



The Outreach

The newsletter of the Milford United Methodist Church
May 2024, Milford, NH, Rev. Dr. John Whitley, Pastor

Pastor's Corner

Co-travelers in Christ,

As we move into the month of May, much of the United Methodist world has its attentions set on Charlotte, NC where our worldwide General Conference is now meeting to make historic decisions that will impact the life and shape of our church for generations to come. Meeting in conference (or council) to discern the Holy Spirit's lead like this is not just a central part of our own Methodist DNA, it is also centrally important to the way the entire church has met to discern throughout our history going back to the very first church council (the Council of Jerusalem) described in Acts 15. In fact, the roots for the practice of Christian conferencing goes back to Jesus himself when, looking ahead to his eventual departure on the eve of his crucifixion, he told the disciples, "I still have many things to say to you, but you cannot bear them now. When the Spirit of Truth comes he will guide you into all truth, for he will not speak on his own but will speak whatever he hears..." (John 16:12-13). In other words, in a post-Pentecost world, we (the church) will be charged to listen to the Spirit together for guidance about what Christ may still have to say about those "many things." This is the work of Christian conferencing.

Very often, the content of what we have met in conference to discern has involved matters theological and ethical as we have encountered unforeseen questions and have sought to live more fully into the ripple effects of Easter. At that very first Council of Jerusalem, which met somewhere around the year 50 A.D., an assembly of Jewish-Christian disciples met to discern the Spirit's lead when it came to whether gentiles (i.e., non-Jews) could be included within the Christian community. And would they have to practice circumcision, maintain Jewish dietary laws, and adopt other distinctively Jewish practices and sensibilities? Yes was the answer they arrived upon because, even though they knew scriptures that could support either conclusion, the apostle Peter could attest to witnessing the Holy Spirit living and working in the lives of gentiles (Acts 15:6-9). Prayerfully and through the careful consultation of the scriptures, their tradition, and their experience, they discerned in council that the church was to be ethnically and culturally open and diverse. Our current conference has gathered in very much the same spirit.

I bring this before you this month because, as you know by now, the second fruits of Easter have been very much on my heart and mind this

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Pastor's Corner Cont'd

year—and not only how those fruits are born in us as individuals, but also how they are born in us corporately as a church. What we United Methodists call “holy conferencing” is certainly one very important means of attempting that. But it seems to me that the events happening around us raise a very important, very timely (given the season we’re in), and very Wesleyan set of questions: how do we become more holy? How might we come to realize the Spirit’s work and growth in us in observable, even measurable, ways? And what does spiritual growth in Christian discipleship mean and look like anyway? Methodists are a people intent on growth—keenly focused on the second fruits of Easter on the inside of us and among us corporately, as well as on how those fruits feed and nurture the world around us in mission. Now is a good time to be reminded of that, I think, and to dig a bit deeper into it, which is why I recently began a new Wednesday night series on what John Wesley had to say on this very subject. I hope it won’t end with John Wesley though. I hope, instead, that this will become a jumping off point to go deeper and further and to give of a depth of perspective on how we are still growing and discerning on issues that arise before us today. As the season of Easter draws to a close this month, it is my hope and prayer that this fruit would continue to spring forth from the eternal vine, which is Christ in us. It’s never too late to take a deeper step on the journey!

In Christ!

Pastor John

Spring Yard Sale



MEN'S MINISTRY HOSTS Men's Breakfast

Third Saturday of the Month Each Quarter
8:30-10:30 a.m.
2024 Breakfast Schedule
May 11th
August 17th
November 16th

Please RSVP a week before each breakfast so we have a headcount for the meal. Sign up sheets will be posted or contact Jim Lawler at bigdady522000@gmail.com



VOICE

From Janet Hromjak

As May is Mental Health Month, it seemed appropriate to highlight 10 ways that all of us as the Church can support people with mental illness:

1. Make sure you know when to refer people to mental health professionals and where to refer them when the need arises. You can also refer congregants and family members to a variety of support groups and classes.
2. Stay in touch with the person with mental illness and his or her family after you make a referral. People with mental illness and their family members need your ongoing support.
3. Encourage your congregation to treat people with mental illnesses the same way they treat people with other illnesses. Offer to visit them when they are hospitalized. With their permission, ask your members to send them cards and bring them casseroles when they are ill.
4. Plan a specific day to focus on mental health (perhaps in conjunction with Mental Health Month in May or Mental Illness Awareness Week in October). Say specific prayers for people with schizophrenia, bipolar disorder, anxiety disorders, depression and other mental illnesses.
5. Talk about mental illness in your sermons, classes, and adult forums, especially when you are addressing compassionate outreach, social justice and erasing stigma and discrimination. Talking openly about mental illnesses reduces the grip of stigma. Emphasize the biological nature of brain disorders and remind your congregations that they can affect anyone, regardless of age, race, religion or income. Mental illnesses are not the result of per-

sonal weakness, lack of character or poor upbringing.

6. Pay attention to the words you use. Avoid stigmatizing language and encourage everyone in your congregation to do the same. Do not refer to people as "crazy," "psycho," "lunatic" or "mental." Use phrases like "people with mental illnesses" rather than "the mentally ill."

7. Educate your congregation. Bring in speakers from NAMI (National Alliance on Mental Illness), the medical community and your local mental health center. Run a series of articles in your congregation's newsletter. Show videos on the subject and then encourage your congregation to discuss the issues raised.

8. If you have a peace and justice ministry, encourage them to get involved in the systemic problems that affect people with mental illness. More people with mental illnesses are in jails and prisons than are in mental hospitals. Programs for people with mental illnesses are underfunded and axed quickly when budgets need to be cut. Many chronically homeless people have chronic mental illnesses.

9. Housing and jobs are critical to the recovery process. Encourage members of your community to help find jobs and provide housing options for people with mental illnesses.

10. Start a spiritual support group in your faith community for people with mental health challenges and their families.

VOICE has done a number of these things in the past, and we are always open to suggestions as to how we can be supportive to those with mental illness. Is there anything that is calling to you to do?



Adult Mission **From Steve Rafter**

The adult mission team has agreed to a work date of June 15 to work on the current Habitat for Humanity house build in Nashua.

Anyone interested in joining in this project or other local mission work please contact Steve Rafter at 603-582-1352 or the church office.



Camp in Meredith, NH, are preparing for the coming season, and it should be a great one. Camp brochures are in our narthex on the information table and there will be exciting events happening for all ages. Some examples are Toddlers in Tow, You and Me Camp, Night Camp, Nature Detectives, Christmas in July, Drama Camp, Ropes Rocks and Rivers, and Extreme Adventure. Sound like fun?!?

If you know of someone who would be interested in attending camp this summer, check out the website at www.wanakee.org. MUMC has a wonderful tradition of offering a half-scholarship to all campers. If you are interested in sending a camper, contact Nancy Tong (wlctongn@hotmail.com; 603-345-0692) or Kerri-Lynn Kimner (kkimner@gmail.com; 603-345-7228), our "Wanakee Boosters". Also reach out to them if you have any questions or would like more information. Our monthly "noise offerings" at the end of services on the second Sunday of the month help to raise money for our campership fund, but other contributions are also needed and appreciated. You can contribute on the church's Push Pay app, or by writing a check and adding "Wanakee" on the memo line.

Fleece Blankets

We are still looking for fleece (2 yds. long) donations.



Contact Kerri-Lynn Kimner
603 345-7228.

Think before you spritz or spray. Someone will thank you.!

Scents can make some people sick.

Wanakee News **From Nancy Tong**

It's almost time for camp! And it's already time for signing up. Believe it or not, some sessions already have a wait list!

The folks at Wanakee, our Methodist

Cleanup and Work Days are scheduled for May 4 and 11. Info for those are also on the website. Volunteers play a big part in Wanakee's success, before, during, and after the camp season. The workdays are a lot of fun and a way to meet other enthusiastic Wanakee friends. Again, reach out to Kerri-Lynn, Nancy, or Pastor John for more information.

Our MUMC Family Out in the World

MUMC folks are still finding & spreading JOY!



Lana Kimner & Easter Toy



Do you know her the woman in the back row?



Jess, John, Tess & Jonah Farnsworth ready for the Eclipse



Neva Harvey-Olson 2nd place solo duo and 1st in small group at dance recital.



Grace St Jean, (with parents Jason & Libby) earned a Scholar Athlete award. Yay Grace!

