



The Outreach

The newsletter of the Milford United Methodist Church
August, 2023 Milford, NH, Rev. Dr. John Whitley, Pastor

Pastor's Corner

Co-travelers in Christ,

Summertime is such a great opportunity to breathe deep, take a step back, and think about at the big picture—where we sit within the world around us, where we stand with our goals, where God has been working in us, with us, and around us (and whether those are questions we've thought about in a while). Summer offers time to be present with those kinds of questions as kids play and tomatoes grow and space opens for some time to imagine the world differently than we do when we're 'in the thick of it' in other times of the year. During this summer, I've been doing some thinking and reading myself around that very subject of imagining. The imagination is a tremendous and precious gift from God—it can be inspired to frame our entire worlds and perspectives in wholly new and different ways; it generates art and music and play; it is the site of those big ideas and 'wow moments' that renew our thirst for living and for possibility. Our imaginations contain this inexhaustible potential for renewing our verve for life and our drive to stride forward with boldness. The human imagination—what potential! What a gift!

I was thinking about that especially earlier this summer as I spent a few weeks in close proximity with the youth. As you probably know, I spent the last week of June and first weeks of July this summer hitting for the youth ministry cycle, as I call it—that's going on the youth mission, participating in VBS, and the campo directing at Wanakee for a week. I love this time of year. It puts me back in touch with a part of myself that I don't get to exercise all that often (except with my own kids, which is still a little different) and it gets me 'out there' into the world a bit to see how it's changed and changing. One thing that preoccupied me this year during this season, though, is just how much ministry with youth is geared towards exciting the imagination for God's possibilities and just how much that approach to doing ministry continues to bear fruit. I suppose that's rather obvious on some level, but there's a lot in there to consider when it comes to thinking about how I/we might start approaching our ministry. If the imagination holds such enormous reshaping potential and if ministries that are present to this are still making a difference, then how might we take greater hold of that as we consider how we might

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better excite the world around us with the wonderful news of what God is up to!?

Isaiah 40:28 shouts off the page: "Have you not known?! Have you not heard?! The Lord is the everlasting God!...the Creator of the ends of the earth!" Hear his excitement there! Hear his vigor for the God who is creative! I invite you to consider that this summer and let's come together again in the new season with a passion to excite and renew the world's energy and imagination for the things that God still wants to do!

Wishing you a renewal of divinely-inspired passion!

Pastor John

From the Pastor's Book Pile

Here are a few books that I've been reading (or listening to) lately. If the subject interests you, let's talk!

James K. Drew, Jr. and Mark W. Foreman, *How Do We Know: An Introduction to Epistemology*.

Have you ever asked yourself questions like "How do we know what we think we know? How can we be certain? What is knowledge anyway?" Those are central question in the field of epistemology and Drew and Foreman do a good job in their introductory book in laying out the basics for Christians in an accessible way and paving the way toward deeper study.



Next Crafting Day

August 19

12:30-3 p.m.

A Challenge from the VOICE

Team

August is National Wellness Month and is all about prioritizing your self-care, managing stress and promoting healthy routines. Creating wholesome habits in your lifestyle and focus on self-care to feel like your best self. The VOICE committee wants our congregation to live a happier and healthier life. For the month of August – VOICE is issuing a **Wellness Challenge for a Healthier You**. Whoever submits the highest total for 3 weeks will receive one of the following awards:

1st Place – One set of resistance bands

2nd Place – One notebook and pen for journaling

3rd Place – One water Bottle

Submit your printouts (3 weekly copies) to VOICE Committee Chair - Claire Holston (cholstony@comcast.net) or drop them off at MUMC **by September 3, 2023**. Good Luck!!

Milford United Methodist Church Health & Fitness Ministry

A Daily Wellness Challenge for a healthier you.

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. (2 Corinthians 6: 19-20)

This wellness challenge is divided into five (5) areas that have been demonstrated to enhance health and fitness. The behaviors associated with each area have been assigned a point value. The maximum number of points that can be earned each day is 100.

