

# The Steeple

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

March 2024

Volume 3. No. 2024



~From Pastor  
Rev. Greta MacRae

“If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen to even the church, let such a one be to you as a Gentile and a tax collector. Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.” Matthew 18: 15-20

## My Dear Congregation,

Did you know that there are 77 verses in the Bible that address disagreement? There are so many because people disagree. It’s human. However, how we go about disagreeing can be really constructive or really destructive. The scripture from Matthew frames a series of steps we might adopt if there is disagreement that threatens the spirit of God in our community.

You might notice it begins with going directly to the person you have a disagreement with. This is always the way to begin a conversation with someone you disagree with- one on one- and with the person you want to resolve an issue with. It’s tempting to talk to someone else, that’s called triangulation, but it’s not useful. Sure, it relieves a bit of pressure but triangulation enflames a situation.

Churches are famous for “parking lot conversations”. They usually begin with a tasty little tidbit of something that occurred within the congregation but, like the game of telephone, by the time it makes its way around, the story has been embroidered with feelings and added details that may or may not be true.

So, listen to Matthew and begin with geometry- the shortest distance between two points is a straight line- go to the person you need to talk something out with. If that doesn’t work move to step two. Matthew addresses strategy but 1 Corinthians: 1- 8a frames the love that we must wrap around any discussion with one another.

“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not love, I gain nothing. (Continued)

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

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**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](mailto:milfordcongregational@gmail.com)

[milfordcongregational.org](http://milfordcongregational.org)

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

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

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**Worship Service 10:30am  
& Sunday School**

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**Don’t forget to Spring Forward  
on Sunday March 10th!!**



Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.” 1 Corinthians 13: 1-8a

If you need to have an important discussion with someone, especially someone within our spiritual community, give both of these pieces of scripture another read. Incorporate them into your prayer life and try them out at home. Speaking lovingly around a topic that is really eating away at our hearts can help give us the courage and the words to remain calm and state what troubles our hearts.

Finally, please know that many congregations have adopted behavioral covenants to help keep people talking respectfully to one another. We have one but it does not talk about particulars. That means it's too general to be of use. Perhaps we should consider a new one as we do the work of reviewing the by-laws?

Let's communicate lovingly with one another, in the name of God.

*Praying you all peace and honest, loving conversations with one another.  
Pastor Greta*

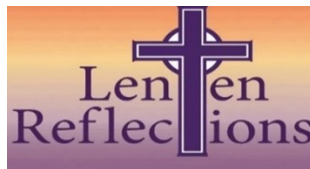


## Holy Week Schedule

**Palm Sunday, 10:30am:** We will celebrate Jesus' triumphant arrival in Jerusalem. Join us for our traditional Brunch time of fellowship following worship.

**Maundy Thursday, 5:30pm:** We'll have a Potluck Lenten Supper followed by a service with communion.

**Easter Sunday 10:30AM:** We will celebrate the resurrected Christ.



Every Friday through the month of March at 10am  
The Blessing Barn Bookstore Cafe,  
9 Hastings St., Mendon, MA.

You are invited to a time of Lenten reflection. We will read a short Lenten reflection by the UCC writers' group or another writer, with discussion to follow. Buy your own coffee and goodie.



## One Great Hour of Sharing:

The annual special offering will be received on Sunday, March 10<sup>th</sup>. Please mark your contribution in the memo line of your check.

## You're Invited!



The Pilgrim Church in Sherborn invites you to a workshop with Rabbi Dr. Ruth Langer on Lent and Easter through Jewish eyes. **Sunday, March 10 at noon** at 25 South Main Street, Sherborn, MA. See Pastor Greta for details.



### Third Sunday Sharing- March 17 at Coffee Hour

Around the children's table a couple of weeks ago at coffee hour a new initiative to get to know each other more deeply was born- a plan was hatched! Sue Henley, Kailyn and Ashley Gibson, Lacey Lewis and Jane Casey put their heads together and asked, "How about once a month at coffee hour we have people share something that is important to them- maybe something we wouldn't know just from seeing each other at church?" Enthusiastic conversation ensued! And so, we will begin our sharing conversations on March 17. Lacey Lewis has promised to go first!



### Book Study beginning Wednesday March 20 / 10am-12pm

You've heard of wine and food pairings? Well, this month we'll pair a book of the Bible with a classic Sci-Fi read. Please join Pastor Greta to share in reading and discussing Fahrenheit 451 and the book of Ecclesiastes.

Why Fahrenheit 451 and why the book of Ecclesiastes? This classic Science Fiction book was written over 50 years ago and yet it still stands up. The plot includes firefighters who no longer go to put out fires but burn books. There comes to be a group of people who memorize classic works as a resistance against this censorship. The main character, a former firefighter who begins to question what and why he does what he does, meets the resistance group and is charged with being the keeper of the Book of Ecclesiastes. Come and join the discussion! Read a book of the Bible you might never have thought of reading! Please join us and bring anyone you know that loves science fiction.



## 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.



### Veggie Mania

#### Eat Those Veggies:

Canned corn, green beans, peas, white and sweet potatoes, asparagus, black-eyed peas, etc.

