

The Steeple

A monthly publication of
The First
Congregational Church
of Milford,
Massachusetts.
A member of the United
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July 2024

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~From Pastor
Rev. Greta MacRae

“For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down and a time to build up: a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace.” Ecclesiastes 3:1-8

My Dear Congregation,

This is such a familiar bit of scripture, made even more so, by The Byrd’s in 1965, when they wrote it into a song called Turn, Turn, Turn. Scripture inspires so much art! It’s also a good accompaniment to summer. My hope is that we all take time to give birth to new ideas through taking the time to refuel with rest and fun. In rereading this poem, I wonder if we might name July- Just Rest July- and August- Awesome August? My thoughts are to lean into July for family and fun and then begin to power back up a bit with some congregational activity in August.

July is jam packed for me. My 3 brothers will all be in the United States at one time during the third week of July. Along with my sister, we will be together for the first time in 12 years. I look forward to some sweet time with them. I have also recently begun to learn about shibori which is a Japanese technique for dying material with indigo. My next- door neighbor and I have penciled in a day of dying and creativity every week. It’s been such fun to learn something new. As I take time away from my regular routine, I find myself more enthusiastic and even excited about the work I do in ministry.

(Continued)

Doing God’s work by filling needs in our community.

**Office Hours
9am-12pm Mon.-Wed.**

First Congregational Church,
United Church of Christ
4 Congress Street, P.O. Box 344,
Milford, MA 01757
(508) 473-5259

milfordcongregational@gmail.com

milfordcongregational.org

<https://www.facebook.com/church.milford>

Pastor: Rev. Greta MacRae
Gretamacrae1@verizon.net
508-816-6866

Worship Service 10:30am



As I have been spending time creating, ideas have been springing up for church. What about a shibori altar cloth? I am also into some great summer reads which have made me think it might be fun to do an all church read in August. I have been thinking the "The Lion, the Witch and the Wardrobe" by C.S. Lewis might be fun to read aloud on our Facebook page as a summer outreach idea. It's a book about good and evil written for children but the themes are strong and interesting enough for adults. Another idea has been brewing in my mind to host a neighborhood block party just for fun and fellowship and to get to know our neighbors. Would any of you be interested in reading a chapter online for "The Lion, the Witch and the Wardrobe"? Would anybody be in for helping to create a block party? Does anybody like to tie dye? Let me know. I'd love to do some creative and fun things with church this summer.

September will bring us back to some work. We will need to raise around \$20,000 dollars to get the furnace up and running for winter. A golf tournament has been mentioned as a fund raiser. Another idea that seems a good one is for everybody to make a contribution to the furnace fund and there is an idea I'd like to try- asking the community for some donations. Yet another idea is a time and talent auction- all fun and creative things that would surely be good for us as a faith community.

I'd love to hear your thoughts on anything I've written about, especially if you have other ideas or would like to help with any of the fun or (fun)draising!

Here's to a really sweet summer season,

Peace and prayers,

Pastor Greta

Treasurer's Report



As we approach summer and hit vacation time away from work and academic shutdown away from school, it is a good time to reflect on our accomplishments. We will be halfway through the year at the end of June. July 1st begins the second half of the year. When I think of my New Year resolutions, I am grateful I still have half the year to work on them! Reflecting on our Church finances, our plate offerings and pledged income received are both 51% of the annual budget. That is very good to see! I want to do whatever I can to keep our momentum going throughout the summer. Please let me know if I can help by automating your pledge if you expect to be traveling or will be away from Church over the summer. I always find it easier to stay on track at the same pace rather than falling behind and then struggling to catch up. Consider setting up a recurring automatic payment over the summer to keep your pledge up to date. Please contact me if you would like more information. Thank you to all who have given so generously this year of your time, talents, and treasures. Enjoy your summer!

Jeff Kroesen
phone: 508-494-2007
email: jskroesen@comcast.net

Kundalini Yoga Summer Series



Sunday morning yoga classes are cancelled for the summer.

Classes will continue to meet on Thursday nights from 6:30pm to 8:15pm either in person or via Zoom. If you want the Zoom link, please contact Joan Eaton at joancapecoul@aol.com. The cost is \$10 per class.

