

Congregational Church of South Hero, U.C.C.  
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South Hero, VT 05486  
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Pastor: Rev. Dr. Michael Galica  
cell 801-209-6880  
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[sherochurch.org](http://sherochurch.org)

## Worship every Sunday Morning at 9:30 a.m.

### E News for June 11, 2026

*Welcome home Mike & Michelle!*

#### **From Pastor Mike: Focus Scriptures: Genesis 18:1-15, 21:1-7; Matthew 9:35-10:23**

In Sunday's reading, God invites Abraham to believe an impossible thing; with him being 100 years old, his 90 year old wife, Sarah, will have a child. And then, in the second half of the reading, it happens! Meanwhile, in the gospel, Jesus asks his closest followers to do something almost as impossible sounding: to go out *without him* into a hostile world and do the same kind of miracles that Jesus did. What does it mean to follow a God who does impossible things?



Join us Sunday after worship for coffee and refreshments.  
In celebration of Sunday School, Christian Ed will provide an ice cream sundae bar for all.

The bulletin for each week is now on our webpage [www.sherochurch.org](http://www.sherochurch.org)  
You can stream Sunday Worship live. <https://tinyurl.com/CCSHLive>



#### **Third Sunday after Pentecost**

**Scriptures: Genesis 18: 1-15, 21: 1-7; Psalm 116: 1-2, 12-19 (CEB); Romans 5: 1-8; Matthew 9:35-10:23** (Diane Monti-Catania, liturgist)

**CEB is the Common English Bible.** <https://www.commonenglishbible.com/>

**Hymns:** NCH # 164 "Arise, Your Light is Come"  
NCH # 495 "Called As Partners in Christ's Service"  
NCH # 76 "Sent Forth By God's Blessing"

You can search online for hymn lyrics fairly easily,  
New Century Hymnal (NCH) & Worship & Rejoice Hymnal (W&R)

WERE SUPPOSED TO LIKE  
SUFFERING BECAUSE  
IT MAKES US HOPEFUL?



WELL—NO ONE LIKES  
SUFFERING, BUT IT'S  
OFTEN TRUE THAT  
WE FIND GOD'S STRENGTH  
IN OUR OWN WEAKNESS.



IS THIS LIKE THAT  
"NO PAIN, NO GAIN"?  
'CAUSE I WASN'T CRAZY  
ABOUT THAT ONE  
EITHER!



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**Saturday June 13<sup>th</sup> at 2 pm.**

All Women, girls, those who identify as women are invited!

Come to share a cup of tea and a few refreshments. Catch up with old friends, meet someone new.

*Friends and drinking tea truly do help you live a longer, better life.*



**From Our Boards** *Reminder: anyone may attend a board meeting. If you wish to talk about something pertinent to that board, contact the board chair to be put on the agenda. Your concerns are **always** important.*

**PASTORS RELATION COMMITTEE**

**Members:** Emily Lee, Aimee Cochran, Bill Vitale, Tim Bryan

**STEWARDSHIP COMMITTEE**

**Members:** Kaight Althoff, Bill Gile, Josie Leavitt, Aimee Cochran, Susan Waring, Bob Krebs, Mike Galica  
The committee recently met to organize goals and plans for stewardship

**Board of TRUSTEES**

**Members:** Dolf Wirsing, Doug Patterson, Carol Tremble, Luke Tremble, Josie Leavitt, Tim Bryan  
*At each meeting we continue to work on stewardship, budgets, accessibility, front door.  
We thank Kevin Winch and Susanna Jaeger for the new lawn chairs, replacing the broken ones.*

**Board of CHRISTIAN EDUCATION**

**Members:** Carrie Bryan, Kelsey Dickson, Michelle Galica, Marguerite Althoff, Nathan Lee (youth)



Our Sunday School year will conclude this **Sunday June 14<sup>th</sup>**, when we recognize our students and volunteers. Hope to see you. Join us for an ice cream sundae bar following worship. These young people attended this year: *Teah Bryan, Olivia Cochran, Arlen Corbin, Jaxson Godin, Daisy Ploof, Rose Ploof, Rorie Antonioli, Ryann Antonioli, Elle McGinty, Eve McGinty, Vivian Lyon-Horne, Charlie Dickson, Lilly Dickson*



Thanks to your donations, the Sunday School kids collected enough funds (**\$710.00**) to purchase these animals through Heifer International to “pass the gift.”

- 1 Heifer            1 sheep            1 flock of ducks
- 2 flocks of chickens            1 honeybee



Thank you to all who came forward with ideas and to volunteer for VBS events.

**Save the Date! Vacation Bible School Sunday, August 9th.**

This event is open to everyone, and we invite all ages to participate.

