

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!*

August/September
2021

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Moving Right Along

For surely I know the plans I have for you, says the Lord,
plans for your welfare and not for harm,
to give you a future with hope.

~ Jeremiah 29.11

My friends at Mary Taylor Memorial, dear siblings in Christ, **I have good news!** Our Worship Committee met on July 14 to consider all the options available to us for meeting the needs of our congregation--both those who ardently desire to worship in person, and those who prefer or need to join us online. After careful and detailed deliberation, the Worship Committee recommends that we **move forward with a basic live-stream of our worship services**, using the audio and video equipment that was installed in the sanctuary just before the pandemic lockdown. On July 22, our Church Council met, received these recommendations, and accepted them with full consensus.

We have been longing to be together--and at the same time, we know that some of us cannot be together. Some live far away. It is difficult for some to leave home. Some want to be able to participate while they are traveling. **This solution allows us to bring our worship back into the sanctuary, while still reaching beyond its walls.**

I want to give **a few caveats**. The live stream from the sanctuary **will not look as fancy** as the Zoom we have become accustomed to. The video will be from the back of the sanctuary, and will not provide the close-ups we are used to. Volunteers will be running the system, and we need to offer lots of grace and thanks to them! We may not be able to include slides in the live stream, which will mean that people who are worshipping from home will need to open up the bulletin file on a device, or print it out, to have access to the liturgy and hymn lyrics.

Another caveat is that we are pretty sure we can get this working soon...but until we actually test it and prove it, and have enough volunteers trained to run it, that first statement is theoretical. I spent ten years as an IBM systems engineer, which gives me a substantial archive of things I can think of that can delay a project! As I'm writing this, I don't know when we will be able to launch this live stream, but please know **we are working as fast as we can**. The first possible date is just six days from now! By the time you read this, we will certainly know more. We will communicate as soon as we have updates--**please open any emails you receive from the church!**



Moving Right Along—continued

As we prepare to move forward, **I want to pause and thank everyone who made our worship possible over the last 17 months.** We moved very suddenly in March 2020 from in-person worship to Zoom, and for all this time our weekly Zoom worship has been run by either **Nathan Williams** or **Jasmine Blennau**, who also send out the Grace Notes email every Saturday evening. **Rick Riccardi** has played for us every single week on his grand piano at home, on the MTM organ and electronic piano, on chimes and brass, in duets (and more!) with himself and with his father, and has directed and produced choir videos. **Stacey Cronk** and **Tom Beyer** have served as the Voice of the People on Zoom. Our lay leaders, **Beth O'Brien**, **Shelly Lapadula**, and **Nathan Williams**, have gone from gathering up slips of blue paper with prayers written on them to receiving prayer requests online as they prepare for the Prayers of the People each week. **Paul Downing**, **Holly Firmender**, and **Stacey Riccardi** supported the various in-person options we had in the fall of 2020 and spring of 2021. **Paul** set up our beautiful Easter Sunrise services and live-streamed them. **Lydia Smith** brought joy to Monday night worship and Easter with her drumming, guitar, and beautiful voice. **Nathan Williams** and **Tom Hollyday** worked miracles for three weeks by taking our current audio/video system and making it work with Zoom, which is it NOT designed to do. Even though this wasn't sustainable, it gave us a chance to be back in the sanctuary, and we are grateful. **Tom** is also doing the training for our live-stream volunteers. Our **liturgists** became accustomed to muting and unmuting themselves, to a Saturday morning full rehearsal, and to setting up their laptops so that you would see something pleasing behind them. Our monthly specials--**Missions Moment**, **Stewardship Spot**, and **SEAKing Justice**--prepared creative presentations that took advantage of the online format. **Rachel Merva** led our reopening task force with grace and great attention to details. **Andy Thomas** moved things and cleaned things and cleaned and moved them again. **Mary Lou Kampert** took changes in stride, kept our office running, and learned new programs and skills. **Wendy Hoffmann** kept our children learning and experiencing God's love together in an online version of Camp Faith Formation. **Eileen Doyle** guided the Church Council through all these changes with open ears and open heart. And **Pastor Kristina Hansen** led us all through this very difficult time with a vision of **joyful, high-quality worship that was inviting, accessible, and welcoming for all.**

God did not bring us this far to leave us now! I am glad to be traveling this road with you.

