

Congregational Church of South Hero, U.C.C.
P O Box 99 24 South St.
South Hero, VT 05486
Office hours: Mon-Fri. 9 a.m. to 3 p.m.
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Pastor: Rev. Dr. Michael Galica
cell 801-209-6880
mike@galica.us
sherochurch.org

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

E News for July 30, 2026

From Pastor Mike: Focus Scripture: Genesis 32:22–31;

This week's reading records the story of Jacob's renaming to Israel—meaning, “he wrestles [or struggles] with God”. There's a lot of ways we can take that, but I think the most important is to understand that we are meant to challenge the things we think we know of God. As Christians, it sometimes feels like we have lost our “family tradition” of faithfully wrestling with God and Scripture. It might be time to claim it again.



*Join us Sunday after worship for coffee and refreshments.
Christian Ed is responsible for August.*

The bulletin for each week is now on our webpage www.sherochurch.org

You can stream Sunday Worship live. <https://tinyurl.com/CCSHLive>

We're curious – do you stream or watch the video of Sunday worship when you are away from the Islands? Send us an email with your response. ccshvt@gmail.com



Tenth Sunday after Pentecost

Scriptures: Genesis 32: 22-31; Psalm 17: 1-7, 15 CEB); Romans 9: 1-5;

Matthew 14: 13-21 (Mark Kennedy, liturgist)

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

Hymns: NCH # 407 “How Firm a Foundation”

NCH # 321 “Break Now the Bread of Life”

NCH # 347 “Let Us Talents and Tongues Employ”

You can search online for hymn lyrics fairly easily,

New Century Hymnal (NCH) & Worship & Rejoice Hymnal (W&R)

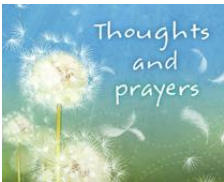


The summer music schedule : Thank you to Phil, Mike, Dave, Carl & Barbara for last Sunday's special music!

Aug 2nd & Aug 23rd Sam Rosenbaum

August 15th Champlain Voices

Sam Rosenbaum is currently a student at UVM, studying biochemistry and music.



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**, enjoys visitors, Rm 110 at Franklin County Rehab in St. Albans.
- **Susanna Jaeger** -update: Susanna returns home next week.
- **Sylvia Corbin** -is home following cornea surgery. She's resting and still under the weather some from a summer of not feeling her best.
- **Bill Eaton** – Barb Smith (sister) asks for continued prayers for her brother.
- **Andrew MacDonald**, Barbara Brown's brother has advanced cancer.
- **For those struggling with mental health challenges, for their families and caregivers.**
- **Cathy Rude**- belated Happy Birthday!
- The countdown is on for **Margo Breen's move to NC**. If all lines up, August 24th is the date. She and daughter Lindsay are looking forward to a new home!

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.



A simple church mission: open doors to everyone.

Most churches were built before modern accessibility standards. As congregations age, these barriers affect more and more people. Adding accessibility isn't just a renovation project. *It's an act of stewardship.*

Installing an elevator strengthens the sense of belonging, ensuring that long-time members remain active and that new visitors feel welcomed, reinforcing that everyone has a place in our church community.

We've had inquiries regarding donations- make checks, or have your bank write the check to- Congregational Church of So. Hero, with 'elevator fund' on the memo line and an indication as to who the check is from (you). Simply mail to the church. Address on page 1.



Family Vacation Bible Camp Sunday, August 9th, 2026 - Beginning at 9:30am

Theme: The Fabric of Forgiveness

A One-Day Family Adventure Through the Life of Joseph

This is an all-ages event.

Join us for an epic journey from the Pit to the Palace! We are diving into the incredible life of Joseph (Genesis 37, 39–45) to discover how God takes the "tangled threads" of our lives—betrayal, hardship, and unfairness—and weaves them into a beautiful masterpiece of grace.

Powerful Worship: *Sing along to songs of hope and restoration.*

Inspiring Lessons: *Learn how Joseph's choice to forgive changed history.*

Minute to Win It Games: *Test your skills in the "Escape the Pit" & "Grain for the Family" challenges!*

***Community Craft:** *Help us weave a "Tapestry of Grace".*

*For the community art project "Tapestry of Grace" we are collecting strips of fabrics (of all kinds), ribbon, yarn, rope, edging and anything that will weave nicely. We recommend 1"- 3" widths / any length at least 6." There is a collection box in the narthex; together these strips will become a beautiful expression of our church family.

CHURCH COOKOUT



Following the activities Christian Ed will provide burgers (beef & veggie), hot dogs and pulled pork. **Please bring a side dish to share.**

If you have any questions - Kaight Althoff is our event food coordinator!

Fun to share our faith journey together!



