

The Steeple

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

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*~From Pastor
Rev. Greta MacRae*

“The crowds with one accord listened eagerly to what was said (by Philip) hearing and seeing the signs that he did. Acts 8:6

“Sometimes a cigar is just a cigar.” Sigmund Freud

My Dear Congregation,

I was surprised when a member of the congregation asked me where the Passing of the Peace had gone in worship. Surprised but not surprised. Sometimes I get so engaged in leading worship that I blast past a hymn or a prayer or sometimes the offering. There is no intent behind it. It’s just me charging around like a Labrador Retriever. The Passing of the Peace will return!

On another worship note, I would like to ask if there is any interest in returning to a Sunday evening at 5:30 worship service in Fellowship Hall for the summer. It would be helpful if each individual weighed in on this. I have no leaning one way or another. I just thought I would ask. Please send Sue Capistran a one word “yes” or “no” and we will tally them up.

The summer can be a great time to try new things out. May 26 was a lay led worship service. Sue Henley, Barbara Low and Jane Schroeder were the worship leaders. If anyone else would like to participate in worship this summer by reading scripture and prayers, writing parts of the service, art for the cover of the bulletin, special music, or any other ideas I would be glad to hear and support them. Liturgy means “work of the people.” Anyone can do it!

*Peace and prayers,
Pastor Greta*



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

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

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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

Memorial Lighting

The June Memorial
lighting is given in
memory of
Harry & Ellen Pond
from their family.





SPECIAL COFFEE HOUR Sunday, June 2nd

Thanking YOU

After worship this Sunday, please join the Governing Board as we thank YOU, the volunteers who continue to keep our doors open. The focus of this reception was initially to honor Jane Metzger for her service to the church as she finishes her long tenure as Treasurer. Well, Jane pointed out that there are many other members who give their time to the church, and in her usual wise manner, she suggested that we not single out an individual, but honor all volunteers. Because we are small in numbers (but big in heart and faith), everyone pitches in when they are able, and so, this Sunday will be a thank you from the Governing Board to all. Please join us in the Large Vestry after worship.

In faith,
The Governing Board

Children's Sunday



We will celebrate Children's Sunday on **June 9th**. Please join us to honor our children and thank our teachers. We look forward to seeing you there!

Book Clubs



The Tuesday night & Wednesday morning book clubs have decided to retire for the summer. They will return in September.

Contact Darlene Crawford at darcraw12@gmail.com for more information.

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.



Feeling Fruity

An Apple a Day:
Canned peaches,
pears, pineapple, fruit
cocktail, applesauce,
juices in a can, etc.

Additional Items Always Needed:

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

“Souper” Bowl Soup Recipe

Submitted by Jane Casey

Rustic Italian Tortellini Soup *Adapted from Taste of Home recipe

Makes 6 servings (2 quarts)

- 1 pound Italian ground sausage
- 1 medium onion, chopped
- 6 garlic cloves, minced
- 32 ounces low sodium chicken broth
- 1 3/4 cups water
- 1 can (14.5 oz.) unsalted petite diced tomatoes undrained
- 1 package (10 oz) refrigerated cheese tortellini
- 1 package (5 oz) fresh baby spinach, coarsely chopped
- 2 1/4 tsp. minced fresh basil or 3/4 tsp. dried basil
- 1/4 tsp. pepper
- Dash crushed red pepper flakes
- Shredded Parmesan cheese (Optional)

- ♥ Crumble sausage into a Dutch oven; add onion. Cook & stir over medium heat until meat is no longer pink. Add garlic: cook 1 minute longer. Stir in broth, water, & tomatoes. Bring to a boil.
- ♥ Add tortellini; return to a boil; follow package direction or until almost tender, stirring occasionally. Reduce heat; add the spinach, basil, pepper, & pepper flakes. Cook 2 or 3 minutes longer or until spinach is wilted & tortellini are tender. Add additional water or chicken broth if needed.
- ♥ Serve with cheese if desired.



Joyful June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others
3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently
10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way
17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to
24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)

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.

