

The BEACON

Mary Lou Kampert
Beacon Editor



Mary Taylor Memorial
United Methodist Church



The Reverend Kristina Hansen, Pastor
The Reverend Karen Eiler, Associate Pastor
The Reverend Harold Vink, Theologian in Residence
The Reverend Judith Bennett, Theologian in Residence

*Whoever you are, wherever you are on your
spiritual journey, you are welcome here!*

June/July 2021

203.874.1982 Telephone
203.877.8973 Fax

e-mail: mtmumc@sbcglobal.net
Website: www.mtm-umc.org
www.facebook.com/MTMUMC

As the World Turns, These are the Days of our Lives

June/July 2021

(The ever-changing landscape of our lives during a worldwide pandemic)

Just when we were getting the hang of masks, social distancing, hand sanitizing - and the myriad of COVID19 protocols, the CDC changed the rules, and the State of Connecticut followed suit 6 days later. Now we are stuck asking all of our questions all over again! Masks? Social Distancing? Hand-sanitizing? Singing? Meeting and worship capacity?

Your Reopening Taskforce met to discuss the implications for Worship.

Pastor Karen and I put forth an idea for in-person worship that we were pretty excited about, and it was met with the enthusiasm of the rest of the Taskforce and your Church Council.

We call it "The P&MD Plan": Your Preacher and Music Director (P&MD) will be in the Sanctuary with in-person worshipers, while your other pastor and the rest of the worship team will host on ZOOM. In-person worshipers wear masks, with the exception of the preacher, who is far enough away to unmask when preaching. Singing is allowed with well-fitted masks.

YAY!

To Make the P&MD Plan Work: Currently, a team of laity are coordinating the technology effort necessary to provide meaningful worship within our sanctuary while maintaining high-quality worship for our ZOOM worshipers. This includes 8+ people learning to use the Audio/Visual equipment that was actually installed pre-pandemic, as well as addressing multiple logistical issues. The goal is to keep the pastors focused on quality worship, while the laity provide the technology solution of the pastoral vision.

When will the P&MD Plan Start? The P&MD plan is set to begin on June 20 - Father's Day! There is a lot of confidence in making this date, with much to do between now and then to make it a reality! Go team!

Setting Expectation: Sobering news reminds us daily that we are not out of this pandemic yet. State and CDC rulings are tempered by UMC Conference rulings and our own MTMUMC desire to care for the vulnerable among us. Here is where we are today, recognizing that all of these may change at any time as new guidelines are released:

- ✚ **Masks:** While fully-vaccinated individuals have returned to some semblance of normalcy socially, gathering with family and friends, and going out to stores and restaurants with greater ease, our MTMUMC campus rules will continue to be more reserved. While on campus - whether in the Church building or in Wesley Center - masks will be required. We are reminded of the kindness this extends to people who cannot be or have not been vaccinated.
- ✚ **Physical Distancing:** Our Conference guidelines continue to include physical distancing, which will limit our gatherings to 50 people in the sanctuary, and the size of our small groups in Wesley Center with each room based on the 6-foot guideline.

Continued on next page



Pastor Kristina's Message continued

- ✚ *Singing:* Is allowed by those wearing well-fitted masks. We look forward to the day our choir can return!
- ✚ *No food or drink:* in meetings; no Fellowship Time after worship
- ✚ *Adherence to hand sanitizing measures* continues.
- ✚ *Individual attendance tracking* (may still require reservations)
- ✚ *Bucket-loads of patience, kindness and good humor*

I have no doubt that, by the time this goes to print, some other change will be published -- hopefully all toward more expressive freedom amidst increased safety throughout our population. So, please employ your bucket-loads of patience, kindness and good humor with everyone within your world and with your MTMUMC community and leadership!

I pray that the arrival of Spring into Summer is lifting your spirits and that you will find the joy of God's wide-open creation to be a balm to your souls. As you enjoy your leisure time this summer, and as you travel, we'll look forward to worshipping with you on ZOOM wherever your travels take you or whatever your plans of the day are. That's a gift that will continue to be with us whenever you cannot be in-person to worship! I call it a blessing! And, I hope you do, too!

Blessings on the journey,

Pastor Kristina





Worship Services, June-July 2021

All services will be available on ZOOM at 10 a.m.

Please watch your email, our website (<https://www.mtm-umc.org/>) and our Facebook page (<https://www.facebook.com/MTMUMC>) for the links.

Full in-person worship is here! See June 20!

June 6

The Second Sunday after Pentecost, 10:00 a.m.