Pastor Karen





Worship Services, August-September 2021

All services will be available online and in-person at:

9:30 (August through September 5)

10 a.m. (September 12 and ongoing)

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

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 glass of juice, for each person.
- The text is Genesis 50.



August 8

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

SERMON SERIES: Take Me Out to the Ball Game: Living a Home Run Life

- Part One of Pastor Kristina's 5-part sermon series - 1st Base: Character
- Texts are Psalm 19:7-14 and Philippians 3:4b-14

August 15

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

SERMON SERIES: Take Me Out to the Ball Game: Living a Home Run Life

- Part Two of Pastor Kristina's 5-part sermon series - 2nd Base: Relationships
- Texts are Psalm 78:1-8, Philippians 2:1-13

August 22

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

SERMON SERIES: Take Me Out to the Ball Game: Living a Home Run Life

- Part Three of Pastor Kristina's 5-part sermon series - 3rd Base: Potential
- Texts are Psalm 106:1-6, 19-23, Philippians 4:1-9

August 29

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

SERMON SERIES: Take Me Out to the Ball Game: Living a Home Run Life

- Part Four of Pastor Kristina's 5-part sermon series - Home Plate: Dependence
- Texts are Psalm 99, 1 Thessalonians 1:1-10



September 5 The Fifteenth Sunday after Pentecost, 9:30 a.m.

SERMON SERIES: Take Me Out to the Ball Game: Living a Home Run Life
LABOR DAY WEEKEND

- Part Five of Pastor Kristina's 5-part sermon series - World Series: Bringing it Together
- We will celebrate the Sacrament of Holy Communion together. If you are worshiping from home, please prepare bread or a cracker, and a glass of juice, for each person.
- Texts are Psalm 90:1-6, 12-17, 1 Thessalonians 2:1-8

September 12 NEW TIME! The Sixteenth Sunday after Pentecost, 10:00 a.m.

- We will celebrate the Sacrament of Baptism for a couple of our children!
- Pastor Karen will bring the message.
- Lectionary texts are Proverbs 1:20-33, Psalm 19, James 3:1-12, and Mark 8:27-38.

September 19 The Seventeenth Sunday after Pentecost, 10:00 a.m. RALLY DAY!

- Pastor Kristina will bring the message.
- Lectionary texts are Proverbs 31:10-31, Psalm 1, James 3:13-4.3, 7-8a, and Mark 9:30-37.

September 26 The Eighteenth Sunday after Pentecost, 10:00 a.m.

- Pastor Karen will bring the message.
- Lectionary texts are Esther 7:1-6, 9-10, & 9:20-22; Psalm 124; James 5:13-20; and Mark 9:38-50.

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

BEYOND THE BOX BIBLE STUDY BEGINS AGAIN
IN SEPTEMBER!

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 continue to be off through August and will return in September after Labor Day!

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

We will send the ZOOM links in the Grace Notes and to all the regular participants in September.





EACH WEEK AT MARY TAYLOR MEMORIAL UMC ONLINE

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=MS9kbolzZmpnTndEYm10UIZoTEZGZzo9>

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.**



LAURA'S TREASURE TROVE

Submitted by Bev Downing and Jane Ayers

Thanks to your generosity, Laura's Treasure Trove is filled to the brim. We are running out of space and that's a good problem!

Please be aware of the following changes to our donation policy:

Donations are limited to ONLY the following items:

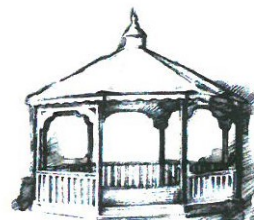
- ♥ Winter and fall clothing in good/clean condition
- ♥ Paperback books, Jewelry, and Toys

You are welcome to stop by on Thursday's from 9:30am - 12:30pm until Thursday, August 26.

