

St. George's Episcopal Church, Milford

Aug 19, 2026 EBlast



Grief is not the illness, it's the Medicine.

I have suffered some personal losses over the summer. Things I have known were coming for some time but are painful none the less. And my children and their friends have had to encounter real loss and grief for the first time. And so we have had to talk about grief in our household in substantive but approachable ways. Here are some things I have shared with them, that I have known since I was their age, but still need to be reminded of every now and then:

Grief is not the illness, it's the medicine. All those strong feelings, the sadness, the anger, the confusion, sometimes the intense joy (I have never laughed harder than this one time at a wake) are not mistakes. They are not signs that you are doing something wrong, they are not something to be avoided or suppressed. They are the medicine that is trying to one day heal your soul. And like all medicine, it only works if you actually take it. It only works if you are actually willing to feel the hard feelings, it sits with the pain to let it slowly transform into something else. There is no escaping it. Grief will hunt you down and ambush you if you try to avoid it. So really you have to sip it, little bits at time. Like a therapeutic dose of medicine. If you have a feeling, let yourself have that feeling, acknowledge it and feel it and release it. And then go on. Little bits every day. It's a lot at first, constant sips, almost too many, but slowly, so slowly they transform your soul. That love you have and received from that person you lost through the process of grief turns you into a new person. Grief has made me both stronger and kinder. Grief has made me unafraid in a way I wouldn't easily trade away. The process of grieving is a gift. It is humanity's way of transforming loss into something that allows us to keep on living.

I don't know who needed to hear this, this week or at any point but I hope it helps.

See you Sunday,

Rev. Michelle

Calendar of Upcoming Events

Saturday August 22

2:00pm - Vestry Retreat

Sunday August 23

8:30am - Holy Eucharist Rite I in the Church

Celebrant: Rev. Michelle Werner

10:15am - Holy Eucharist Rite II in the Church & Livestreamed

Celebrant: Rev. Michelle Werner

Wednesday August 26

6:30pm Braver Angels Event

Wednesday September 2

1:00pm Crochet for a Cause

Sunday September 6 - Labor Day - Bishop's Visit

8:30am - Indoor Worship

10:15am - Outdoor Worship w/ Pet Blessing

11:30am - Lunch with the Bishop

1:00pm - Vestry meeting with the Bishop

Tuesday September 8

11:00am ECW

Wednesday September 9

11:00am Outreach Committee

Wednesday September 16

1:00pm Crochet for a Cause

6:30pm Men's Group

Sunday September 20 - Crossroads Lunch Service

8:30am - Worship at St G.

8:00am-10:30am - Cooking Shift at Crossroads

10:30am-1:00pm - Serving Shift at Crossroads

12:30pm - Worship at The Church at Crossroads

No 10:15 worship at St G.

Sunday September 27

9:30am-12:00pm Vaccine Clinic

Milford Memories Thank-you

Thank-you to everyone who volunteered for a shift, donated water or ice or simply prayed for us last weekend. Thanks to you all, we brought in a whopping **\$3293.49** and we got a wonderful chance to interact with our neighbors, showcase our town and share the love of God through a literal drink of cold water.

The Bishop is Coming Labor Day Weekend Sept 6

The Rt Reverend Bishop Bonnie Perry will be making her triennial visit to St George's on Sunday September 6th. The bishop will preach and preside at both services and we will have a special coffee hour between services for our 8:30 folks. The 10:15 service will be outside and include our annual pet blessing. Followed by a St George's style luncheon with the bishop and then a Vestry meeting. A Sign-up sheet for the luncheon is available in the fellowship hall.

Save the Date: Crossroads Sunday Lunch is Sept 20

We will be returning to Crossroads to provide our annual Sunday Lunch on September 20th. **We will not have 10:15 worship at St G's.** We encourage folks to come at 8:30 or to worship with us at The Church at the Crossroads. There are two shifts 8:30-11:00am to cook and 10:30-2:30 to serve. You can work both shifts. Car pool will be available from St G. Sign-up genius is available now. Click this link <https://www.signupgenius.com/go/5080E44A8AD2EABF58-65070236-crossroads> or see Mike Darcy or Rev Michelle for sign-up assistance.

