



The Outreach

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

Pastor's Corner

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Co-travelers in Christ,

We all know the famous saying, I'm sure: "April showers bring May flowers." With the weather we've been having lately, we seem to have the first part covered and, I don't know about you, but I'm ready for those May flowers to bloom. There's something in that famous rhyme that holds a deeper sort of truth than just its surface observation about year-to-year patterns of weather and plant life, though. Somewhere tucked in there may also be a truth about you and me.

What that saying seems to convey is that if the soil and budding plants would just be patient through April—if it would contain its excitement for the warmth and the sunshine, fend off its frustrations about day after day of the wet and the cold, and just drink deep of April's steady showers, then May can be (and will be) a month of blooming and basking and experiencing the fruit of all that April patience and determined, hopeful preparation. The book of Ecclesiastes in the Bible makes a similar sort of observation: "For everything there is a season, and a time for every purpose under heaven" (Eccl 3:1). Some of those times a good times—times of celebration and joy. Some are hard. Some are preparatory—seasons that make possible the times of feasting, dancing, and celebration to come. Every season of blooming follows a season of dormancy and then feeding and coming to life, and the blooms, in fact, are the yield of such times.

So where are the blooms in your life? What was that April preparation and waiting life for you? What kinds of flowers are you looking forward to seeing open up in May? For me, I am so thankful to have gotten to spend this past Lenten season with you working on the theme of forgiveness. I doubt that was an easy subject for anyone—it seems to me almost like the long, steady and determined gulp of April waters that pave the way for May blossoms of their own kind. As you begin to notice the petals open in the world around you this month, it's my prayer that the Spirit nudges you with more than just flowers, but that the question of where the God's work in you in

Pastor's Corner cont'd

unfolding with be at the center of your heart.
Let May's flowers bloom!

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!

Daniel Goleman, *Emotional Intelligence: Why It Can Matter More than IQ*.

This is a classic, must read on the subject of emotional intelligence including everything from the brain science of human emotion to the practical challenge of reading and relating to one another as emotional beings and emotional thinkers. Some of the most powerful insights here for me include its discussion of the ways our emotions play into all of our modes of thinking and the central place of empathy in learning to understand and relate to others.

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.

Daniel Okrent, *The Guarded Gate: Bigotry, Eugenics, and the Law that Kept Two Generations of Jews, Italians, and Other European Immigrants Out of America*.

This book tells a shocking story about a chapter in our country's history that has a continuing legacy in our



contemporary life. Well-documented, compelling, and current in surprising ways, Okrent's telling of the story of American immigration policy debates at the turn of the 20th century will get you asking questions about the role of the Church in our society today.

BE LOVED. BE KIND. Be You.



Next Crafting Day

May 20, 12:30-3pm

Wednesday's at 6:00

**POT LUCK
SUPPER**

A study starts about 6:30 and is also virtual. Need a link? Let us know.

UMCOR Hygiene Kits Update

It looks like the tags on the "tag tree" are moving well but there still 9 left and if shopping is not your thing, 3 of them are monetary donations. Be sure to stop by the tree on your next visit to church and grab one.

We really hope to see **everyone** help in some way, with the church goal of sending out 100 hygiene kits for UMCOR before Memorial Day.

The plan is to build the kits on May 28.

Any questions contact
Sue Kostuk 203-980-0785
Diane Miller 401-864-1737



Milford United Methodist Children's Church



Yard Sale From Pat Rafter

Yard Sale Is May 13, 8-1

Please remember to have your yard Sale donations in by Saturday May 6 (9-11am).

We are not accepting furniture, stuffed animals, old musty books, magazines or encyclopedia sets. Also no electronics, expired car seats or exercise equipment. Please make sure donations are clean and in working order. We are taking gently used clothing. No underwear or socks, unless new.

Still looking for helpers to price/sort on drop off dates and helpers for the day of the sale.

Please let Pat Rafter or Tom Knapp know if you are able to help. If you would like to make some baked goods for the cafe, they will be gladly accepted.