Setting the tone

Get a minimum of 7 hours sleep each night (10 points)

Begin your day with a prayer of thanksgiving (10 points)

Physical activity

Exercise for at least 30 minutes daily (5 points)

Walk a minimum of 2000 steps per day (Heart Association recommends 10,000 steps) (5 points)

Stretch for 15 minutes per day (5 points)

Resistance or strength training* 30 minutes per day (5 points)

Hydrate

Drink at least 32 oz. (four 8 oz. cups) of water daily (10 points)

Nutrition

Eat a minimum of 3 servings of fruits and vegetables daily (5 points)

Replace a sugary beverage (soda, Kool-Aid, juice with added sugar) with water (5 points)

Eat 2 servings of whole grain breads, cereals and/or pasta (5 points)

Eat a healthy snack for dessert (5 points)

Spiritual and emotional health

Meditate (10 points)

Quiet Time and Reflection (reflect only on your blessings) (10 points)

*Resistance/Strength training is a form of exercise that improves muscular strength and endurance. Also known as weight lifting or weight training. Alternate between upper body exercises and lower body exercises. The goal of this challenge is to enhance your overall wellness (spiritual, physical and emotional). Some of you may be doing all of these things and even more on a daily basis. If so, keep it up and share some of your healthy tips with us. On the other hand, if you are just not doing the things that will enhance your overall wellness, give this a try.



Milford United Methodist Church

Health & Fitness Ministry

A DAILY WELLNESS CHALLENGE FOR A HEALTHIER YOU

(Directions: Insert the point value associated with each behavior daily. If the activity was not completed, you do not earn any points (i.e. if you exercised for 10 minutes instead of 20 = no points.)

Behavior & Point Value	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Minimum 7 hrs Sleep (10)							
Begin Day with Prayer of thanks (10)							
Exercise for at least 30 minutes (5)							
Walk a minimum of 2000 steps (5)							
Stretch for 15 minutes (5)							
Resistance or strength training 30 minutes (5)							
Drink 32 oz. of water (4-8oz cups)(10)							
3 servings of fruits & vegetables (5)							
Replace sugary beverage with water (5)							
2 servings of whole grains (5)							
Healthy snack for dessert (5)							
Meditate (10)							
Quiet/reflect only on your blessings (10)							
Daily totals							

Full size sheets are available at the church.

Fall Yard Sale
From Pat Rafter

Saturday Sept 16, 8 to 1, is the date for the fall yard sale. Drop offs will held on Sept 2 and 9, 9-11. Bring your clean and gently used items to us.

Here is a list of things we do not accept.

No furniture, no electronics, no exercise equipment, no musty old books, no encyclopedias, no stuffed animals unless gently used and have the original tags.

We will be having a clothing sale. Please no used socks. Prefer winter clothing at this time of the year, but really we will take anything.

As always we are looking for helpers to sort and price and help on the day of the sale.

Speak with Pat Rafter or Tom Knapp if you have any questions. Happy cleaning!



Handbell Choir
From Heidi Rocha

Calling all dingalings!

Handbell choir will be starting up again after our summer break. If you ever wondered about ringing and are thinking about it...WE WANT YOU TO CHECK IT OUT!! Honest, it's really, REALLY fun. We are a loving, thoughtful, encouraging group of people who love to meet together and ring handbells to the glory of God. Our rehearsals are Thursday evenings 5:30-6:45. We normally ring during our traditional worship service once a month. We also participate in the Christmas and Spring concerts.

I'll be breathlessly waiting for your email or phone call.....Heidirocha@comcast.net or 603-493-4908. Don't wait!!!!!! Email me today!!!! Peace in your midst and see you on homecoming Sunday!!



Milford United Methodist
Children's Church



In August SHARE Is Collecting

Pancake Mix & Syrup, Condiments, Cooking Sauces & Seasonings, Cooking Oil, Jelly, Cold Cereal



Share Supper
Tuesday August 15

Look for signup sheets in the
Narthex



The following items serve as "little guideposts on the footpath to peace," according to author and pastor Henry Van Dyke (1852-1933):

- to be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars;
- to be satisfied with your possessions but not content with yourself until you have made the best of them;
- to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice;
- to covet nothing of your neighbor's except [their] kindness of heart and gentleness of manners;
- to think seldom of your enemies, often of your friends and every day of Christ;
- to spend as much time as you can with body and with spirit in God's out-of-doors.



Choir News

From Jenn Erdody

Chancel Choir is looking forward to worshipping through song, starting on Homecoming Sunday! We'll begin rehearsals on Thursday, August 31. We're always happy to have new members; if you've been thinking about it, now's a great time to join us! Rehearsals are weekly on Thursday nights from 7:00 to 8:30. Come join us!



Daily reasons to celebrate!

Poor August, the only month without holidays! Still, there's lots to celebrate these final weeks of summer. Enjoy some summer flavors: August 1 is National Raspberry Cream Pie Day; August 2, National Ice Cream Sandwich Day; August 3, National Watermelon Day; August 10, National S'mores Day (have a bonfire!); and August 24 is National Peach Day.

