

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.
(802)372-4962 ccshvt@gmail.com

Pastor: Rev. Dr. Michael Galica
cell 801-209-6880
mike@galica.us
sherochurch.org

Worship Sunday Morning at 9:30 a.m.

E News for September 10, 2026

From Pastor Mike:

Focus Scriptures: Matthew 18:21-35; Romans 14:1-12

The body of Christ is a diverse group. Yes, we are gathered together into this one church, but we are also different people with different backgrounds and different stories. How do we even hope to get along, especially when our differences outweigh our similarities? This week's readings point us to one of the most important values in the body of Christ: humility.

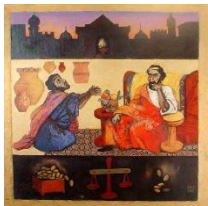


Join us Sunday after worship for coffee and refreshments.
The Deacons are hosts in September.

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

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

We are aware that there have been glitches with the live-streaming. We are working on the issues.
Worship is also recorded and can be found on our website following the service.



16th Sunday after Pentecost

Scriptures: Exodus 14: 19-31; Psalm 114 CEB ; Romans 14: 1-12;

Matthew 18: 21-25 (Diane Monti-Catania, liturgist)

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

Hymns: NCH # 230 "Come, You Faithful, Rise the Strain
NCH # 388 "Help Us Accept Each Other"
NCH # 565 "God Whose Giving Knows No Ending"

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



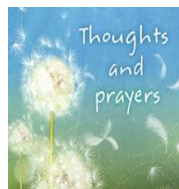


This Sunday, Jericho Road Crew closes out our Summer Music.

Choir starts back on Sunday, September 20th

Thursday night choir practices: Bells at 6:30pm; Choir at 7:30 pm

County Chorus begins practice every Monday Night at 7pm. See Mary Jane for more information



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.

- **Happy Belated Birthday to Dave Davis**, a quiet man with a gentle laugh!
- We hear that **Art Huse** has been spotted out and about – **we miss you Art!**
- **What?! Carol Tremble** with a broken collarbone from a bike accident? **Get better soon!**
- **Prayers** for members in our families struggling with health issues and for the families. (Bill Eaton Barb Smith, Andrew MacDonald Barb Brown, and Cyndi Reynold's sister)
- **Prayers for the family and friends of Chad Lussier**, who passed away earlier this week.
On the 25th anniversary of 9/11 prayers for all those impacted
(families and friends, first responders, co-workers, communities)
- **Prayers** for our Sunday School students and teachers.
- **Margo Breen** arrived safe in North Carolina and is anxiously awaiting the arrival of her household goods.
- **Prayers** for all those affected by floods, earthquakes, tornadoes, hurricanes – so much is happening right now.

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.



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.

Board of CHRISTIAN EDUCATION

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

First day of Sunday School is this Sunday, September 13th.

Board of DEACONS next meeting Oct. 11th

Members: Aimee Cochran, Gretchen Patterson, Sharon Arthur, Barb Smith, Rob Althoff, Cathy Rude
Discussed at the September meeting: future services, the budget, people needing rides to church, updating the streaming equipment, a Ladies' tea.

Breakfast Church/World Communion Sunday October 4th

The October 4th service will be a potluck breakfast service in Fellowship Hall, sharing the Lord's Supper and celebrating unity in Christ.

Board of MISSIONS: next meeting October 5th

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

At the September Board meeting, Missions' members approved allocating funds for gas cards, grocery cards, a CROP Walk donation of \$500.00, a matched donation to World Central Kitchen and a donation to Church World Service toward the Nepal flood disaster. The Food Shelf needs, particularly at Thanksgiving, were also discussed.



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

Our donations help others provide for their families. Shopping the store sales is a good idea - On sale this week at Hannaford's are Campbell soups & Spaghetti-o

type canned goods. Also fruit cups, Kraft mac & cheeses, Pasta Sauces

At Shaw's, some Rice a Roni items are on sale, and pasta sauces, as well as store brand toilet paper and paper towels. (Price Chopper sales wouldn't load)

Always needed: • toilet paper • paper towels • Personal items (shaving items, tampons)

• toothpaste/toothbrushes • shampoo • soaps/bodywash

Keeler Bay and 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. Churches in these counties, including our church, have committed to a monthly list of needed items. We are in need of these supplies. Leave on back shelf. Thank you.

Laundry basket Laundry detergent (sensitive skin, odor-free) shower curtain liners & rings
toilet bowl brushes hangers (new)

Board of TRUSTEES

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

Working with 2027 budget proposals,

To be announced in church beginning Sunday September 13th: A special meeting and vote to approve fundraising for improved church accessibility. **Sunday September 27, 2026**



Have you noticed the 'haircuts' our out-of-control shrubs and bushes have been receiving?