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

Wally's Basket & Little Pantry - these non-perishable items are popular at the food shelf:

Canned/Box Meals (Chef Boyardee, Mac and Cheese, Chili, Stew, Chunky Soups, Pastas & sauces, rice dishes, ramen noodles)

Breakfast items (cereals, granola bars, fruit cups, peanut butter, jams/jellies, coffee)

Personal items (shaving items, tampons, deodorant, soaps, shampoos)

Hannaford grocery cards and gas gift cards are appreciated and needed. Simply place in the Sunday offertory.



CROP Walk Sunday October 4th

\$16,600 goal for 2026

Our final 2025 Walk total of \$25,646.47 was in part due to a generous \$10,000. donation from visitors to CCSH who saw our posters promoting the walk.

TO REGISTER On line: crophungerwalk.org/southherovt

TO CONTRIBUTE

On line: crophungerwalk.org/southherovt

By check or cash (memo CROP Walk)

25% stays local /75% supports national & international hunger relief.

If you have questions, contact Mark Kennedy (maylskenn@yahoo.com)

Also look for posters on the bulletin boards with more info and a qr code



Welcome Mission Project assists unhoused families in Franklin and Grand Isle Counties moving into residences. Churches in these counties, including our church, have committed to a monthly list of needed items. This is what we are currently collecting.

Week of July 26th- laundry baskets

Week of August 2nd Hangers (new)

Leave on back shelf. Thank you.



From Our Boards If you wish to talk about something pertinent to that board, contact the board chair to be put on the agenda. Your concerns are 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
Listen to 'what this church means to me' by various folks throughout the summer.

Board of TRUSTEES

Members: Dolf Wirsing, Doug Patterson, Carol Tremble, Luke Tremble, Josie Leavitt, Tim Bryan

Board of DEACONS *will meet August 2nd*

Members: Aimee Cochran, Gretchen Patterson, Sharon Arthur, Barb Smith, Rob Althoff, Cathy Rude
Next meeting August 2nd

Board of CHRISTIAN EDUCATION

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

Board of MISSIONS: *will meet August 3rd*

Members: Barbara Purinton, Art Huse, Megan Kouns, Elise Whittemore, Cyndi Reynolds, Kaight Althoff

The music selections last Sunday's musicians chose (Phil, Barbara, Carl, Dave & Dave), has me thinking about "Why Can't We Be Friends?"- which led me to remembering the Dignity Index which began with Tim Shriver. *(that's how my brain works somedays...one thought leads to another...to another!)* I haven't printed anything from that site in many months.

<https://www.dignity.us/news/i-majored-in-figuring-it-out>

Today I read an excerpt on that site, that came from another of my favorite sites: cac.org . Tim's friends at the Center for Action and Contemplation emailed this reflection about the meaning of hope from Jon Batiste.

"There are so many things that we can say about the times we're in, and so many ways to look at it...So you have to start by finding a rooting that is true and meaningful for you. That's ultimately where we begin to find authentic joy, because joy comes from pain. It's a transmutation and an alchemizing of pain. It shifts it into a space that is true and authentic for you, even if the circumstances around you don't change. Deep hope can't be suppressed by bad circumstances. Hope transcends the conditions of your circumstances..."

The deepest hope is this inner knowing that the brightest light can come from the darkest moments...I've started to learn that hope transcends the physical. Hope is the language of the invisible. It transcends circumstances because it transcends physicality. It's spiritual. It's the language of the invisible realm, which is just as real, if not more real than the things we can see and touch...You work on it. You get better at it. My house could be flooded, and the roof could be on fire, and still, there's a sense of hope I can have. I'm going to stay in that boat."

Dignity is a lens—a way of seeing that awakens us to the reality that all life has value, that each of us is precious, that no pain or power can change the truth that we are each beautifully made.

Tim Shriver

...my brain still on a walkabout & humming "Why Can't We Be Friends?" (by War)...

It is a simple and powerful call for human unity, racial harmony, hope and peace. I was writing the E News as I watched Pope Leo's Concert for Peace with young people from war-torn countries singing and asking for peace. One young girl from the Middle East asked of the Pope – 'why don't adults get along, why do they fight?'

Thank you Phil & Friends!

Thanks for reading!





On a lighter note, a few poems to remind us of our summer days and nights....

The Summer Day

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean—
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down—
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

"The Summer Day" by Mary Oliver reprinted by the permission of The Charlotte Sheedy Literary Agency as agent for the author.
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Summer Stars

Bend low again, night of summer stars.
So near you are, sky of summer stars,
So near, a long-arm man can pick off stars,
Pick off what he wants in the sky bowl,
So near you are, summer stars,
So near, strumming, strumming,
So lazy and hum-strumming.

By Carl Sandburg, From *Smoke and Steel* (Harcourt, Brace and Howe, 1920). This poem is in the public domain.