- Pastor Kristina will bring the message.
- We will celebrate the Sacrament of Holy Communion together. If you are worshipping from home, please prepare bread or a cracker, and a cup or glass of juice, for each person.
- The lectionary scriptures are 1 Samuel 8:4-20; Psalm 138; 2 Corinthians 4:13-5:1; and Mark 3:20-35.

June 13

The Third Sunday after Pentecost, 10:00 a.m.

Celebration of Camp Faith Formation

- The message will come in many forms, from our Camp Faith Formation leaders and campers and from Pastor Karen!
- Lectionary texts are 1 Samuel 15:34-16:13; Psalm 20; 2 Corinthians 5:6-17; and Mark 4:26-34.

June 20

The Fourth Sunday after Pentecost, 10:00 a.m.

Father's Day

- Pastor Karen will bring the message *in the sanctuary!*
- Pastor Kristina will baptize a baby *in the sanctuary!*
- This is our target date to launch simultaneous Zoom and in-person worship!
- Sign up to save your seat *in the sanctuary!*
- Lectionary texts are 1 Samuel 17:32-49; Psalm 9:9-20; 2 Corinthians 6:1-13; and Mark 4:35-41.

June 27

The Fifth Sunday after Pentecost, 10:00 a.m.

Pride Sunday

- The message will come from SEAK and Pastor Kristina.
- Lectionary texts are 1 Samuel 1:1, 17-27; Psalm 130; 2 Corinthians 8:7-15; and Mark 5:21-43.

July 4

The Sixth Sunday after Pentecost, 9:30 a.m. Note Summer Worship Time!

- Pastor Karen will begin a 5-part sermon series on forgiveness.
- We will celebrate the Sacrament of Holy Communion together. If you are worshipping from home, please prepare bread or a cracker, and a cup or glass of juice, for each person.
- Lectionary texts (though they may not be the preaching texts--stay tuned!) are 2 Samuel 5:1-5, 9-10; Psalm 48; 2 Corinthians 12:2-10; and Mark 6:1-13.

July 11

The Seventh Sunday after Pentecost, 9:30 a.m.

- Part Two of Pastor Karen's 5-part sermon series on forgiveness.
- Lectionary texts are 2 Samuel 6:1-5, 12b-19; Psalm 24; Ephesians 1:3-14; and Mark 6:14-29.



WORSHIP SERVICES Continued

July 18

The Eighth Sunday after Pentecost, 9:30 a.m.

- Part Three of Pastor Karen's 5-part sermon series on forgiveness.
- Lectionary texts are 2 Samuel 7:1-14a; Psalm 89:20-37; Ephesians 2:11-22; and Mark 6:30-34, 53-56.

July 25

The Ninth Sunday after Pentecost, 9:30 a.m.

- Part Four of Pastor Karen's 5-part sermon series on forgiveness.
- Lectionary texts are 2 Samuel 11:1-15; Psalm 14; Ephesians 3:14-21; and John 6:1-21.

August 1

The Tenth Sunday after Pentecost, 9:30 a.m.

- Part Five of Pastor Karen's 5-part sermon series on forgiveness.
- We will celebrate the Sacrament of Holy Communion together. If you are worshiping from home, please prepare bread or a cracker, and a cup or glass of juice, for each person.
- Lectionary texts are 2 Samuel 11:26-12:13a; Psalm 51:1-12; Ephesians 4:1-16; and John 6:24-35.

Advance reading of the scriptures is an act of spiritual formation.



***Our Summer Worship Service starts at 9:30a.m. from
JULY 4 through LABOR DAY!***

BEYOND THE BOX BIBLE STUDY CONTINUES THROUGH THE END OF JUNE

On Tuesday night (7 PM) and Wednesday morning (10AM), we look "beyond the box" of the assigned lectionary readings for each week. We dive into the history, text, and context, as we find connections between the scriptures and, most importantly, connections to our lives.

We will take the months of July and August off, and return in September!

You can find the scriptures for each week in our worship listing.

HERE ARE THE LINKS:

Tuesday evening, with Pastor Karen, at 7:00 p.m.:

Meeting ID: 868 4733 1627, Password: 479721

Click here to join the Zoom Meeting Online:

<https://us02web.zoom.us/j/86847331627?pwd=UIJBem5pcm1DL0JYZVBqR0ZXR0N4dz09>

Wednesday morning, with Pastor Karen, at 10:00 a.m.:

Meeting ID: 818 3955 9084, Passcode: 139430

Click here to join the Zoom Meeting Online:

<https://us02web.zoom.us/j/81839559084?pwd=S05ybzdWZHRDeEQyUWZOOb21WblRVdz09>





EACH WEEK AT MARY TAYLOR MEMORIAL UMC ONLINE

Noon Everyday: ZOOM ZOOM at Noon, a half hour of fellowship and prayer.