- ♥ Fully vaccinated people are no longer required to wear masks on the MTMUMC campus.
- ♥ All unvaccinated people, as well as children under 12 years of age must wear masks.
- ♥ Donation appointments do not need to be scheduled in advance.

Thanks for understanding that we can't take anything else at this time. We are grateful for the wonderful items you've already donated.

See you on September 11th for the Autumn Fair!



Autumn Fair

On the Mary Taylor UMC Campus

Saturday 9/11/21

Rain Date 9/18/21

11:00 am – 5:00 pm

(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



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—

Our group will be celebrating our 14th anniversary in October. Through those years we have made over 1,030 shawls. Very rarely are they sitting around for very long. We recently donated 6 shawls to St. Raphael's Hospital for their patients.

We meet once a month but keep busy at home all the time. If you would like to join us we would be very happy to see you. We have supplies and even give lessons!

Our next meeting will be September 9th at 7:00 p.m. in the Library in Wesley Center.

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.

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.

Thank you for your support of the MTMUMC Fair !



CAMP FAITH FORMATION

COME LEARN AND GROW WITH US AS WE EXPLORE OUR FAITH!



Rally Day

September 19th at 10 a.m.

Join us for a special worship to kick off
a new year of Camp Faith Formation!

(Camp Faith Formation Zoom lesson at 11:30 a.m.)

Autumn Hike with Our Pastors

(Date to be announced in September)

JOIN OUR PASTORS ON A SPECIAL HIKING RETREAT
SOMETHING FOR EVERYONE!

Parents, Children, Couples, Singles! All are welcomed!

You can stay at base camp, do a short hike, or take a longer hike.

Light refreshments served up with some camp songs and praise!

(More information will be announced in Sept. during worship.)



10th Annual Milford Trick or Trot

5k walk/run

Saturday, October 30th 2021

Race starts at 9 a.m.



3 John 1:4

"I have no greater joy than to hear that my children are walking in the truth!"

This is a great way to have our Campers experience their faith in action.

Families of Young Campers: We will have a shorter route planned out for you.

Costume Contest - wear your costume or church t-shirt

Join us afterwards at church for Pumpkin decorating and light refreshments.

Everyone in the church is welcomed!

Help put a stop to Hunger and Homelessness

Benefits the Beth-El Center of Milford





MISSIONS NEWS

Community Gardens: So far, we have donated kale, lettuce, onions, zucchini and squash from our Garden of Feedin' to the Community Supper, our parishioners and the Milford Food Bank.

The woodchucks seem to be contained at this point, so next up will be peppers, cucumbers and TOMATOES!!!! Please reach out if you'd like a tour of the garden and our plot. It's so gorgeous and it continues to help feed our community every week! MTMUMC is also a receiving organization for the PAR Plots program in the Community Gardens. We were blessed to receive a donation of zucchini and summer squash in June which we offered as a healthy eating opportunity for our parishioners. Also, Jerry and Helene Dellert made and delivered veggie quiches to several people in our community from some of the squash and zucchini donated. Thanks so much to all for sharing your time and talents!



Farm Stand Vouchers: MTMUMC has \$5 vouchers available for parishioners looking to shop at the Bridgeport Hospital-Milford Campus farm stand, which takes place every Tuesday from July 13 – August 31st from 2-4PM, located at 2047 Bridgeport Ave., (side of the annex building / employee parking lot).

The farm stand sells fresh fruits and vegetables and takes senior and WIC checks in addition to the vouchers. Please see the flyer below, and pick up the vouchers at the church office during regular business hours.