If you share life with young kids, have a water balloon fight on — you guessed it — National Water Balloon Day, August 6! Head out for a final (National) Beach Day on August 30. Or head out for an intergenerational hike on National Trail Mix Day, August 31.

And don't forget to celebrate God's precious gifts of friends — National Friendship Day is the first Sunday in August; creation — Global Sleep Under the Stars Night is August 8 (prime time for meteor showers!); laughter — National Tell a Joke Day is August 16; and the opportunity to put God's love into action by serving others — on August 22, National Be an Angel Day, or August 28, National Thoughtful Day, and, for that matter, every day of the year — holiday or not.

Family Life

By LeeAnne Steenhoek, Youth and Family Ministry Director

A Summer Day Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean —
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead
of up and down —
who is gazing around with her enormous and
complicated eyes.
Now she lifts her pale forearms and thoroughly
washes her face.
Now she snaps her wings open, and floats
away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall
down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll
through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

Carpe Diem! Seize the Day! Have you held
sugar in your hand for a grasshopper?
Watched a deer nibble on green shoots and
turn them into life? How about the poem's
question:

Tell me, what is it you plan to do
with your one wild and precious life?

Our stories are made up of moments. As a
child, often too as parents or children caring
for parents, we can't always or even often con-
trol where we spend many parts of each day.
Much of our days are planned and pro-
grammed for our greater good providing for
those we love in the ways we must. Our Free-
doms lie in the series of seemingly insubstan-

tial current moments waiting in line or
filling our baskets with groceries or laun-
dry. Infinite opportunities to check in
with ourselves and God lie in these be-
tween-times. Remember God is always
there, and you have God's full attention.
Always.

If you haven't already, begin an open
conversation with God. It's a live living
prayer, an alive living prayer-ha! Lan-
guage is fun! Who cares about and no-
tices the God-moments some call coinci-
dences in our lives? God does.

*You go before me and follow me. You
place your hand of blessing on my head.*
Psalm 139:5

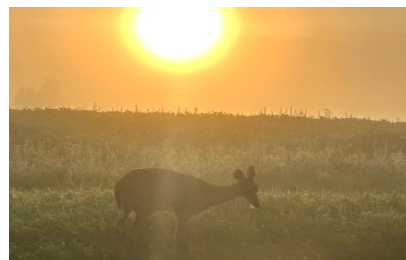
Share God moments with God and really
notice the blessings unfolding before
you in the banal moments folding laun-
dry, loading dishes and waiting in line.
Go for a walk in nature because you can
and notice. Notice everything. Notice
nothing. Invite God into the crevices of
the seemingly meaningless moments in
your life. Teach your children to do the
same. The poetry is in the ordinary-the
deep magic lies in the meaninglessness
of a line at the pharmacy when we invite
God's presence as the present it is.

The last two lines of this poem are taped
to calendars and on the backs of bath-
room stalls. Cut these lines here and
tape them in your spot of remembering:

Tell me, what is it you plan to do
With your one wild and precious life?

Deep Blessings,

LeeAnne



Our MUMC Family Out in the World

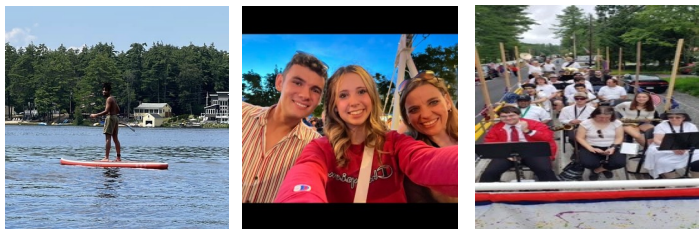
Happy August Here are some joyful MUMC Family pictures and happenings from July.



The Erdody family was busy in July! Chris & Jenn were at the Modern Band Summit; at camp with Ben where they work on the Wizard of Oz: Jenn enjoying a beverage she earned after a 16 mile bike ride. What Joy!



The Rafter / Herlihy family had lots of fun spreading joy in July. Do you think they wished we were there?



Joe Guzman on the water! Jenny, Natalie, & Gavin Lawton, 3 joyful people! Cecil Rowlette with the Temple Band.

Have you got pics of you & yours sharing the joy? Let's share here. Send to me; at office@milfordumc.org, or friend me on Facebook and share what you're up to.

VBS 2023



Jen McInnis gets ready for science time!

A few of the kids!



All the VBS Heroes!

