am asking for your help in finding the next Financial Secretary. Perhaps you know someone who enjoys working with numbers, taking care of their checkbook and paying invoices?

The position takes about 3 hours a week and involves doing the weekly deposit, opening mail, responding to emails sent to the treasurer, printing the invoices sent, paying invoices and emailing copies of all this to Icon, the software company that creates and maintains the Church’s financial records. This will be an hourly paid position, reporting to the Pastor and SPR.

So, if you know someone, a family member, a friend, a neighbor, a former colleague, who might be interested, please share this information with them. I am available to speak with them via email: treasurer@csumc.com or by text message/phone call at 585-746-2922.

Thanking you in advance for your assistance.

Blessings to you all,

Gail Conners, SPR Chairperson

TRUSTEES

Spring is really here. The lawns are getting mowed. The flowers are up and surprised all of us at how well they are doing. God is good! The summer annuals should not be far behind. By this time next month, we should have the system switched over from heating to cooling. I really enjoy the changing seasons here in upstate New York.

Speaking of cooling, we now have a contract with Isaac Plumbing and Heating to maintain our system. Our Children’s Place Day Care was generously willing to fund most of the contract as they are most affected when things go badly. We should be seeing them in May to help make the switch over and check out all our equipment at least two times a year.

We have sent the day care a new lease that reflects the new pricing and other minor changes. They will get back to us with their changes. We hope to have a new lease in place

by July 1st this year. As prices for utilities and such are rising quickly, we will be revisiting this contract again this time next year.

Enjoy the spring, the rebirth, the resurrection after a real old-fashioned winter.

God bless,

John Mueller

Chair of Trustees

WORSHIP

May 3rd - Communion Sunday

May 10th - Mother's day

May 17th - New members reception

May 24th - Day of Pentecost

** Wear RED to church **

CHANGE FROM VANCO TO TITHELY

Hey there, We are excited to announce that giving to Clifton Springs United Methodist Church is about to become easier and more convenient than ever! We are officially moving from Vanco to Tithely Giving. Tithely Giving is an easy-to-use platform that will allow you to give online and on your phone. You can make both one-time and recurring gifts, give with a credit/debit card or ACH transaction, and even Cover the Fees (which will help your gift go even farther!)

Here's how to get started with Tithely. Note: If you've got recurring gifts set up with Vanco, make sure to cancel any recurring payments before moving forward with Tithely!

Option 1: Give on the Tithely Giving App

1. Download the Tithely App from the App Store (iPhone) or Google Play Store (Android). Once you've downloaded the app, select your church and follow the steps listed.
2. Since this is your first time giving with Tithely, you will be prompted to create an account that you can use for all future gifts.

3. The first time, you will also need to add your credit/debit card or ACH/banking info.

4. Once your account has been created, you won't need to enter your personal or payment information. Just enter your PIN and give! To make this process even easier, you can also set up a recurring gift that will automate your regular giving.

Option 2: Give on Our Website.

1. Click on this link www.csumc.com to access a Giving Form on our church website. Just like on our app, you can also set up a recurring gift that makes your regular giving automatic.
2. Do You Give With Cash or Check? If you regularly make donations in cash or with a check, we strongly encourage you to switch to digital giving! Online giving with Tithely makes it fast and simple to donate and also reduces the amount of administrative labor we need to process gifts in cash or with a check. If you have any questions, please don't hesitate to email us back and we'd be happy to assist you further. Tithely also has articles that you may find useful. Click here to read more. Thank you for your generosity. Your financial partnership helps to build the Kingdom of God in our community—and world.

QR CODE FOR CLIFTON SPRINGS UNITED METHODIST CHURCH



The code in these squares are unique, like your fingerprint. QR codes take you to a place on the internet. The codes above will take you to different places in our church website. The one on the left will take you to a contact page so that you can send me a note. The one on the right will take you to the electronic giving page. QR codes can be generated with an app and can be generated for many different purposes. We could send you to a document or to give to a cause. A

QR code could be generated to send you to a conference or denomination website.

A QR code is used by a mobile device such as a smart phone. If you open your camera on your smartphone and hold it as if you were going to take a picture, your phone would recognize the QR code and invite you to go to the page. My phone shows the destination of a QR code in the bottom of my screen and says csumc.com for the code on the left and myvanco.com for the code on the right. Touching the screen where that shows up in the picture frame opens the webpage in my browser. Go ahead, send me a message using the QR code on the left.