Farm Stand at Bridgeport Hospital – Milford Campus



Tuesdays
July 13 through August 31
2 – 4 pm

2047 Bridgeport Ave., Milford
(side of the Annex Building/
Employee parking lot)

Call 203-200-3719 with questions

- Smith's Acres will be selling fresh fruits and vegetables
- Open to staff, patients, visitors and the community
- Cash, credit/debit (with \$10 min.), senior and WIC Farmer's Market checks accepted
- Face masks and 6-ft. social distancing required
- First 25 customers each week will receive a \$5 voucher, good toward produce purchase



MISSIONS NEWS— continued

Community Supper Update: The numbers are growing again for our community supper meals served. May distribution was 25 (with the remaining 25 meals getting dropped off at Beth El). June distribution was 40, but the meals were all gone in 15 minutes, so meal count will go to 50 in July and then we will see if we need to increase further. We are blessed to have so many in the church who volunteer for this ministry each month, whether its for shopping, prepping, packaging or serving meals. Our community relies on us for this mission and if you haven't volunteered before, please reach out to Rachel Merva (rmerva@optonline.net / 203-641-5088) for more information!

Farmers to Families Food Box / Pop Up Food Pantry Update: The Farmers to Families food box distribution has ended, but there is a recurring pop-up food pantry on the **third Thursday of each month (location varies)**. Volunteers are always needed if you'd like to help, and please spread the word for friends and family to attend and pick up wonderful fresh food for free.



Food Resources in Milford: The City of Milford, in coordination with other community organizations including MTMUMC Missions developed a resource for food support in Milford. Please see the flyers on pages 11 and 12 for more information.



MISSIONS NEWS—continued

Cooperative Parish Update: The Bike Giveaway in June for our Cooperative Parish was really successful! Please see the following note from Golden Hill UMC Missions:

Dear Fellow Methodists,

*Thank you so much for all your help getting donations of used bikes and monetary donations for bike helmets. We gave away 42 bikes and helmets on Saturday and 4 more during this past week to families, children and adults. **Stacey Riccardi from Mary Taylor UMC** went way above and beyond, getting donations of 20 bikes and money for bike helmets! Nichols helped with 5 bikes and \$186 to buy more bike helmets. Members from Jesse Lee, Stratford and Golden Hill donated another 10 bikes and 20 bike helmets.*

Saturday was definitely a community day! The Bridgeport Police Community Services came, and Golden Hill's Bridgeport Boy Scout Troop 34 helped move almost 60 bikes up to the parking lot. Participants ranged in age from 2 to 78 and reflected Bridgeport's diverse population. United Way's Community Messenger, Eneida Lamourt, helped translate for Spanish speaking families.

Phil Philbrick had 3 Golden Hill helpers in the "bike hospital" making sure bikes were in good shape before they were given away.



You have really made a difference in people's lives. For example, a Bridgeport student who has to walk two miles to school each day now has a bike. Another man who walks an hour every day to and from work can ride a bike. A family of five will now be able to have a family activity together riding their bikes.

As Helen Keller once said, "Alone we can do so little; together we can do so much." Thank you for your generosity and support. The Bike Giveaway was so well received that Golden Hill plans to do it again next spring.

*Blessings to all,
Phyllis Machledt
Co-chair of Society and Missions
Golden Hill UMC*





Milford

Food Assistance Resource Guide



Open to all



FOOD PANTRIES

Purple Pantry Boxes

10 purple **Food Pantry** boxes located throughout Milford that are stocked with staple items
<https://purplepantryboxes.com>

Kingdom Life Christian Church

Joseph's Storehouse Food Pantry available by **appointment on Thursdays only** from 11am-3pm. Pantry can be accessed one time per month.
Call 203-877-5464

Saint Mary's Church John Rigley Food Pantry-- Monthly food pantry, open weekly, for **approx. 50** families

Saint Gabriel Church

Church based food pantry provides non-perishable food, including frozen meat, to Milford residents in need. Service is **weekly** by **appointment only**. Call M-W 8am-6pm
203-877-6096

Milford Senior Center Milford Food Bank

distribution will continue as pre-packaged outside pick-up only.
Call 203-877-5731 for more details

City of Milford

Provides **list of food pantries available** to residents in need- identified with walk ins and referrals from school systems. Provide food vouchers for senior/non-seniors for farmers markets. Salvation Army vouchers and gift cards provided.