If you see Doug or Gretchen – say Thanks!

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



23

DAYS TO OUR CHAMPLAIN ISLANDS CROP WALK

Sunday October 4th

Registration at 1pm; Walk commences shortly after

2026 Goal: \$16,600. to date we've received about \$3000. – about 18%

TO REGISTER Online: crophungerwalk.org/southherovt

TO CONTRIBUTE crophungerwalk.org/southherovt

By check or cash (memo CROP Walk) or **QR code** on bulletin board poster

A CROP Walk story...

We are walking with Esmeralda Robles.

Esmeralda lives in Honduras with her husband and son . She struggled to provide nutritious food for her family. She also suffered from a chronic cough because of the soot that covered her home from using firewood to cook. After joining a Church World Service- led program that focused on food security and climate change, Esmeralda received an eco-friendly stove that reduced her use of firewood and helped her cough.

Esmeralda also participated in training sessions about planting crops and producing fertilizers. She's received seeds and produces most of the food that her family eats. She and others around the world are thankful for the steps we walk to support them in gaining knowledge and building ways to adapt to a changing environment.



Our mile+ walk begins and ends at the Congregational Church. Unable to be a walker? – come and cheer the walkers on. Can't attend that Sunday? Donate in honor of the walkers. Any way you can help is appreciated.

25% is returned locally and 75% helps relieve food insecurity worldwide.

Locally our donations have supported Food for Thought and the Champlain Islands Food Shelf with almost \$30,000.! Every \$1.00 donated offers more than food— it brings comfort to a neighbor, hope to a child, and strength to a community working toward a hunger-free future.

I pulled excerpts from Rev. Cameron Trimble's Sept. 2 meditation that followed a three day retreat with the Franciscans. This is, hopefully, not too fractured. To read it in its' entirety go to <https://www.pilotingfaith.org/p/when-did-you-stop-feeling-fully-alive>

(In) a short letter Saint Francis wrote to Anthony of Padua ...Francis gave him permission to teach theology to the friars.

*"I am pleased that you teach sacred theology to the brothers, providing that...you do not extinguish the spirit of prayer and devotion during the study of this kind."*¹

Do not extinguish the spirit of prayer and devotion...

(For) St. Francis, creation was not just raw material. It was about relationship. Sun, moon, water, fire, animals, land, and people were all part of one sacred family. Prayer was not separate from daily life. The world itself called for devotion. Being alive meant taking part in a creation already filled with God's presence.

That kind of spirituality changes the question from "What can I accomplish with my life?" to "What is my life devoted to?"

Devotion is a beautiful word because it holds love within it. We give ourselves to what we care about. A parent is devoted to a child. An artist is devoted to beauty. A gardener is devoted to the earth and the seasons. A friend is devoted to another's well-being. Devotion brings our scattered attention to a place where it can truly rest.

The American mythologist Joseph Campbell once told journalist Bill Moyers that he didn't believe people were searching so much for the meaning of life as for "an experience of being alive."

I think Francis would have understood. Feeling truly alive often comes in moments when we feel close to the world around us. We might be laughing with someone we love, working with our hands, standing under the stars, singing with others, holding an animal, or walking in the woods and suddenly notice we haven't thought about ourselves for a while. For a moment, we are simply participating.

Maybe prayer begins there. It may not start with words spoken to a faraway God, but with such full attention that life itself feels like *communion*.

How can I live rooted in the Spirit of prayer and devotion?

How can I stay awake to the call of Life?

I wonder what your answers would be. What helps you lose yourself in the best way? What stirs tenderness in you? What brings back your sense of wonder? What reconnects you with your body, with others, with the Earth, or with whatever you see as Sacred? Those questions are worth taking seriously.

Maybe the task before us in this unraveling age is not simply to preserve the institutions we inherited. Maybe it is to become *inspirited* again.

We need to find our way back to lives shaped by devotion instead of distraction, by relationships instead of extraction, by participation instead of consumption.

Francis feared that even sacred theology could extinguish the spirit if we confused studying faith with living faithfully.

Eight hundred years later, his warning feels remarkably contemporary. Do whatever work is yours to do. Study. Build. Organize. Teach. Lead. Repair what can be repaired. But guard the flame.

Don't get so busy managing your life that you forget to actually live it.



Thanks for reading!

Praised be You, my Lord, through Sister Mother Earth,
who sustains us and governs us and who produces
varied fruits with colored flowers and herbs.

St. Francis of Assisi

And I will add 'colored trees'.

Here a past Vermont September day to remind us how beautiful the seasons are.