Meeting ID: 142 990 949

Password: 729806

Click here to join the Zoom Meeting Online:

<https://zoom.us/j/142990949?pwd=bHJsToNSa3MvajZ4eHAraTMoVWIndz09>

Every Monday, 7:00 pm, Healing and Wholeness Service, a service of liturgy, scripture, anointing, and prayer.

Meeting ID: 568 138 318

Password: 852504

Click here to join the Zoom Meeting Online:

<https://zoom.us/j/568138318?pwd=MS9kbolzZmpnTndEYm10UIZoTEZGZz09>

Every Sunday at 10:00 a.m., Community Worship Service (9:30 a.m. July 4th through Labor Day)

Webinar ID: 941 448 482

Click here to join the webinar:

<https://zoom.us/j/941448482>

You may use the links above to access any of these meetings, or go to zoom.us, click on “join a meeting,” and enter the meeting ID and password. **You may also dial into any of these events by telephone, using the meeting ID and password. The phone number is: (646) 876-9923.**

“Drop-in” Mindfulness & Meditation

Thursday, June 10 @ 6:30-7:15pm

Open to anyone curious...NO EXPERIENCE REQUIRED.

Invite a friend.

For now, this is a VIRTUAL event. You may join Online (with or without your camera on) or by Phone. I am hopeful this will become an in-person event in the near future.

Registration: <https://www.eventbrite.com/e/drop-in-mindfulness-meditation-tickets-154675375211>

The intention is to introduce Mindfulness principles coupled with 10-15 minutes of guided meditation and breathing. All levels of experience are welcome. Group participation is optional. You may also contact me directly for one-on-one discussion or practice.

Event contact: Paul Downing;

Email: paul.downing@snet.net,

Call/text: 203-676-5582





PRAYER SHAWL MINISTRY

By Joan Zauner

"When there are no words, a prayer shawl speaks volumes."

Janet Bristow, co-founder of the prayer shawl ministry.



PRAYER SHAWLS ARE AVAILABLE—

The response to the prayer squares and pocket prayer shawls has been so rewarding that we will continue to have them available along with our regular shawls. We meet the second Thursday of the month. We welcome new members and will help you get started.

**Our next meeting will be June 10th at 7:00 p.m. in the Library in Wesley Center-
Masks are required**

If you know of someone who would like a shawl, please call the church office at 203-874-1982 and we will help you receive one.
Call Joan Zauner at 203-283-5643 for additional information.

A CALLING FOR BASKETEERS...

Included in the activities for our 2021 Autumn Fair will be the selling of "Theme Baskets". This is a collection of items brought together, placed in some type of container (preferably a basket) and donated to the Church Fair. The contents of each basket should have a cumulative value of not-less-than \$25.00. Each basket will be sold for a fixed price of \$25. An itemized list of contents is needed, attached to the outside of the basket.



Examples of top selling themes in the past are: "A Day at the Beach"; Christmas; Puzzles; "A Makeover" (beauty products). Remember, this year the Fair is in September which may spur other seasonal themes (e.g. Back to school). Be wonderfully creative and whimsical! We ask that no perishable items be included and a reminder no alcoholic items or any type of raffle tickets or items related to gambling be included.

Watch for an invite to join a live "demo" and have a conversation with some church members who are real basket cases!

Our Basket champion this year for the Fair is Linda Sheehan, who can be contacted at: linda.lsheehan@gmail.com or 203 283-5362.

The logistics of receiving your donated basket is being finalized. Please do not drop anything off at the church without first contacting Linda or one of the Fair Co-Chairs.



Camp Faith Formation

Come learn and grow with us as we explore our faith!

Camp Faith Formation Friends and Family Day!

A special worship to celebrate our gratitude
and blessings from God.

Sunday, June 13th 10 o'clock zoom worship online



Summertime Worship



We will continue to meet every Sunday in July at 11:30 am for our
Camp Faith Formation Lessons on Zoom!

To get the link:

email Wendy Hoffmann (Director) at wendy_hoffmann84@aol.com.

Come join in the fun at our 1st

Camp Faith Formation Retreat!

Your invited to campout 'round the firepit for a night of
prayerful fun and music!

Date: Thursday, July 8th (raindate 7/15)

Place: Mary Taylor Memorial Church Parking Lot

Time: 6-8 pm

We will provide chairs and a bag full of goodies!

All are welcomed! Please wear a mask.