I'd love to show you and your family finding or spreading Joy... Won't you share? Facebook friend me or email to the office.
office@milfordumc.org

Back row woman is Nancy Tong

Our Children's Church Kids in Action



The SOWERS

Below
Angel, Tessa, Jonah, Sybil Whitley, Jess

Above
LeeAnne, Sandi, Kim & Angel Stevens, Jess, Tessa & Jonah Farnsworth



In May SHARE Is Collecting

Toothbrushes & paste, Deodorants, Shampoo & Conditioner, Bar Soap, Feminine Hygiene Products, Diapers, Wipes



Food Pantry Needs

SHARE Collection

Share Supper May 21, 2024

Look for signup sheets in the Narthex



Family Life with LeeAnne

Steenhoek

Director of Youth and Family Ministry

Who did you help Today?

Contemplative Prayer: Spend a few moments or minutes with each line. Listen for the still small voice of the Holy. Share your experience with a loved one or in a written or picture journal.

Who

Who did

Who did you

Who did you help

Who did you help Today?

Who did you help

Who did you

Who did

Who

Imagine how our world might change if we put our focus on who we help rather than what we do. I believe with this simple shift parents and children of all ages will have happier hearts full of HOPE. It is in being kind that we transform our world one kind deed at a time.

"It's **today**," squeaked **Piglet**. "**My favorite day**," said **Pooh**. **A.A. Milne**.

Let's hold HOPE in our hearts and BELIEVE that Christ can make all things new. Jesus tells us to LOVE ONE ANOTHER. We honor God when we show up in kindness.

Family Ministry is full of opportunities to help and be kind to people and our planet. This past week, we weeded and planted in the garden taking care of our tender raspberries. We helped sow seeds in the soil. We shared snacks, stories and even heard a parable called *The Sower* written by Scott James and illustrated by Stephen Crotts. Parents and children shared a healing circle where we passed the holy spirit between us and allowed God's love and light to enter us. We sent all our love and healing prayers out to everyone on our hearts and our whole planet and the environment.

Jesus calls himself the one true vine, and

we learned that we show the fruits of our connection to Christ through our works. Good deeds change the world one act at a time.

We have lots to look forward to in Family Ministry:

Confirmation is on Pentecost Sunday May 19. Wear Red. Celebrate our young people as they affirm their baptisms.

Children's Day is Sunday June 9
Camp Firelight Family VBS Spotlight Event is July 12, 13 and 14. Save the date!

Surrounded by water, trees rolling hills and big skies, Camp Firelight is the perfect locations for every Camper's favorite summer activities. During each session campers join Lumen Lue lightning bug puppet and learn to face their fears while trusting God.

Using stories, this program will teach us about people in the Bible who experienced the gift of a trusting relationship with God. In addition, it will teach us to trust that God will go with us, lead the way, share wisdom, give us peace and spark joy as we celebrate the good news of Jesus in our own lives. We will also learn ways we can connect with and put our trust in God whenever we are afraid, challenged, or called to do God's work in the world and share the Good News of God's love through Jesus Christ.

Please let LeeAnne or Jessica Farnsworth know if you have a heart to help and would like to volunteer and share. All adult participants and volunteers are required to complete a background check. Thanks for your support in keeping us safe.

Healing Hands, Hearts to Help

Does our world need healing? Do you? Make your hope happen and be the help for yourself and the world with your gift of healing.

Please let LeeAnne know if you would

Family Life Cont'd

like to share in this meditation mini try of intercessory prayer and Reiki. Beginners welcome of all ages.



Above. Jonah Farnsworth made the world with pipe cleaners & he wants to help it.

Noise Offering for

Wanakee

May 12



This collection will happen the 2nd Sunday of the month. Quiet Money is always welcome too!

I am looking for empty flower pots that are at least 6 inches. You can put them inside the doors up against the wall to the right as you enter.

Plastic is fine. Thanks, Marilyn



Last Youth Mission Trip Meeting before we leave!

May 5, 7pm at MUMC

Lots of things to do to make sure we are ready!

Are you excited???



Mission Trip

The Trustees have designated May 26 as Levi Sunday. We encourage everyone to wear their work clothes and plan to stay after worship for a little light yard work.

Levi Sunday

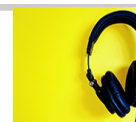
May 26, 2024

Levi Sunday

Wear your work clothes, yard work tools and your energy!