Thank you from Rick & Debbie Lesnew

Dear Church family,

We would like to express our heartfelt thanks for the generous giftcard from Bordines and the love, prayers and support you've shown us after the fire at our home. During such a difficult time, your kindness has been a tremendous source of comfort.

Thank you for standing beside us and reminding us that we are not facing this journey alone. We are blessed beyond words and appreciate each and every one of you.

Coffee Hour in July and August

Folk do stuff with family and friends at weekends in the summertime hence attendance at St G ebbs and flows! Ensuring our Sunday Coffee Hours are hosted during July and August when there is no 'special event' thus becomes somewhat hit and miss. So let's stock St G. up with packaged treats, all individually wrapped eg: granola bars, little bags of cookies or chips, tiny muffins, trail mix, mini Kit Kats/Snickers etc. Items that do not need freezing, have long dates, are all individual - no packets which get left half eaten and open and no stuff in the freezer! A cupboard will be labeled up **'PACKAGED TREATS'** to store these tasty snacks. Then there will always be something to accompany a cup of tea/ coffee as we enjoy Sunday Fellowship together over the Summer. If you have any questions see Deb Sawyer.

This will only work if we all keep shopping and help put these treats out on Sundays... over to us all heh!

Printing of Service Bulletins over the Summer

Service Bulletins will be printed on Wednesdays for all of August and into September.

If you have any announcements or info for any Service Bulletins or the eBlast please ensure it is emailed to Rev. Michelle & Deb Sawyer by at the latest Monday close of business of the respective week or earlier if possible.

Our thanks In anticipation, Rev. Michelle & Deb Sawyer

Ongoing Outreach Activities

Below is a list of things we are currently collecting for our ongoing outreach ministries. Check back often to see what we are up to

Recyclable Textiles - Oakland County Foster Closet - in pink bags, first classroom - ongoing

Dress and other nice clothing - Grace Centers of Hope Resale Shop - Middle of Hallway - Ongoing

Small Toiletries - FedUp - Hallway Closest to Office - Ongoing

Non-perishable food - Community Sharing - Green bin in Narthex - Ongoing

Used Grocery Bags - Crochet for a Cause - Bins outside by plastic box or in back classroom - Ongoing

Ongoing Ministries in Action:

-Braver Angels

We are planning to meet in the Milford Central Park Pavillion on Wednesday August 26 6:30-8pm, along with a group called Red Wine & Blue, Title: "How To Talk Politics With Uncle Larry" Sub-title: Pathways to Depolarization

Join us for a special event discussion about Depolarization for controlling toxic politics within families. We'll discuss how and why depolarization can be helpful to everyone, and how polarization costs everyone. We'll discuss a range of ways each of us can help to depolarize, from quiet individual efforts, to big moves to improve communication. There will be demonstrations of some of the

communication techniques taught by Braver Angels, and some free resources we can use to build our own skills.

-Crochet for a Cause

Making mats for those in need out of plastic grocery bags. 1st 3rd & 5th Wednesdays from 1:00 - 2:30 p.m. We just delivered 15 mats to Corner Laundry & Shower located in St. Peters Episcopal Church in Corktown. **Next Meetings are Sept 2 & 16.**

- Cookie Ministry - Supporting the AA groups that meet at our church

All four weeks of cookie donations each month continue to be covered by the Darcys, Mike Fanfair Sr., Vestry and Linda Gillespie. Thank you for your ongoing support! Should one of these volunteers need a break, they will let Dot know and she will specifically reach out for additional help, if needed.

-ECW (Episcopal Church Women)

ECW meetings are cancelled for the summer reconvening in September when ECW will continue to meet monthly on the 2nd Tuesday. The **next Meeting is Tuesday September 8 at 11:00am in the Fellowship Hall.** St. George's ECW is a small group of women committed to supporting the many activities of this church. All women members of the church are members of ECW and are encouraged to attend the meetings. Do come along and join us.

- Healing Prayer

Provides laying on of hands and anointing for healing after worship at 8:30 & during communion at 10:15 service. The next Healing Prayers will be on **August 23 & 30.** Healing Prayer can be offered at all other services by request.