RSVP to Wendy Hoffmann at
wendy_hoffmann84@aol.com





Stewardship Corner: Scriptures to Ponder

Submitted by Cathy Cono



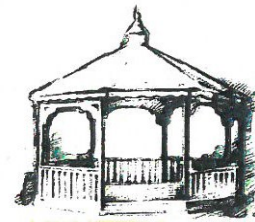
Welcome to a new Beacon column dedicated to all things Stewardship!

The best place to start this conversation is to review scriptural foundations on the topic. Tithing was used by God in the Old Testament to take care of his people. Today, Christ works through your offerings to advance his kingdom and bless others. To participate in Christ's work, it's essential to live a generous life. We like to say we are blessed to be a blessing and indeed, our gifts impact the world on many levels and in countless ways, both seen and unseen. In the coming months, we'll bring information, spark conversations, and hopefully inspire you to think more about your own personal stewardship as a fundamental part of your faith and your relationship with God and others. Please join me in prayerfully considering these scriptures as we begin the conversation. I look forward to this shared experience!

1. **Exodus 35:21:** Everyone who was willing and whose heart was moved came and brought an offering to the LORD for the work.
2. **Leviticus 27:32:** The entire tithe of the herd and flock-- every tenth animal that passes under the shepherd's rod-- will be holy to the LORD.
3. **1 Chronicles 29:11–12:** Everything in heaven and earth is Yours, O LORD. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all.
4. **Deuteronomy 16:17:** Each of you must bring a gift in proportion to the way the LORD your God has blessed you.
5. **2 Corinthians 8:7:** Just as you excel in everything-- in faith, in speech, in knowledge, in complete earnestness and in your love for us-- see that you also excel in this grace of giving.
6. **2 Corinthians 9:7:** Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.
7. **Matthew 6:21:** Where your treasure is, there your heart will be also.

Cathy Cono
spikkio@optonline.net
C: 203-645-2362





Autumn Fair

On the Mary Taylor UMC Campus
Saturday 9/11/21

Rain Date 9/18/21

11:00 am – 5:00 pm (after Fire Muster parade)

(Laura's Treasure Trove opens 10 am)

- Laura's Treasure Trove Grand Opening!!
- Plant Table
- Hand Painted Decorative Slate Tiles
- Musical Entertainment
- Wellness / Family / Youth Activities
- Mission Showcase
- Gift Baskets
- Pre-made Mixes and Treats
- Apple Treat to Go

Want to help with the Fair? To join the fun, see

Cathy Cono spikkio@optonline.net 203-645-2362

Paul Downing paul.downing@snet.net 203-676-5582

Mary Taylor Memorial

United Methodist Church

168-176 South Broad Street

Milford, CT 06460

faironthegreen@yahoo.com

www.faironthegreen.org

<http://www.mtm-umc.org/>

168-176 Broad Street

Milford, CT 06460-4728

(203) 874-1982

LAURA'S TREASURE TROVE (formerly Trash & Treasures) WILL ACCEPT DONATIONS SOON!

We're grateful that you have been storing boxes in your garages, attics and basements...many of you since last March.

The donation process will be different than in previous years. You will be able to drop off your donation **by appointment only**, with two ways to schedule an appointment:

1. An invitation to sign-up electronically will be sent via email.
2. If you don't have access to email, you can call the office to schedule an appointment. Please do NOT call the church office until a date is announced.

**** You MUST register to drop off a donation ****



SEAK

Submitted by Andromeda Macri

SEAK to support Transgender Youth during Pride Month (& Every Month)!

June is Pride month! But what is Pride Month, you may ask? Well, it's an entire month dedicated to the uplifting of LGBTQ voices, celebration of LGBTQ culture and the support of LGBTQ rights.

We celebrate Lesbian, Gay, Bisexual and Transgender Pride Month (LGBTQ Pride Month) in June to honor the 1969 Stonewall riots. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ Americans were commonly subjected. Transgender women of color (in particular, Marsha P. Johnson and Sylvia Rivera) were at the forefront of this pivotal movement.

Why do we need Pride Month, you may wonder. Aren't LGBTQ people living openly these days? But did you know that 2021 has been a record-breaking year for states proposing anti-LGBTQ bills? 117 bills have been introduced in 33 states and they range from preventing transgender youth from playing sports to denying transition-related care to minors and bans on LGBTQ education. And this is especially alarming considering transgender and nonbinary youth are already at a much greater risk of suicide than their cisgender counterparts.

Here in Connecticut, up until this year, married LGBTQ couples still needed to pay fees, file paperwork, and sometimes even have a home visit so that the non-gestational parent could legally adopt their child. But in good news, our state has finally introduced legislation—the Connecticut Parentage Act—which would ensure that all children have equal access to the security of a legal parent-child relationship, regardless of their parents' sexual orientation or gender.