First United Church of Christ

Food pantry on either Tuesday or Thursday. About 30 clients served once per month. Mostly shelf staple items with limited dairy/produce.
phone number

The Storehouse Project

The food pantry **operated twice weekly by appointment**. To make an appointment please call 203-490-6674 on Tuesdays and Thursdays from 4 - 6 PM.

Milford Christian Church

Appointment only.
Call 203-874-1233





Milford

Food Assistance Resource Guide



LUNCH/DINNER MEALS

Beth El Center, Inc.

Meals to go **daily on weekdays only**. Pickup between 11:30am-1pm-- includes **lunch and dinner**.

The Storehouse Project

Weekly meals To Go. Every Monday of the month. 80 meals at the door + 170 shuttle meals.

Milford Senior Center

Mini-Lunch program will be To Go only. Daily meals will be provided for 3 days at a time. Meals available for pick up between 12pm to 1:30pm. Monday-Saturday.

Mary Taylor Memorial Methodist United Church

Monthly community supper on the 4th Thursday of the month for approx. 40-50 people on a walk in basis. **Served as to go**.

Saint Andrew's Episcopal Church

Provides 20-25 lunches per week and delivers to the Beth El every Friday.

Saint Mary's Church

Loaves to Fishes monthly dinner- **suspended during COVID-19**

Saint Peter's Church

Free monthly meals are served to the public. Second Thursday of every month.



FOOD DELIVERY

Meals on Wheels

For more information visit 211ct.org

The Storehouse Project

Truck delivers groceries to residents of housing projects and students on college campuses.

For more information call 203-668-6297

First United Church of Christ

Food2Kids Program. Provides weekend meals to approx. 160 Milford youth in schools and Boys & Girls Village. For more information call 203-877-4277

Milford Senior Center

Delivered meals will go out between 11:30am -1:00pm. Calls will be made to individuals who utilize out transportation serves on Monday morning and Thursday morning to place their order. Meals are at no cost to members.

Mary Taylor Memorial Methodist United Church

Supporter of Farmers to Families and CT Food Bank distribution events, including deliveries. For more information call 203-874-1982





PARISH HEALTH AND WELLNESS

Submitted by Leigh Bak, APRN, ACNS-BC, CDCES, with information from WebMD

DON'T LET DEHYDRATION GET YOU DOWN ~

As we enter the “dog days” of August, I thought it might be helpful to remind us all of the importance of staying well-hydrated. Approximately 55-60% of the human body is water. Dehydration happens when your body doesn't have as much water as it needs to function properly. You can have mild, moderate, or severe dehydration depending on how much fluid is missing from your body.

CAUSES~

It's normal to lose water from your body every day by sweating, breathing, peeing, and pooping, and through tears and saliva (spit). We usually replace the lost liquid by drinking fluids and eating foods that contain water. If you lose too much water or don't drink and eat enough, you can get dehydrated.

You can lose more water than usual with:

- A fever
- Diarrhea
- Vomiting
- Excessive sweating
- Excessive urination; uncontrolled diabetes and some medications like diuretics (also called water pills), can make you pee more often



You may not replace the water you lose because:

- You're busy and forget to drink enough
- You don't realize you're thirsty
- You drink less because of a throat or mouth sores, or when you're sick to your stomach

Effects of Dehydration: Dehydration is more than just being thirsty. Other signs are dry mouth, fatigue, headaches, and dizziness. Being dehydrated affects many of your major organs including your heart, liver and kidneys. You also have a harder time clearing toxins out of your body when you are dehydrated.