In May SHARE Is Collecting

Canned Ham, Canned Meats, Side Dishes (seasoned pasta mix, hamburger helper, etc.), Ravioli & Beefaroni

Food Pantry Needs

Our MUMC Family Out in the World

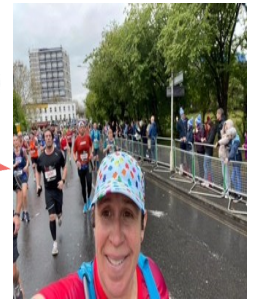
Isn't it amazing how spring moves out to spread joy just a bit more than the cold of winter? Here's what some of our family was up to.



Composing in the Wilderness Lake Clark



Cam O'Shaughnessy with his parents after deployment ceremony.



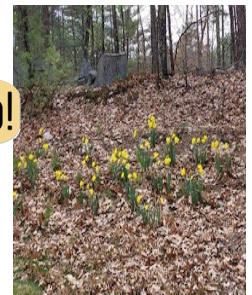
Paula Muller ran in London Marathon for the British Heart foundation.

Thomas college named Shawna Frost as class of 2023 speaker for the upcoming commencements, to represent the undergraduate division. in May.

Trevor is heading to Alaska in June with 5 other composer chosen to collaborate as they experience the beautiful surroundings of Lake Clark, to create music to be premiered by wind bands throughout the country.



Great Job!



L. Nancy Tong impresses a young boy with her oboe at Nashua Concert



R. Caring for one another Rich Rudolf with Steve Takacs.

Grace St. Jean holds her new license after lots of hours of practice!

The result of planting on a cold fall day last year! Daffodils! Thanks, Gary Emberger Jim Kostuk, Peg Dotter & Everett & Marley Gale!



Tim, Jaclyn, Cora, Avery & Emmy Herlihy

Jamie & Lily Eves

Karin, Kevin, Matty, Ivy Rose, Patrick Neva, Martin, Harvey-Olson, James Lahey

Easter

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.

In May Share Is Collecting:

Canned Ham, Canned Meats, Side Dishes (seasoned pasta mix, hamburger helper, etc.), Ravioli & Beefaroni

Share is taking donations at Columbus Ave.

To be sure, call ahead for times, 603-673-9898, and they will direct you.

Something of Interest *From VOICE*

Portsmouth, NH – The Black Heritage Trail of New Hampshire (BHTNH) invites the public to attend the unveiling of historic markers in Milford and Nashua during the month of May. These markers are part of a statewide program, "Mapping Untold Stories," that brings to light the rich history and contributions of Black people in New Hampshire.

The Milford marker honors Harriet Wilson, the first African American to publish a novel in English. The marker will be unveiled during a public event at Milford Town Hall with a play about Wilson written by JerriAnne Boggis and Produced by Najee Brown of Theatre for the People, speakers, and refreshments. The event, on May 20 begins at 10:30 AM.

Here's the website that also has a picture and the whole article: <https://blackheritagetrailnh.org/black-heritage-trail-nh-unveils-historic-markers-in-milford-and-nashua/>

The power of (God's) light

Do most people truly feel happier in spring? Is the light brighter, the sky bluer? Meteorologists say yes. The shorter, blue wavelengths of sunlight scatter more efficiently than long, red ones; as the sun rises higher in spring, the light passes through less atmosphere, making the sky appear bluer. Outdoor levels of light have proven as effective as Prozac to combat depression — and May is the sunniest month!

The Bible frequently uses light as a metaphor for God: "The Lord is my light and my salvation" (Psalm 27:1); "Let us walk in the light of the Lord" (Isaiah 2:5); "The true light that gives light to everyone was coming into the world" (John 1:9). Darkness isn't bad; seeds sprout in dark soil, life begins in the dark womb, and darkness protected the Hebrews fleeing Pharaoh and the holy family fleeing Herod.



But light is one apt image for God because most of us know the joy, health and energy light brings. Both in spring and through faith in the God who enlightens all, may we "live as children of light" (Ephesians 5:8).

—Heidi Hyland Mann

Youth Mission Update *From Tom Knapp*

The youth are rounding out their fundraising work this month by lending their hands to help with yards sale drop offs on May 6 and the yard sale event on May 13. On May 7, they will have their last meeting before the trip at 7 p.m. at the church. 19 folks will be heading out in June to West Bank West Virginia.

May 5 is first Friday for the older youth. Union St grill, 6 a.m.



"Universal Praise"

See how nature now rejoices
in this sunny month of May;
Still to God from all its voices,
giving praises day by day. ...