The current presidential administration has made some moves to help, including a presidential proclamation of Transgender Visibility Day, establishment of the White House Gender Policy Council, a memorandum from the Department of Justice clarifying protections for LGBTQ students, and a letter from the Department of Education on addressing the needs of LGBTQ students experiencing harassment, discrimination, and violence. But as states push legislation mentioned above, things could still get worse for trans youth.

So what can we do?!

We can start by learning the facts and educating ourselves about issues that impact LGBTQ youth. Whether or not families have openly LGBTQ children, it is vital to make home a safe and affirming space for all identities. Ask someone what pronouns they use and respectfully use them! And when anti-trans bills rear their ugly heads in our own state, call and email our lawmakers to let them know you support trans youth.

Have you taken an Implicit Association Test? Try taking the “sexuality” and “transgender” tests to find out if you have implicit biases you didn't even realize you had! Then you can be even better.

Human Rights Campaign LGBTQ Youth Report:

<https://www.hrc.org/resources/2018-lgbtq-youth-report>

Implicit Bias Test Project: <https://implicit.harvard.edu/implicit/education.html>





MISSIONS NEWS

U.M. Army: MTMUMC will be a host church this summer for the northeast region UM Army program, **during the week of August 1-7th**. If you'd like to volunteer, please reach out to Laura Perragaux for details. If you know of a need in the community that would benefit from our work team services, i.e., outside only lawn work, repairs, painting, etc. please give your feedback to Laura Perragaux – Contact details: misslmp2@yahoo.com

Community Gardens: Our brand-new Community Garden plot has been dubbed **The Garden of Feedin'** by member Leigh Bak and is supported by 24 faithful servants, spread out across 5 teams and supporting advisors. We have 4 open weeks sprinkled throughout the season set aside as opportunities to invite others to share in this ministry, i.e., Cooperative Parish, Summerfield UMC, UMW, Camp Faith Formation. If anyone would like to participate, please let Rachel Merva know. See the blog on the church website for the latest progress and pictures.

Great Give 2021: Missions donated \$1,000 to six organizations during the Great Give 2021. See below for details:

Organization	Donation Amount
IRIS - Integrated Refugee & Immigrant Services Welcoming refugees & immigrants, and enriching our community <i>Causes: Social Justice, Community Advocacy, Youth</i>	\$ 225.00
Beth-El Where everyone is home and all are fed! <i>Causes: Poverty and Hunger, Homelessness & Housing</i>	\$ 200.00
Bridges Your Connection to Health <i>Causes: Health and Wellness, Substance Abuse Prevention, Youth</i>	\$ 200.00
APNH - A Place to Nourish your Health <i>Causes: Health and Wellness, Substance Abuse Prevention, Community Advocacy</i>	\$ 125.00
CCA - Christian Community Action Provides Help, Housing, and Hope to families who are poor in New Haven <i>Causes: Homelessness & Housing, Poverty and Hunger, Community Advocacy</i>	\$ 125.00
Connecticut Coalition to End Homelessness Our goal is to make homelessness rare, brief, and non-recurring. <i>Causes: Homelessness & Housing</i>	\$ 125.00

UMCOR Health Kits: Due to the NYAC event being held virtually this year, health kits will not be assembled this year by Missions. Kits will be made centrally, so Tom Vencuss, our NYAC Missions Coordinator has asked for financial donations only. Please send donations into the church with a memo "Health Kits" so we can submit one group donation. Thank you for continuing to support this ministry!

Cooperative Parish Mission Opportunity: Usually Golden Hill UMC gives away refurbished bikes to Bridgeport families in need in December, but Covid prevented that in 2020. Instead, they held a Bike Giveaway in June in Golden Hill's parking lot. We are blessed to have Phil Philbrick who repairs and then donates the bikes. We already have 25 repaired bikes, but would like to have a greater selection for the families, especially for younger children and adults. In one case in the past, a father was able to keep his job with the gift of an adult bicycle. His car had broken down and expensive repairs were needed. He was so happy because he now had a way to get to work. If anyone would like to donate a used adult or children's bicycle in reasonable shape, please contact Phyllis Machledt at pmachledt@gmail.com or at 203-268-8737 so we make arrangements to get it to Golden Hill. We would like to receive bicycles before May 31 to give us time to make any necessary repairs before the Bike Giveaway (TBA) in June.



PARISH HEALTH AND WELLNESS

Submitted by Richard McQueen

DEM BONES, DEM BONES...

Have you thought about your bone health lately?