- LOK - Ladies of the Knight

2026 Tentative Schedule. Keeping check throughout the year for updates and more info.

August 25-26 - Joyce Spletzer - Stratford Trip

September - Caroline Liebau - Mariners Church

October 4 - Deb Lesnew - Dio Dinner Theatre

November - Dot Vangel - Ford Rouge Tour

December 5 - Joyce Spletzer - Annual Christmas Party

- Mens' Group

The Men's Group normally meets on the 3rd Wednesday of the month. All Men are invited to attend. The **next meeting is on Wednesday September 16 at 6:30pm in the Fellowship Hall.** Please see Mike F. Sr's upcoming email for more information.

- Sunshine Committee

We are a tiny but mighty committee of two! On any given day, YOU may be receiving a birthday, get well, congratulatory, sympathy, or thank you card from Janine Cole and Dot Vangel. We are sending a thank you card out to our amazing guest lead singer, Al Jacquez, who joined the Dragonslayerz Band for worship on July 12th during the 10:15 service. We also follow up with first time visitors by sending a card. We would love more help. If you would like to help with this ministry, please reach out to Janine or Dot.

Keeping Your Faith Strong

-Those in Our Prayers

It is time for our periodic review of our prayer list, those who have been on the list for a long time will automatically come off, if you would like someone added back on, please let Rev. Michelle know or add it to the prayer request sheet in the Narthex.

Please pray for our members, community members and friends in search of health, healing, wholeness and solace: *Annette McK., Annie F., Barry, Carol R., Caroline, Cheryl, Doug E, Dot V., Eric, Fred K. & Family, Helen, Janine C., Jeanne, Jenna & Don, Jim, Joan B., Joe, Judi V., the Kane Family, Katie M., Karen S., Kim, Leon & Sheila S., Lisa D., Lisa S., Marianne V, MaryLou, Mary S., Mary V, Matt W., Michelle M., Nancy B., Olivia S., Rebecca, Rick, Ron D., the Sera Family, Sharon A., Sue G., Sue H., Theresa A., Tom C.,* and for any whom we now name aloud or hold in the silence of our hearts.

Loving God, the comfort of all who sorrow, the strength of all who suffer: accept our prayers, and to those who seek healing, grant the power of your grace, that the weak may be strengthened, sickness turned to health, the dying made whole, and sorrow turned into joy; through Jesus Christ our Savior. *Amen.* (*Book of Occasional Services pg217*)

- Online Daily Office Schedule

Monday-Thursday 10 a.m. Morning Prayer

Fridays, 4 p.m. Evening Prayer

Sundays, 7 p.m. Compline

Do you join our Sunday worship online? A reliable and quick way to find our YouTube services (live or recorded) is from our website's "Watch" page, accessed from the top of the home page by clicking the word "Watch." [Here's a direct link.](#) Want to participate in our Daily Office online? Those are on Facebook. [Here's the link.](#)

-Sermon Blog

Ever hear something in worship and think, I wish I could look at that again or send it to a friend? Well now you can. Now St George's has a Sermon Blog. Weekly sermons and reflections will be posted here from now on. Rev. Michelle's sermons will appear on Sunday morning, Morning Prayer reflections will usually be up within a couple of days. Feel free to share! [St George's Sermon Blog](#)

When to contact the Priest:

Please be in touch. I can only pray, help or connect you with resources if I know what is happening. Examples of when to contact the Priest: Birth, Death, Illness, Hospitalization, Difficulty in the Family, You would like to receive sacraments or a Pastoral visit, You have an idea or ministry you would like to discuss. I am usually in the office Wed and either Tues or Thurs 9:30-3. If you see my car in the lot, feel free to pop in. If I don't answer the phone make sure to leave a message or send a text and I will get back to you as soon as I can.

How to contact Rev. Michelle: **Phone/Text:** (734) 646-4064 or **Email:** priest@stgmilford.com

-Forward Day by Day Devotions

The Aug - Oct booklets are available for you to pick up in the Narthex. Let us know if you need one mailed/delivered to your house. The cost is \$2.00 for each booklet. Please reimburse us as you are able in the donation box nearby. I recommend a read!

Community Events