## Board of DEACONS

**Members:** Aimee Cochran, Gretchen Patterson, Sharon Arthur, Barb Smith, Rob Althoff, Cathy Rude



**Special Thanks to Sylvia Corbin for working her magic with our summer music guests. Here is the schedule for June and July:**

**June 21<sup>st</sup> Bell Choir.**

**July 5<sup>th</sup>** Gena Callan

**July 19<sup>th</sup>** Karen McFeeters

**June 28<sup>th</sup>** Helen Bishop

**July 12<sup>th</sup>** Jen O'Rourke Lavoie

**July 26<sup>th</sup>** Phil Reynolds

*Thank you to Susan Davis for filling the front flower containers.*

## Board of MISSIONS:

**Members:** Barbara Purinton, Art Huse, Megan Kouns, Elise Whittemore, Cyndi Reynolds, Kaight Althoff  
*"In seeking to follow Christ's call, we strive to serve, facilitate and generate opportunities for Church outreach while allocating Church resources for the direct and tangible benefit of our local Grand Isle Community."*

Your continued support of food donations, gift card donations, your offertory donations, and items for various projects make this possible.



<https://www.champlainislandsfoodshelf.org/home>

**Wally's Basket requests for June** • toilet paper • paper towels

• Personal items (shaving items, tampons) • toothpaste • shampoo

• condiments (mustard, mayo, catsup, salad dressings)

The Little Pantry is all about shelf stable foods: snacks, easy to heat/eat items, cereals. Personal products always needed.

Can't thank you enough – and we do hear it every week in the office – Hannaford grocery cards and gas gift cards are appreciated and needed. Simply place in the Sunday offertory.



**Welcome Mission Project** assists unhoused families in Franklin and Grand Isle Counties moving into residences. **We have committed to a monthly list of 4-6 each of these:** • Shower curtain liner • curtain rings • laundry basket(new) • toilet brush set • laundry detergent (unscented & sensitive skin) • clothes hangers (new)



**June 8-June 14 Fill the back shelf with toilet bowl brushes!  
Toilets need cleaning!**



**Week of June 15-21 we will collect shower curtains and rings!  
No more wet bathroom floors!**

**Food for Thought** (still working on details) **will begin on June 25<sup>th</sup>**. There will be 2 pickup sites for the boxed meals (Alburgh School & Grand Isle School) and 2 supplemental Food for Thought sites, same time, at the Island in the Sun (Alburgh) and at CCSH. *Stay tuned.*

**Dismas House Meals** signup sheets are on the board in Fellowship Hall. On the **third Friday** of each month we typically feed **10 people**; the only restriction is **no pork**. Complete menu should include entrée, salad and/or vegetable, bread, and dessert. *(you provide 1 part)*

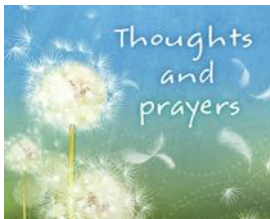
**Next meal June 19<sup>th</sup>** Beef hot dogs with Charlie's Red Hot Sauce. *(some may remember Charlie's from the Bay?)*



**Village Harmony News: Concert is July 5<sup>th</sup> at 3pm** with potluck supper following. Mark reports that we need **housing for two people** (one lodging).



Look for sign-up sheets for the Sunday afternoon potluck and Monday morning breakfast. The sheets will be posted on Sunday June 21<sup>st</sup>.



Prayer makes a difference in the lives of others and it unites us when we pray together. We lift up the needs of our community, whether asking for improved health, comfort in grief, or joy in sharing a special event.

- Art Huse has moved to Franklin County Rehab in St. Albans. He says he is open to visitors in the afternoon (after 12:30pm).

If you wish to send cards this is his address: Franklin County Rehab  
110 Fairfax Rd, Room 110  
St. Albans, VT 05478

- Prayers for Cyndy Reynolds and for her sister.



**Congratulations to Jack Tremble, this year's recipient of the Niebling Award.**

Jack will graduate Cum Laude this Saturday from Essex High School and Center of Technology Essex. He plans to attend UVM in the fall studying mechanical engineering. Jack would like to thank the Board of Christian Education and the Niebling family for the honor of this award. The Tremble family thanks all the members of the church for their support over the years and fostering such a wonderful environment for Jack to grow up in.

If you, or someone you know, should be added to our prayer list, **please let Margaret know**. It can be health related, a birthday or anniversary, a job search, happy, sad, encouraging. We all need prayers and often won't ask.