You are never too young or too old to start thinking about maintaining your bone density. Osteoporosis is a disease that causes bones to become weaker and prone to breaking easily. It is estimated that more than 10 million Americans over the age of 50 have the disease, and another 44 million have osteopenia (low bone density that is a precursor to osteoporosis). Of those, 54 million, 80% are women. Women tend to have smaller and thinner bones than men and lose estrogen (which helps protect bones) at menopause are a couple of reasons for the disparity.

One in two women and up to one in four men over the age of 50 will break a bone in their lifetime due to osteoporosis. The incidence is greater than that of heart attack, stroke, and breast cancer combined for women. For men, the incidence is greater than getting prostate cancer.

Any fracture can be serious. Osteoporosis can weaken bones to the point that minimal trauma or a simple trip and fall can break a bone. Sometimes a bone can break with no significant injury at all. Some fractures can lead to permanent disability, chronic pain, or even death. Fractures of the hip are particularly dangerous. Nearly 300,000 hip fractures occur in older individuals annually in the US. Of those, one-quarter of patients will end up in a nursing home, and half never regain the previous function. One-quarter of hip fracture patients over the age of 50 will die within one year after the fracture.

How do you know if you have osteoporosis?

Osteoporosis is a “silent disease.” The first symptom is often a broken bone, although loss of height or change in posture may be noticed. So, it is vital to be screened before that occurs. The good news is that screening is easy and painless. A bone density test (DXA scan) is a simple type of x-ray that can estimate your current bone density. The best kind of test will look at the spine and hip, the results of which will let you know if you have osteoporosis or are at risk for it.

Most experts agree that all women 65 and older should be screened. Women under 65 with additional risk factors need screening as well. Men may also benefit from screening. Some experts suggest screening at age 70, while others suggest screening based on individual risk. In any case, you should speak with your doctor to determine if screening is appropriate for you.

Continued on next page



PARISH HEALTH AND WELLNESS

Continued

Can you prevent osteoporosis?

The good news is that there are some things you can do, no matter your age, to help keep your bones healthy and strong.

Calcium and vitamin D are essential for your bone health. So, eat foods with a lot of calcium, such as milk, yogurt, and green leafy vegetables. Eat foods with a lot of vitamin D, such as milk with vitamin D added, and fish from the ocean. Take calcium and vitamin D pills (if you do not get enough from your food). Speak with your doctor regarding how much calcium and vitamin D is right for you. Be active for at least 30 minutes, most days of the week. Avoid smoking, and if you drink alcohol, limit the amount to 1-2 drinks per day at most.

What if you are diagnosed with osteoporosis?

Some medications can help to reduce your risk of fracture. Your doctor can discuss the options that are available to you. About half of osteoporosis-related repeat fractures can be prevented with appropriate treatment.



Most importantly: *DON'T FALL!* Sounds simple, huh? The fact is that falls account for more than 95% of hip fractures in older adults. Each year approximately one-third of all people over the age of 65 will fall. Some measures to reduce your risk of falling include:

- Make sure all your rugs have a non-slip backing to keep them in place.
- Light all walkways well.
- Watch out for slippery floors. If sidewalks look slippery, walk in the grass for more solid footing.
- Wear low-heeled, sturdy, comfortable shoes with rubber soles.
- Have your eyes checked.
- Ask your doctor or nurse to check whether any of your medicines might make you dizzy or increase your risk of falling
- Use a walker or cane if needed.

As you can see, osteoporosis is a serious disease. Please don't wait until to break a bone to find out you have it. Talk with your healthcare provider about whether screening is appropriate for you.

Sources: National Osteoporosis Foundation, UpToDate, CDC





NEW INSTRUCTIONS

ALTAR FLOWERS AND MISSION CROSS ORDERS
are welcomed anytime.



Flowers are \$20, payable to MTMUMC and mailed or given to Mary Lou Kampert at the church office. A donation in lieu of altar flowers is honored with a cross and miniature mission scarf placed on the altar. If you would like to place an order please contact Mary Lou at 203-874-1982 or mtmumc@sbcglobal.net to arrange a suitable date.



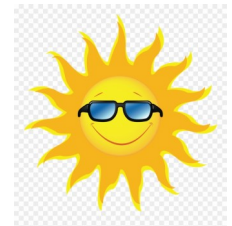
A REMINDER ABOUT CARE BY THE PASTORS....

CONTACT THE PASTORS—
for pastoral care needs, or if you just want to talk!
Reach out for yourself, or tell them that someone you know needs a call.