Ingredients for true success

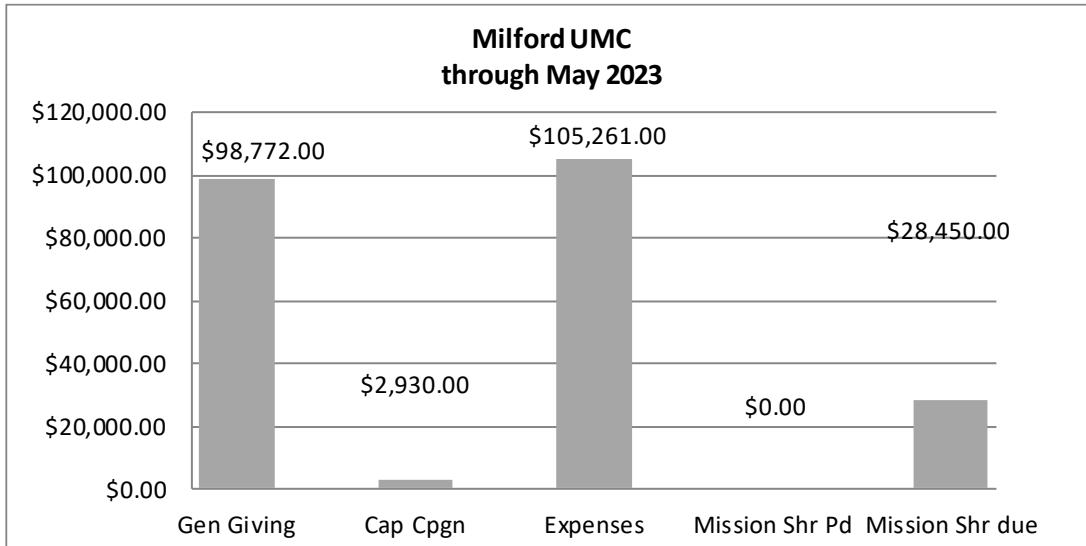
How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.

—George Washington Carver



Financial Reports

From Kirk Randlett, for the Finance Committee



YTD Financials

General Giving	\$98,772.00
Mortgage Fund	\$2930.00
Expenses	\$105,261.00
Mission Shares Paid	\$0,00
Mission Shares Due	\$28,450.00

Update Next Month!
Sorry for the delay!

- The miracle of giving is that giving makes miracles.
—Bishop Robert E. Goodrich



If you see any of these folks around town, be sure to wish them a happy day!

Birthdays:

- August 3:** Avery Herlihy
- August 4:** Sue Rudolf
- August 5:** Kevin Redden
- August 8:** Rudy Rumohr
- August 12:** Martin Harvey-Olson
- August 14:** Kathy Holland
- August 14:** Ben Erdody
- August 16:** Jenn Erdody
- August 18:** John Whitley
- August 20:** Esther Thayer
- August 23:** Annika Weis
- August 29:** Dan Ayotte

Anniversaries

- August 17:** Steve & Kerri-Lynn Kimner
- August 20:** Bruce & Doris Houston
- August 31:** Josh & Jillian Rafter

We would love to include you on the birthday and anniversary list. Won't you share your special dates at office@milfordumc.org.



This Month's Lectionary

August 6: Genesis 32:22-31, Psalm 17:1-7, 15
Romans 9:1-5, Matthew 14:13-21

August 13: Genesis 37:1-4, 12-28, Psalm 105:1-6, 16-22, 45b, Romans 10:5-15, Matthew 14:22-33

August 20: Genesis 45:1-15, Psalm 133, Romans 11:1-2a, 29-32, Matthew 15:(10-20) 21-28

August 27: Exodus 1:8-2:10, Psalm 124, Romans 12:1-8, Matthew 16:13-20



Driving Ministry

If you are in need of a ride and have no place to turn, call the office and we will notify the driving ministry to help you out.

This program is primarily directed to our handi-capped and seniors, but anybody who needs a ride and can't find one is eligible. There is no charge for this service. Office 603-673-2669 Steve Takacs 603-672-5118 office@milfordumc.org trumpetchoo@msn.com



Committees, Groups and Ministries

If you are interested in becoming involved with, or learning more about, a committee or group on the

Administrative (Ad) Council: Janet Hromjak

Reviews monthly committee meetings, discusses pending issues and votes on church-wide decisions.

Adult Mission Trip Steve & Pat Rafter

Bell Choir: Heidi Rocha

For adults and older kids interested in hand bell ringing.

Christian Aftercare Ministry: Callie McMahon

Serving primarily men leaving prison, helping them settle in new homes and productive, positive lives.

Chancel Choir: Jennifer Erdody

Open to adults and teens interested in singing in the Chancel Choir at the second service.