In the glad green woodland alleys,
every bird its anthem trills!
While flocks feeding in the valleys,
herds upon a thousand hills.

Join with every creature living,
here on land, in air, or sea,
In one great worldwide thanksgiving,
yielding praise, O God, to thee!

All around us swells the chorus,
from this goodly world of ours,
And earth's altar stands before us,
sweet with incense from her flowers.

So with nature still confessing,
his great goodness, let us pay
Grateful homage for each blessing,
of this sunny month of May.

—Anonymous



Levi Sunday

Sunday May 21 is Levi Sunday, the day we give our church a little TLC. We will be raking, sweeping, pruning, and maybe some window washing.

Come in your best work clothes, bring your work gloves, and tools if you have them.

We start after 1st service and go until we think we've given the place a good sprucing up.

We hope you'll be able to lend a hand!



BAT Team IS Returning to MUMC From Steve Rafter

The adult mission team is resuming the work of the Benevolent Action Team (BAT), a program that reaches out into the community to help with small tasks and chores for people that need help. It could be hanging curtains, putting an A/C unit in a window or any small fix it projects, even light yard work. Any needs that come through the church office would quickly be sent out as a group message (or "BAT "signal) to the team and members can respond if they are able to help.

To start off we need to assemble the team, people of all skill levels who just want to help. Your name will go on the contact list and a group message will be set up. If you're interested in joining this exciting ministry please send your contact information to Steve Rafter at SBrou812@aol.com or 603-582-1352 or the church office. Text message will be the method of contact for the BAT signals. Come join us!

Blessings,
Steve

Lessons to Build a Life-

By LeeAnne Steenhoek

My Psychology Professor at Keene State College gathered our Learning and Knowing class around a table filled with some ordinary items. Class began; wordlessly, Dr. Andrews picked up a very large and empty glass jar and proceeded to fill it with golf balls.

Professor Andrews asked students if the jar was full. We looked to one another and agreed that it was full. He then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. Pebbles rolled into the open areas between the golf balls.

Professor Andrews asked the students again if the jar was full. We agreed it was. Next, he picked up a box of sand and poured it into the jar. As is its nature, the sand filled up everything else.

Our Teacher asked once more if the jar was full. Students responded with a unanimous "yes" nodding our heads.

Two cups of coffee were produced from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. Students laughed. Professor Andrews smiled.

"Now," said Professor Andrews, as the laughter subsided, "I want you to recognize that this jar represents your life. Our Golf balls are the important things - God, family, children, health, friends, and favorite passions -- things that if everything else was lost and only they remained, your life would still be full.

Our Pebbles are the other things that matter like your job, house, and car.

Sand is everything else -- the small stuff.

If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness.

Play with children. Take time to get medical checkups. Take your partner out to dinner. Play another 18 holes of golf. Take a walk in the woods. There will always be time to clean the house and fix the disposal.

Take care of the golf balls first-- the things that really matter. Set your priorities. The rest is just sand."

One of my classmates raised her hand and inquired what the coffee represented.

Professor Andrews smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Friends,

Ask yourself how you are honoring the things that you need to do to create the best life you can with the help of God. Are you taking time for music, art, reading, learning and a healthy body? How is your Spirit? How are you tending your time with God? No matter where you go or what happens to you in life God is with you. Remember to be intentional about inviting God into your work/school, play and the everyday journey of life.

"Jesus is the one who loves you best." Says Rev Effie McAvoy.

The One who Loves You Best. Jesus.

Jesus grows with us each time we gather for worship in the sanctuary and in Children's Church.