You can reach them through the church office at 203.874.1982, mtmumc@sbcglobal.net, or directly at: Pastor Karen: 203-313-3045; karen.eiler@nyac-umc.com or Pastor Kristina: 516-901-2216; revkristina@yahoo.com



OFFICE HOURS
MONDAY—FRIDAY
9AM TO 2PM



COMMUNITY SUPPER AT MTMUMC

Thursday, June 24th, 5:30 p.m.

Thursday, July 22nd, 5:30 p.m.

If you can help, contact Rachel Merva at 203-641-5088

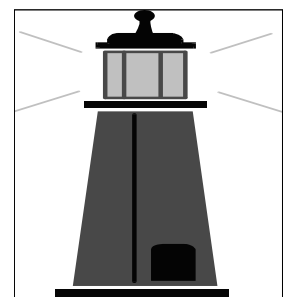
UNTIL FURTHER NOTICE The Community Supper will be served as “to go” meals.



AUGUST/SEPTEMBER “BEACON” DEADLINE IS

Thursday, July 15th

Please submit materials on or before this date to
mtmumc@sbcglobal.net
or a hard copy to the church office.





NEW YORK ANNUAL CONFERENCE

MISSION U 2021

**Youth & Young Adult Study
(ages 14 -20)
Becoming Peacemakers in a
Culture of Violence**

Adult Studies offered:
Bearing Witness to the Kin-Dom
(English & Korean)
Finding Peace in an Anxious World
(English & Spanish)
Pushout: The School to Prison Pipeline

**July 24 & July 31, 2021
via ZOOM**

Registration fee: \$20

Rev. Jeffrey L. Hooker, Dean
Elise Boykin, Asst. Dean
Noel Mugaviri, Youth Dean

nyacmissionu@gmail.com



United
Methodist
Women

FAITH • HOPE • LOVE IN ACTION



UNITED METHODIST MEN
The United Methodist Church



Beth-El Center, Inc.



Dear Mary Taylor,

I'm emailing you today to personally extend my gratitude and thanks for your donation to the Beth-El Center during The Great Give campaign this week.

We raised close to \$22,000 thanks to your generosity and commitment to our mission! And with your help, we won a Liberty Bank matching prize for organizations working in homeless and housing.

With your support, we will continue to provide much-needed services such as food, safe shelter and stable housing to families and individuals who are struggling. Beyond managing homelessness, we hope you'll help the Beth-El Center achieve its vision of ending homelessness in the greater Milford area.

During these difficult times, I'm especially appreciative of your contributions to our community agency. Please know that you've made a difference in the lives of the people we serve.

Sincerely,

Jenn Paradis
Executive Director, Beth-El Center



I would gratefully like to thank my church family for all the love, prayers, cards, food, and support that you so generously gave to Dennis and me during his illness.

***God bless you all,
Judy Darak***



Certified Nurses Aide

Job Description

Right at Home of New Haven County, an in home care and assistance agency currently has opportunities for: Certified Nurses Aides. We are actively hiring for Hourly, Live-in and Extended Shift Positions.

Are you exhausted from jobs not being flexible with your schedule? Are you tired of not being supported when challenges arise? If you answered yes to either of these questions, then Right At Home has an opportunity for you! By joining Right At Home of New Haven County Connecticut, you will have the unique opportunity to improve the quality of life of those you will serve. Right At Home is one of the fastest-growing international In-Home Care & Assistance companies with over 25 years of experience. In this role you will be asked to:

Provide: Personal Hygiene, Ambulation/Transfers, Dressing/Shaving, Preparing meals and snacks according to instructions. Accompany patients on personal errands and/or medical appointments. Perform light housekeeping duties, Medication reminders, Assist with prescribed range of motion exercises.

Perks: Flexibility! We work with you to set your own schedule; PAID training and development; WEEKLY pay with option for Direct Deposit; Paid travel time in between clients.

Next Steps Our office is open and ready to serve your needs. We want to give you a job that you can count on in this time of uncertainty. Hours are flexible, and we are eager to discuss a schedule that works best for you. ***Apply safely today while social distancing, and contact us at (203) 713-8855 to begin the application process today.***

Job Requirements

High school graduate or G.E.D. certificate preferred.

- One year experience in healthcare (in homes or facilities)
- Successful completion of state-approved Nurse Aide or Personal Care Assistance course.
- Current CPR certificate is recommended.
- Ability to read, write, speak and understand English as needed for the job.
- Possess a valid driver's license and have use of an insured automobile.
- This position requires 30 – 40 hours of basic care training.