### Additional Items Always Needed:

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



Tuesday, March 19th, 7pm — *The Love of My Life* Written by Rosie Walsh  
 Wednesday, March 20th, 10am — *The Lost Bookshop* Written by Evie Woods

Contact Darlene Crawford at [darcrow12@gmail.com](mailto:darcrow12@gmail.com) for more information

## "Souper" Bowl Soup Recipe

Submitted by Deb Spencer

### **Boston Potato Soup** (makes 12 servings 1 cup each)

Bacon cooked & chopped	4 oz.	Russet Potatoes baked	3 lb.
Canola Oil	1 tbsp	Chicken Broth low sodium	2 cups
Onion chopped	½ cup	Milk 2%	2 cups
Flour	2 tbsp	Non-Alcoholic Beer (or regular)	1 cup
Salt	½ tsp	Cheddar Cheese shredded	1 cup
Black Pepper fresh ground	½ tsp	Sour Cream (optional) low fat	¼ cup
Cayenne Pepper	¼ tsp		

- ♥ Cook bacon, chop & set aside
- ♥ Wipe most fat from pan, add canola oil and sauté until tender. Stir in flour, salt, black pepper and cayenne pepper and cook additional 2 minutes
- ♥ Add potato (removed from skin and chopped or mashed), broth, milk and beer. Cook over medium heat until heated through
- ♥ Prior to serving, add cheddar cheese, bacon bits & sour cream(optional). Stir gently until combined
- ♥ Top with additional cheddar, bacon bits and chives if desired

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together



Coming April 20, 2024  
Electronics Recycling Day

8am to Noon

(Details provided at a later date)

## ***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**

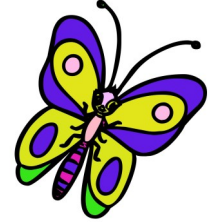
42 Congress Street  
Milford, MA 01757  
(508) 473-5511  
[www.bumafuneralhome.com](http://www.bumafuneralhome.com)

### **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](http://www.watsoncolonialfuneralhome.com)



## **MARCH BIRTHDAYS**

3/1 Ainslei Nelsen-McMichael	3/15 Jon Kroesen
3/6 Scott Kroesen	3/17 Ben Ellis
3/10 Steve Kearley	3/19 Jake Tamagni
3/10 Trent Metcalf	3/22 Anthony Miano
3/14 Jenna Nelsen-McMichael	3/24 Kathryn Mancini



If your birthday isn't listed and you'd like it to be included, please notify the Church Office at [milfordcongregational@gmail.com](mailto:milfordcongregational@gmail.com), or add it on the Birthday Board the Month of the Birthday.

# MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* AOG = Assembly of God Church</p> <p>* INE = Iglesia Nueva Ecuatorian Church</p>	<p><b>Fridays @ 10am Lenten Reflections @ Blessing Barn Bookstore Cafe</b></p>				<p><b>1</b></p> <p>-8-10am AA 10am Lenten Reflections -7pm AA -7:30-9:30pm AOG</p>	<p><b>2</b></p> <p>-6am-9pm AOG</p>
<p><b>3</b></p> <p>-10:30am Worship -8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p><b>4</b></p> <p>-8-10am AA  -6-9:30pm INE</p>	<p><b>5</b></p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p><b>6</b></p> <p>-8-10am AA -5:30-7:30pm Girl Scouts -7-9pm AOG</p>	<p><b>7</b></p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p><b>8</b></p> <p>-8-10am AA 10am Lenten Reflections -7pm AA -7:30-9:30pm AOG</p>	<p><b>9</b></p>
<p><b>10</b></p> <p>-10:30am Worship -8-9:15am Zoom Yoga 1-4pm Girl Scouts -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p><b>11</b></p> <p>-8-10am AA -7pm Governing Board -6-9:30pm INE</p>	<p><b>12</b></p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p><b>13</b></p> <p>-8-10am AA -5-6pm Brownie Troop -7-9pm AOG</p>	<p><b>14</b></p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p><b>15</b></p> <p>-8-10am AA 10am Lenten Reflections -7pm AA -7:30-9:30pm AOG</p>	<p><b>16</b></p> <p>-6am-9pm AOG</p>
<p><b>17</b></p> <p>-10:30am Worship -11:30am 3rd Sunday Sharing -8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p><b>18</b></p> <p>-8-10am AA  -6-9:30pm INE</p>	<p><b>19</b></p> <p>-8-10am AA -7pm Book Club -7:30pm AA -7-9pm AOG</p>	<p><b>20</b></p> <p>-8-10am AA -10am Book Club -5:30-7:30pm Girl Scouts -7-9pm AOG</p>	<p><b>21</b></p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p><b>22</b></p> <p>-8-10am AA 10am Lenten Reflections -7pm AA -7:30-9:30pm AOG</p>	<p><b>23</b></p>
<p><b>24 Palm Sunday</b></p> <p>-10:30am Worship -8-9:15am Zoom Yoga 1-4pm Girl Scouts -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>	<p><b>25</b></p> <p>-8-10am AA  -6-9:30pm INE</p>	<p><b>26</b></p> <p>-8-10am AA -7:30pm AA -7-9pm AOG</p>	<p><b>27</b></p> <p>-8-10am AA -5-6pm Brownies -7-9pm AOG</p>	<p><b>28 Maundy Thursday</b></p> <p>-8-10am AA -6:30-7:45pm Yoga Class -7-9pm INE -7-9pm AOG</p>	<p><b>29 Good Friday</b></p> <p>-8-10am AA 10am Lenten Reflections -7pm AA -7:30-9:30pm AOG</p>	<p><b>30</b></p>
<p><b>31 Happy Easter</b></p> <p>-10:30am Worship -8-9:15am Zoom Yoga -8-10:15am Ecuatorian -12-2:45pm Spanish -5:30-8:15pm Brazilian</p>						