Can we help?



Do you need extra help to hear the service or to read the bulletins or hymnal? Call the office and let us know how we can help you. 603-673-2669. Leave a message with your phone number.



See page 9 of this edition for new help with hearing .

Coordinator Needed

From Pat Rafter

We have one volunteer who will take one weekend in the bell ringing season. Thank you Shannon Short.

Won't you consider taking a weekend or two? The work is not terribly time consuming and you will have great instructions.

Please see Pat Rafter, Diane Miller or Sue Kostuk if interested.



Lamplighters

From Carol Rowlette

Galatians 1:11-12. Dear brothers and sisters, I want you to understand that the gospel message I preach is not based on mere human reasoning. I received my message from no human source, and no one taught me. Instead, I received it by direct revelation from Jesus Christ.

We have just started studying Paul's letter to the Galatians.

Chapter One of Paul's letter to the Galatians is defending his ministry.



**Pentecost Sunday May 19,
Combined Service 10:30
a.m.**

The people are starting to turn away from all he had taught them and he is urging them to turn from being fooled by false prophets. He tells the people that God chose him to share the Good News about Jesus to the Galatians.

Paul's message is the message of salvation. As we continue to read this book we will see how Paul accomplishes his mission to save the Galatians.

Wishing all moms a Happy Mother's Day.



Next Crafting
Workshop

May 25,, 2024
12:30-3 p.m.



Do you know ASL?

If you are fluent in American Sign Language and would like to interpret as a ministry at MUMC, either regularly or on an as needed basis, please contact anyone on the VOICE team (Claire Holston, Janet Hromjak, Callie McMahan, Kathy Wood, Esther Thayer, Annika Weis, Kerri-Lynn Kimner, or email the office.



Choir News From Jenn Erdody

Come sing with us! Chancel Choir will be singing through May and June, and then will take a break for the summer. We're always looking for new singers to join us, and now is a great time to give it a try! We rehearse on Thursdays from 7:00 to 8:30.

Would you and your family or friends like to provide Special Music this summer? This could be a family song, a solo, an instrumental group, or anything you have in mind! Please see Jenn Erdody to sign up for a Sunday.



Mission Update From Pat Rafter

The Mission/Outreach Team is planning a wonderful project in honor of Mother's and Father's Days in 2024.

We will be collecting money to purchase bed nets to be sent to countries most hard hit from malaria. These nets are made of specially designed insecticidal fibers that keep kids safe. Our goal is to raise at least \$210 to purchase bed nets for 10 families.

The fundraising event will commence on May 12 (Mother's Day) and end on June 16 (Father's Day). Donations can be given to Diane Miller, Sue Kostuk, Pat Rafter or placed in the collection plate or mailed to the church office by June 19. Please clearly mark for Bed Nets.