Right at Home of New Haven County services the following areas:

Ansonia, Beacon Falls, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, New Haven, North Branford, North Haven, Northford, Orange, Seymour, West Haven, Woodbridge

Job Types: Full-time, Part-time

Pay: \$12.00 - \$15.00 per hour

Contact: (203) 713-8855

**WE'D LIKE TO WISH YOU A HAPPY BIRTHDAY....**

....but we can't if we don't have it in our database.

It is always possible that these special dates were previously provided us.
If so, you have our apology for any oversight and our request to please try again.
And whenever your special day is, may God who has blessed you with this
milestone smile on you and your celebration.

Sincerely,

Mary Lou Kampert (mtmumc@sbcglobal.net; 203.874.1982, ext. 110)

**JUNE BIRTHDAYS**

MTM CLUB 80 MEMBERS—are listed below in **bold**.

If your birthday is not listed and should be, or if there are other
birthdays needing changing, please call the Office at 203-874-1982. Thank you!



1st Janice Fino
2nd Jennie Littrell
4th Zachary Scott
5th Kristen Campbell
9th Chris Carveth
10th Wayne Lebel
John Leum
11th Mary Lou Kampert
12th Bryan Thompson
13th Barbara Berglund
15th Christina Meraviglia
Vincent Shamansky
Bob Virgalla
16th Melissa Gonsalves
Evan Poloski
18th **Maureen Groves**



19th Leigh Bak
Colton Nunes
20th Akanksha Joshi
21st Stephanie D'Ambrose
24th Debbie Dubien
Frieda Pope
25th **Flo Berrien**
William Chevett
27th Stephen Sobolewski
28th Karen Keane
29th David Doyle
Kathleen Smith



**WE'D LIKE TO WISH YOU A HAPPY BIRTHDAY....**

....but we can't if we don't have it in our database.

It is always possible that these special dates were previously provided us.
If so, you have our apology for any oversight and our request to please try again.

And whenever your special day is, may God who has blessed you with this
milestone smile on you and your celebration.



Sincerely,

Mary Lou Kampert (mtmumc@sbcglobal.net; 203.874.1982, ext. 110)

**JULY BIRTHDAYS**

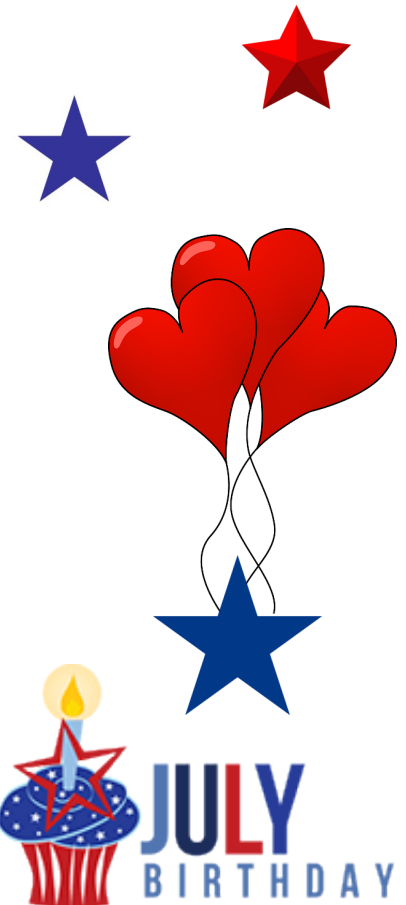
MTM CLUB 80 MEMBERS—are listed below in **bold**.

If your birthday is not listed and should be, or if there are other
birthdays needing changing, please call the Office at 203-874-1982. Thank you!

1st William Babcock
Sarah O'Brien
2nd **Ann Sullivan**
Johanna von Hollinger
3rd Stephanie Hulse
Shauna Paton
4th Cameron Gonsalves
5th **Roger Swarney**
6th Michelle Lapadula
9th Scott Firmender
Wil Wright
10th Daniel Gloates
Phoebe Repetsky
Shannon Thompson
12th Addyson Perregaux
13th **Rita Brown**
14th Stefano Cono



15th Ty Gage
16th David Arnold
Ryan Bacon
Paul Clark Jr.
17th Natalie Rendon
19th Coltin Darak
20th Bradley Hulse
Alicia Meszaros
23rd **Margery Zurko**
24th Jennifer Connor
26th Chris Gonsalves
27th **Maria Nogueira**
28th Lillia Downing
29th **Marlene Handshy**
30th Hayley Lapadula
31st Meg Dennis
Abigail Gonsalves
Bay Tait



The BEACON

Mary Taylor Memorial United Methodist Church
168-176 South Broad Street
Milford, Connecticut 06460-4728

Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 170
Milford, Connecticut

JUNE/JULY 2021

RETURN SERVICE REQUESTED