Signs and symptoms of mild or moderate dehydration include:

- Thirst
- Dry or sticky mouth
- Not peeing very much
- *Dark yellow pee*
- *Dry, cool skin*
- **Headache**
- Muscle cramps

Continued on next page

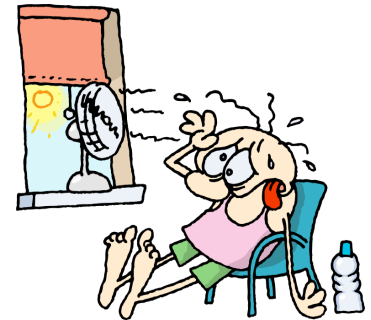


PARISH HEALTH AND WELLNESS

Continued

Signs of severe dehydration include:

- Not peeing or having very dark yellow pee
- Very dry skin
- Feeling dizzy
- Rapid heartbeat
- Rapid breathing
- Sunken eyes
- Fainting
- Sleepiness, lack of energy, confusion or irritability



Symptoms for babies and young children can be different than for adults:

- Dry mouth and tongue
- No tears when crying
- Dry diapers for 3 hours
- Sleepiness, lack of energy, or irritability
- Severe dehydration is a medical emergency and needs to be treated immediately
- Sunken eyes, cheeks, soft spot on the top of the skull



WHO'S AT RISK?

Anyone can get dehydrated, but the odds are higher for some people:

- Babies and young children are the most likely to have severe diarrhea and vomiting, and they lose the most water from a high fever. The youngest can't tell you they're thirsty or get their own drink.
- Older adults have less water in their bodies and often don't realize they're thirsty. If they can't get around very well anymore, they may not be able to get a drink easily.
- People who are ill with a cold or sore throat may not want to eat or drink.
- People with a chronic disease such as diabetes can pee a lot if the disease is uncontrolled. They also may take medicines such as water pills, which make them urinate more often.
- People who are active outside in hot and humid weather sometimes can't cool down effectively because their sweat doesn't evaporate. This can lead to a higher body temperature and need for more water.





Stewardship Corner: Scriptures to Ponder

Submitted by Cathy Cono



Pledges Support Partnerships

Welcome to installment 2 of the new Beacon column dedicated to all things Stewardship! In this issue, we're focused on how our pledges can power our Methodist mission of making disciples of Jesus Christ for the transformation of the world. Quite simply, while all financial gifts can be used to further the mission, a pledge can provide long-term support that is just not possible through smaller, spontaneous gifts.

Pledges allow the church to establish partnerships with missions and organizations that share our values and goals. Through these partnerships, we are enriched by relationships, shared experiences, information exchange, and the knowledge that our support is empowering others to transform even more lives. We will never know all who have felt the caring support and security offered through the Beth El Shelter or how their lives have been touched, but we know that our faithful support has helped make it possible. We cannot know all whose education and spiritual journey was positively impacted through scholarships given over the years, but we know that our faithful support has helped make it possible.

Pledging is a partnership between the giver and God. When we commit to a pledge, we are blessed to be a blessing in long term and sustainable ways. "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can." Are you doing all the good you can? If you have any questions or would like to discuss making or changing your financial commitment to the church, please reach out to Stewardship Chair Cathy Cono (spikkio@optonline.net), the Church Treasurer Eileen Doyle, or the pastors. Thanks be to God for you, your gifts, your generosity, and the abundant opportunities we have to do God's work!





SEAK

Suicide Prevention & Activism

Submitted by Kristen Campbell on behalf of the SEAK Committee

September is National Suicide Prevention Awareness Month, a time to share resources, raise awareness, and come together with strength to support those individuals affected.



Although suicide is the 2nd leading cause of death for people ages 10-34 and the 4th leading cause of death for people 35-54, it remains a stigmatized topic. Friends and family members left behind often have to navigate the tragedy of loss without feeling comfortable talking openly due to shame.