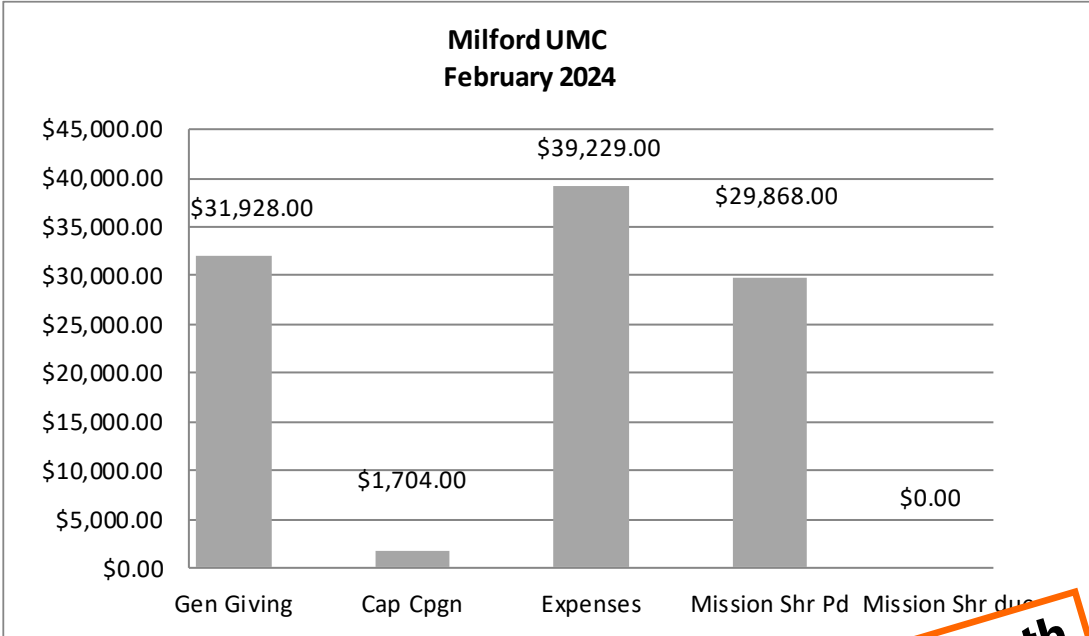


MUMC is participating in [gotsneakers?](#) There is a collection box in the narthex where you can place your used sneakers. This is a green project designed to keep sneakers out of landfills and wherever possible, provide sneakers to those in need. See any VOICE team member for more information.



Financial Reports

From Kirk Randlett, for the Finance Committee



See us Next Month for Updates

YTD Financials	
General Giving	\$31,928.00
Cap Campaign	\$ 1,704.00
Expenses	\$39,229.00
Mission Shares Paid	\$ 29,868.00
Mission Shares Due	\$0.00

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



MUMC giving QR Code

May Birthdays & Anniversaries

2024

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 16:	Dave Haag
May 17:	Sarah Theriault
May 18:	Kip Holland
May 19:	Emmie 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 5: Psalm 98, Acts 10:44-48, 1 John 5:1-6, John 15:9-17

May 12: Psalm 1, Acts 1:15-17, 21-26
1 John 5:9-13, John 17:6-19

May 19: Psalm 104:24-34, 35b, Acts 2:1-21
Romans 8:22-27, John 15:26-27; 16:4b-15

May 26: Isaiah 6:1-8, Psalm 29, Romans 8:12-17, John 3:1-17



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. Call the church office for contact information.

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: Carol Rowlette & Elaine Driscoll
A Bible-study group for women.

Nominations: Pastor John. *Matches people with the committees they might be interested in serving on.*

Outreach: Is now Mission/Outreach Diane Miller

Sue Kostuk *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.

MUMC Care Team: 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: LeeAnne Steenhoek, Karin Harvey Olson

Usually happens in July. A time for the kids to be immersed in learning about Jesus.

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

Men's Group: Jim Lawler
For men interested in fellowship and service. Meet Sunday Evenings

Youth Mission Trip Tom Knapp



2024

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 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer /	2 12 Hybrid Study 5:45 Bells 7:- Chancel Choir	2	4 Yard Sale Drop off 9-11a
58:30 Spirit Celebra- tion 9:40 Children's Church, Adult Sun- day School 10:30 Traditional Service 6 p Men's Group	6 6 SPRC Virtual 7 Trustees	7 7 p Praise Band	8 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer / Study Zoom	9 12 Hybrid Study 5:45 Bells 7:- Chancel Choir	10	11
12 8:30 Spirit Cele- bration 9:40 Children's Church, Adult Sun- day School 10:30 Traditional Service 6 p Men's Group	13	14 7 p Praise Band	15 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer / Study Zoom	16 12 Hybrid Study 5:45 Bells 7:- Chancel Choir 7 Ad Council	17	18 Yard Sale 8-1
19 Pentecost Sunday 10:30 Combined Service 6p Men's Group	20 5:45-VOICE	21 5p Mission 6p Finance 7 p Praise Band	22 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer / Study Zoom	23 12 Hybrid Study 5:45 Bells 7:- Chancel Choir	24	25
26 LEVI Sunday 8:30 Spirit Celebra- tion 9:40 Children's Church, Adult Sun- day School 10:30 Traditional Service 6 p Men's Group	27	28 7 p Praise Band	29 8:45 Coffee w/ Pastor. Union Coffee 9 Whitetops 1 Lamplighters 6 Potluck 6:30 Prayer / Study Zoom	30 12 Hybrid Study 5:45 Bells 7:- Chancel Choir	31	



Milford United Methodist Church

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

May 2024

Sunday Worship Times:

8:30a. Spirit Celebration, 10:30a. Traditional Service, 9:40a Adult Sunday School & Children's church. 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.