Buma-Sargeant Funeral Home

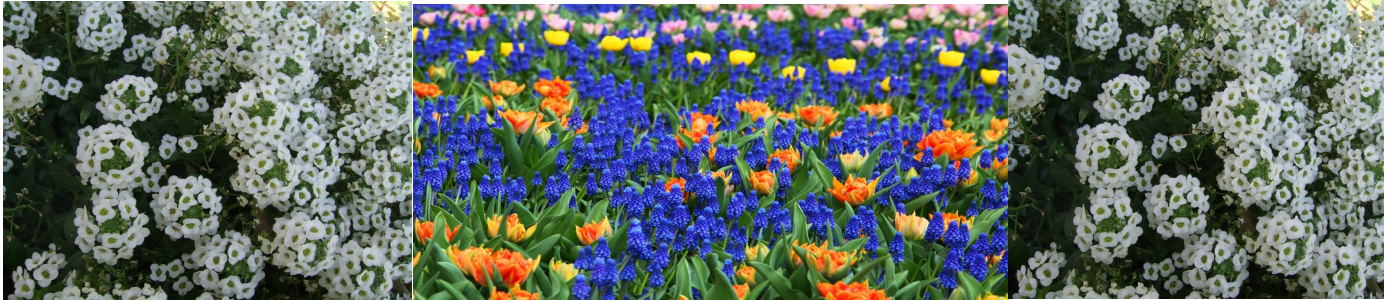
42 Congress Street
Milford, MA 01757
(508) 473-5511
www.bumafuneralhome.com

Whitinsville Monumental Works

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

Watson Colonial Funeral Home

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



JUNE BIRTHDAYS

6/2 Ben Yuknis
6/4 Ben Rouleau
6/4 Karen Russo
6/4 Grace Sabo
6/4 Martha Kroesen
6/5 Joey Sawyer
6/6 Caleb Sabo
6/9 William Engblom
6/9 Rachel Metcalf

6/12 Darlene Crawford
6/15 Susan Cooper
6/18 Matt Dillon
6/20 Paul Milani
6/20 Harry Tiberio
6/23 Donna Griswold
6/27 Will Schroeder
6/29 Abby Rouleau

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.

JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* AOG = Assembly of God Church</p> <p>* INE = Iglesia Nueva Ecuatorian</p>						<p>1</p> <p>-6am-9pm AOG (Pastor Angel)</p>
<p>2</p> <p>-10:30am Worship -11:30am Thanking Our Volunteers</p> <p>-8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>3</p> <p>-8-10am AA -6-9:30pm INE</p>	<p>4</p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>5</p> <p>-8-10am AA -5:30-7:30pm Girl Scouts -7-9pm AOG</p>	<p>6</p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>7</p> <p>-8-10am AA -7pm AA -7:30-9:30pm</p>	<p>8</p> <p>-6am-9pm (Pastor Val)</p>
<p>9</p> <p>Children's Sunday -10:30am Worship</p> <p>-8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>10</p> <p>-8-10am AA -6-9:30pm INE</p>	<p>11</p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>12</p> <p>-8-10am AA</p>	<p>13</p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>14</p> <p>-8-10am AA -7pm AA -7:30-9:30pm</p>	<p>15</p> <p>-6am-9pm AOG (Pastor Angel)</p>
<p>16</p> <p>-10:30am Worship -11:30am Sharing Coffee Hour</p> <p>-8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>17</p> <p>-8-10am AA -7pm Governing Board -6-9:30pm INE</p>	<p>18</p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>19</p> <p>-8-10am AA -7-9pm AOG</p>	<p>20</p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>21</p> <p>-8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>22</p> <p>-4-9pm Pastor Val Event</p>
<p>23</p> <p>-10:30am Worship -8-9:15am Zoom Yoga</p> <p>-8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p>24</p> <p>-8-10am AA -6-9:30pm INE</p>	<p>25</p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p>26</p> <p>-8-10am AA -7-9pm AOG</p>	<p>27</p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p>28</p> <p>-8-10am AA -7pm AA -7:30-9:30pm AOG</p>	<p>29</p> <p>-3-10pm Ecuatorian Church Anniversary</p>
<p>30</p> <p>-10:30am Worship -8-9:15am Zoom Yoga</p> <p>-8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>						