I receive interesting and unusual emails. Some I read, some I delete without reading. This morning's email came from the company we purchase the toilet paper we use in the church: *Who Gives A Crap*. The subject line stated **\$13,000,000 donated to date!**

Intrigued I opened the email. A few years' back after doing some research, and ever cognizant of the environment and our septic system I stumbled on this product. It was started by a few guys from Australia who were on a mission to ensure everyone in the world has access to clean water and a toilet. Without proper sanitation systems like toilets, waste ends up in the water communities use for drinking, cleaning and bathing. Using contaminated water can lead to all kinds of infections and diseases – many of which can be fatal. Access to clean water and a toilet could save 1.4 million lives per year. *Who Gives a Crap* uses 100% recycled paper or bamboo (the world's fastest growing plant) and donates 50% of their profits, partnering with non-profits, to provide sanitation systems and clean water. It sounded like something people at CCSH would be interested in. I began purchasing the septic-safe toilet paper from WGAC. Bonus for us- pricing was favorable and they delivered!



That brings me to the Blackburnian Warbler pictured here.

According to the National Wildlife Federation, the fluffy toilet tissue purchased by most Americans, and in our supermarkets, requires pulp containing long wood fibers found only in virgin timber (from live trees).

When you use premium tissue, you flush down the toilet part of a tree that may have been felled solely for that purpose. And that tree may have been harvested from Canada's boreal forest, where 57 percent of Blackburnian warblers breed—along with a third of all North American songbirds. Beyond providing wildlife habitat, the boreal is one of Earth's great sponges for carbon dioxide, our most significant greenhouse gas. Together, the forests ringing the land masses at the top of the world store more carbon than any other terrestrial ecosystem. On the relatively cold forest floor, fallen trees and leaves pile up, preserved as if in a refrigerator, locking carbon in a layer that can be 10 feet thick. When many trees are cut, the land heats up—especially during summer when the sun barely sets—and begins to release carbon dioxide and other gases.

- a single American uses about 140 rolls of toilet paper/year.
- An average soft wood tree produces about 800 rolls of toilet paper per tree.
- The Natural Resources Defense Council estimates that if every household in the United States replaced a single roll of virgin fiber toilet paper with a roll from 100 percent recycled paper, the wood saved would add up to 423,900 trees.

### **The At-Home Jar Test**

You can easily test if your current toilet paper is safe for your septic tank. Take a few sheets, drop them into a clear jar of water, and gently shake it. If the paper begins to break apart and dissolve into small flakes within a few seconds, it is safe to flush. If it stays in a clump or requires significant force to break up, you should switch brands.

*For those of us who have been around long enough to remember, I thought you might like this story.*

## CHARLIE'S RED HOTS

1 teaspoon salt  
2 teaspoons chili powder  
Pinch of pepper  
1 medium onion, chopped  
2 pounds lean ground beef  
3 cloves garlic  
5 tablespoons margarine  
3 beef bouillon cubes  
2 tablespoons Worcestershire sauce  
1½ cups water  
½ teaspoon cayenne pepper

*Saute onion until translucent, then add garlic. Cook briefly, add meat and seasonings. Cook and break up meat, no clumps. Add water, beef bouillon cubes. Cook 2½ hours. Split hot dogs, not all the way through. Grill on both sides in a fry pan. Toast or grill buns. Top with hot dogs and sauce.*

**Dear Ask-It:** I think G.W. of South Burlington was looking for this popular recipe, which is one of the few times I use prepared foods. — G.M., Middlebury.



### **CHARLIE'S RED HOTS** a Burlington Vermont icon

Charlie's Red Hots founded by Sam Costopoulos, a Greek immigrant nicknamed 'Charlie' after his impressions of Charlie Chaplin, opened in 1941 on Church Street in Burlington.

Charlie's Red Hots quickly became a favorite among the Burlington crowd. Sam, or Charlie as he was better known, arrived in Burlington in 1927, doing odd jobs and working at various restaurants, among them the Yum-Yum restaurant and the Black Cat, where he learned his trade.

During WWII, he gave free meals to armed forces inductees on their departure day and free meals to returning service men and women in 1945.

In 1953, his son George, opened an additional location in Mallett's Bay. For over 60 years the two Charlie's locations were favorites with locals, tourists and college students.

There supposedly is an all-time high record of eating 21 hot dogs.

The Charlie's Red Hot sauce is said to have had a mild, slow building heat and tons of flavor. They used local Mackenzie hot dogs split, grilled, and served on grilled buns with mustard and onions.

Charlie's Red Hots, closed its doors quietly. Sam Costopoulos passed away in 1977 at age 82, his son George passed away in 2019 at age 89, taking the recipe to his grave. Or not!

**Thanks for reading!**

*(recovering from bronchitis, I Googled a lot – sorry)*