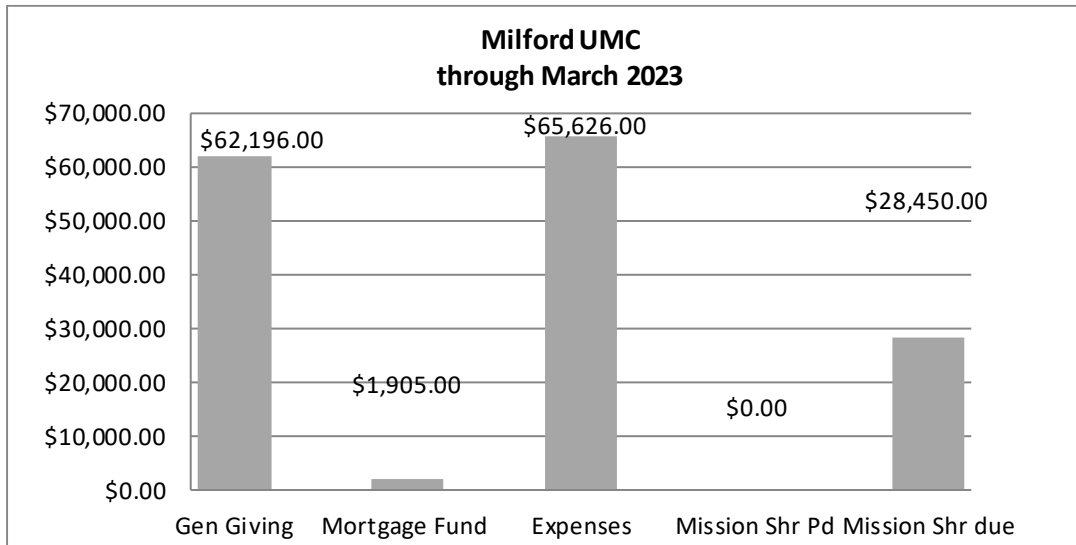
May is the month we celebrate the Church's Birthday. We call that Pentecost. Sunday May 28th is Pentecost. The choir will be singing Harry Belafonte's "Turn the World Around" and we encourage all to grab a shaker, wear red and be in a spirit of celebration. Happy Birthday Church!!!

Grace and Peace,

LeeAnne

Financial Reports

From Kirk Randlett, for the Finance Committee



YTD Financials

General Giving	\$62,196.00
Mortgage Fund	\$1,905.00
Expenses	\$65,626.00
Mission Shares Paid	\$0.00
Mission Shares Due	\$28,450.00

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

MAY Birthdays & Anniversaries

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

Birthdays:

May 6: LeeAnne Steenhoek
May 13: Gavin Lawton
May 17: Sarah Theriault
May 18: Kip Holland
May 19: Emmy Herlihy
May 21: Jenny Lawton
May 21: Jerry Theriault
May 21: Cora Herlihy
May 26: Shirley Blair
May 28: Ray Guzman\
May 31: Nancy Tong

Anniversaries

May 4: Pat & Steve Rafter
May 22: Carol & Cecil Rowlette

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

May 7: Acts 7:55-60, Psalm 31:1-5, 15-16, 1 Peter 2:2-10, John 14:1-14

May 14: Acts 17:22-31, Psalm 66:8-20, 1 Peter 3:13-22, John 14:15-21

May 21: Acts 1:6-14, Psalm 68:1-10, 32-35, 1 Peter 4:12-14, 5:6-11, John 17:1-11

May 28: Psalm 104:24-34, 35b, Acts 2:1-21, 1 Corinthians 12:3b-13, John 20:19-23, John 7:37-39



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 handicapped 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..

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.

Sunday School/ Education Team: Elizabeth Whitley

Chooses curriculum, helps prepare teachers, runs the Sunday School from September-June.

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 6- SPRC	2 7 Praise Band	3 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	4 5:45 Bells 7:- Chancel Choir	5	6 9-11 Yard Sale Drop Off
7 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's Group	8 7 Trustees	9 7 Praise Band	10 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	11 5:45 Bells 7:- Chancel Choir	12	13 8-1 Yard Sale
14 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's Group	15 6-VOICE 7—Finance	16 7 Praise Band	17 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	18 5:45 Bells 7:- Chancel Choir 7 Ad Council	19	20 9-1 Yard Sale Rain Date
21 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's Group	22	23 7 Praise Band	24 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	25 5:45 Bells 7:- Chancel Choir	26	27
28 8:30 Spirit Celebration 9:30 Adult Sunday School 9:40 Children's Church 10:30 Traditional Service 7 Men's Group	28	30 7 Praise Band	31 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /Study Zoom	<p>SPRC, Trustees, VOICE, Finance, Ad Council are virtual unless communicated otherwise by the committee chair.</p>		



Milford United Methodist Church

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

May 2023

Sunday Worship Times:

8:30 Spirit Celebration, 10:30 Traditional Service,
Children's church 9:40
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.