There will be NO CLASS held on July 4th, July 25th, or August 29th.

Daily Bread Food Pantry Collection



We will be collecting food for the Daily Bread Food Pantry on **the first Sunday of the month**. We know you may have multiple opportunities to support our local food bank. If you have donations, you are welcome to drop off any donations at the church on Mondays, Tuesdays, or Wednesdays between 9am & 12pm.



What's 4 Breakfast?





You're Ready 4 the Day When the Stomach is Full:
 Box cereal, oatmeal, pop-tarts, granola bars, muffin mix, pancake mix & syrup, 100% fruit juice, cooking oil, etc.

Additional Items Always Needed:

- ♥ Dish Soap
- ♥ Baby Wipes
- ♥ *Diapers*: Especially sizes 4, 5, and 6 (generic is fine)



Jump Back Up July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human	   			

ACTION FOR HAPPINESS

Happier · Kinder · Together

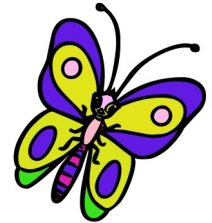
Member Owned Businesses

We thank the following member-owned local businesses who contribute each year in support of the Church. If you are a business owner who would like to contribute, please contact the Church office.

Tamagni Wealth Advisors LLC
Buma-Sargeant Funeral Home
 42 Congress Street
 Milford, MA 01757
 (508) 473-5511
www.bumafuneralhome.com

Watson Colonial Funeral Home
 Dwight L. Watson, Funeral Director
 24 Congress Street
 Milford, MA 01757
 (508) 473-0282
www.watsoncolonialfuneralhome.com

Whitinsville Monumental Works
 1312 Providence Road, Rte. 122
 Whitinsville, MA 01588
 Thomas C. Delfanti, Proprietor
 Mary Delfanti, Manager



JULY BIRTHDAYS

7/3 Barbara Vecchiolla
 7/4 Peter Lanciano
 7/6 Rebecca Rose
 7/11 Jane Dillon

7/25 Maura Rouleau
 7/28 Julie Miano
 7/30 Marilyn Ellery
 7/30 Ashley Gibson

happy
 birthday

If your birthday isn't listed and you'd like it to be included, please notify the Church Office at milfordcongregational@gmail.com.

JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* AOG = Assembly of God Church * INE = Iglesia Nueva Ecuatorian Church</p>	<p>1 -8-10am AA -6-9:30pm INE</p>	<p>2 -8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>3 -8-10am AA -7-9pm AOG</p>	<p>4 Happy 4th of July!! -8-10am AA -7-9pm INE -7-9pm AOG</p>	<p>5 -8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>6 -6am-9pm AOG (Pastor Angel)</p>
<p>7 -10:30am Worship -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>8 -8-10am AA -6-9:30pm INE</p>	<p>9 -8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>10 -8-10am AA -7-9pm AOG</p>	<p>11 -8-10am AA -6:30-8:15pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>12 -8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>13 -11am-9pm Ecuatorian Church Wedding</p>
<p>14 -10:30am Worship -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>15 -8-10am AA -6-9:30pm INE</p>	<p>16 -8-10am AA -7pm Govern- ing Board -7:30pm AA -7-9pm AOG</p>	<p>17 -8-10am AA -7-9pm AOG</p>	<p>18 -8-10am AA -6:30-8:15pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>19 -8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>20 -6am-9pm AOG (Pastor Angel)</p>
<p>21 -10:30am Worship -11:30am Sharing Coffee Hour -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>22 -8-10am AA -6-9:30pm INE</p>	<p>23 -8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>24 -8-10am AA -7-9pm AOG</p>	<p>25 -8-10am AA -7-9pm INE -7-9pm AOG</p>	<p>26 -8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>27 -10am-9pm Ecuatorian Church Event</p>
<p>28 -10:30am Worship -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>29 -8-10am AA -6-9:30pm INE</p>	<p>30 -8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>31 -8-10am AA -7-9pm AOG</p>			