Since 1999, the overall suicide rate in the US has increased by 35% and has disproportionately affected LGBTQ+ individuals and people of color. In the US, suicide is the 2nd leading cause of death of Hispanic and African American people ages 15-24 and the leading cause of death for Asian Americans ages 15-24. American Indian/Alaska Native adults die by suicide at a rate 20% higher than non-Hispanic white adults. Lesbian, gay, and bisexual youth are four times more likely to attempt suicide than straight youth, and transgender people are nearly 12 times more likely to attempt suicide than the general population.

In the midst of the COVID-19 pandemic, with all its heartbreak and challenges, we have seen the increase in anxiety, depression, and self-harm in children and young people. While we wait for more data, there are concerns that the rates of suicide in the coming months and years will continue to rise as they have with past epidemics.

As we all adjust to a new normal, we are all trying to protect our mental health and cope with uncertainty. It's more important than ever that we love and support our neighbors, and we need to know that everyone benefits from honest and vulnerable conversations about mental health.

Quick tips for having a real conversation about someone's mental health:

Just listen. Don't judge – just be there. Check back in often. Connect to help.

**Simple actions you can take to prevent suicide:**

- Learn how to care for your own mental health
- Have open conversations with people in your life
- Demand better legislation (<https://afsp.org/actioncenter>)
- Bring suicide education and support programs to your schools, workplace, community
- Learn, look out for, and share the warning signs (<https://afsp.org/Signs>)
- Add crisis resources to your phone and encourage others to do the same
- Connect suicide loss survivors to healing resources

If you or someone you know is in an emergency,
call [The National Suicide Prevention Lifeline](https://www.afsp.org/24-7) at 800-273-TALK (8255) or call 911 immediately.

Sources: American Foundation for Suicide Prevention, National Alliance on Mental Illness, Suicide Prevention Lifeline, CDC National Center for Injury Prevention and Control, BMJ (2020) *Trends in suicide during the covid-19 pandemic*.



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—THURSDAY ~ THROUGH LABOR DAY
9AM TO 2PM



COMMUNITY SUPPER AT MTMUMC

Thursday, August 26th, 5:30 p.m.

Thursday, September 23rd, 5:30 p.m.

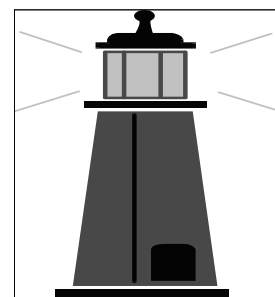
If you can help, contact Rachel Merva at 203-641-5088

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



OCTOBER
“BEACON” DEADLINE IS
Wednesday, September 15th

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



**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)

**AUGUST & SEPTEMBER 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!

AUGUST

2nd Eileen Potkay
5th Ayse Demir
9th Jeff Brockett
Andy Thomas
10th Suzanne Buchter
11th Vickie LaBonte
12th Judy Darak
Joseph Merva
Liana Pitre-Dahnke
14th Anthony Davis
Iris Peckham
16th Colbie Woodard
17th William Chevett Jr.
Lodemia Lopes
Kevin Perregaux
Susan Reynolds
20th Carol Chevett
Helene Dellert
21st Christopher Leum

23rd Stacey Meszaros
28th Hazel Ferguson
Heather Krom
29th Jonathan Fino
31st Krista Doherty
Laura Perregaux

SEPTEMBER

1st Caroline Cermignani
Faith Lawrence
2nd Pastor Kristina
4th Alison Pitts
6th Tom Baker
7th **Judith Bennett**
8th Jane Ayers
10th Stacey Riccardi
11th Beth O'Brien
12th Stacey Titus
14th Alexandria Darak
Faye Zeiner
15th **Pastor Hal Vink**

17th Jacqueline Paton
20th Ian Griffin
Justin Macdonald
21st Kathleen Bacon
Gwyneth D'Andrea
Chris Edwards
Carol Sahutsky
22nd Nancy Cicarella
Michael Firmender
Lisa Sobolewski
23rd Debbie Leum
Ruth Starcher
24th Barronlee Grasso
Nathan Williams



The BEACON

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

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**AUGUST/SEPTEMBER
2021**

RETURN SERVICE REQUESTED