Community Supper: Kerri-Lynn Kimner

*A supper we host at SHARE in Milford every 6-8 weeks. Volunteer to help bake or prep ahead of time, or to work at the supper itself. **Restart Coming Soon***

Driving Ministry– Steve Takacs

Provides transportation for those in need of help.

Finance: Andy Baver

Oversees church financial commitments

Home Groups: Steve Rafter (Thursday) or Callie McMahon (Friday) *hold due to covid*

Expands spiritual experience in a social context, meeting at a host's homes.

Lamplighters: Elaine Driscoll & Carol Rowlette

A Bible-study group for women.

Nominations: Pastor John. Matches people with

the committees they might be interested in serving on.

Outreach:

Focuses on ways our church can reach out to the local, regional and international community.

Children & Family : LeeAnne Steenhoek

Focuses on involving Children and Families in church events and spiritual growth.. Family Worship room available

during service

Children's Church: LeeAnne Steenhoek
10:40 Sunday morning year round.

Praise Band: Steve Rafter, Lisa Payne, Rudy Rumohr

Contemporary Christian music that plays at the first service on Sunday.

Staff Parish Relations (SPR): Sue Rudolf

This committee acts as liaison between our staff and the congregation.

Stephen Ministry: Callie McMahon

Provides confidential one-on-one Christian care with trained lay ministers.

Trustees: Steve Rafter

Oversees and facilitates the care and keeping of the church building and parsonage.

White Tops: Everett Gale

A social group for retired men of all denominations.

Worship Committee: Carol Rowlette

Plans and facilitates Sunday service needs and organizes special Sundays

Worship Design: Steve Rafter

Plans music and worship for the contemporary Sunday service.

Vacation Bible School: TBD

VOICE *Giving voice to the marginalized in our community. Janet Hromjak, Claire Holston, Callie McMahon. Esther Thayer, Kerri-Lynn Kimner, Kathy Wood, Anika Weis*

Men's Group: Jim Lawler

For men interested in fellowship and service. Meet Sunday Evenings

Youth Mission Trip Tom Knapp

Works with the youth and organizes mission work near and far.



2023

For Virtual Services starting at 10:30 a.m. Sunday, join Us On-Line from our Facebook page Milford United Methodist Church, A Reconciling Congregation or YouTube milfordumc or from the Website milfordumc.org

Sun Mon Tue Wed Thu Fri Sat

		1 7 Praise Band	2 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study	3	4 7	5
6 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's Group	7 5 VOICE 6—SPR	8 7 Praise Band	9 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	10	11	12
13 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service	14 5 Mission 7 Trustee's Committee	15 7 Praise Band	16 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	17	18	19
20 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's group	21 7—Finance Committee	22 7 Praise Band	23 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	24	25	26
27 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Mens	28	29 7 Praise Band	30 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study	31		



Milford United Methodist Church

327 No. River Rd
PO Box 476
Milford, NH 03055
(603) 673-2669
www.milfordumc.org

August 2023

Sunday Worship Times:

8:30a. Spirit Celebration, 10:30a. Traditional Service, Children's church 9:40a.
Watch Us Online Facebook & YouTube @10:30
Rev. Dr. John Whitley, Pastor

Milford United Methodist Church

A Reconciling Church

Discover the Joy!

Rev. Dr. John Whitley, Pastor

Our Mission:

The Milford United Methodist Church exists to help **all** people discover the joy of knowing and serving Jesus Christ.

Our Vision:

We will help all people discover the joy of knowing and serving Jesus Christ by:

- Providing joyful and meaningful worship experiences.
- Establishing and encouraging small groups for study, support, prayer, fellowship and service.
- Empowering people to discover, develop, and deploy their gifts for ministry.
- Reaching out beyond our congregation in Christian love and service.

Our Values:

We commit ourselves to:

- Know scripture and live it.
- Act with integrity.
- Be faithful to Jesus Christ, our families, and our church family.

- Strive for excellence in all we do for the Lord.
- Celebrate the ministry of all Christians, lay and ordained.
- Treat all people with respect and sensitivity.
- Encourage people to grow in Christ.
- Care for the spiritual, emotional, and physical needs of all people.

Welcoming & Inclusion Statement:

Milford United Methodist Church is a welcoming and inclusive church which celebrates that all persons are created in God's image and are of sacred worth. We welcome and serve persons without regard to age, race, culture, sexual orientation, gender identity, family configuration, religious background, economic status, or developmental and physical abilities. Milford United Methodist Church recognizes the diversity of the Body of Christ and gives thanks to God for this divine gift. We invite ALL to discover the joy of knowing and serving Jesus Christ.