

The BEACON



Ann Marie Levesque
Beacon Editor

Who ever you are, wherever you are on
your spiritual journey, YOU are welcome
here!

September

*Mary Taylor Memorial United Methodist Church
The Rev. Dr. Roy Grubbs, Pastor
Pastor Adeline Hazzard, Caring/Youth Minister*

Telephone
(203) 874-1982

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www.mtm-umc.org

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September 2026 Pastor's Column

Reclaiming Sabbath

I actually managed to take a few days off in Mid-August. From the 11th to the 13th, we decided to hop in the car and go on a trip to Newport, RI. It was beautiful! The glory of God's creation filled our senses and our spirits, reminding us of what we miss each day. That 48-hour soul-break made what we had to do on our return far more manageable.

We all need such time-outs from the press of daily life. It's called Sabbath-time - and it's described right at the beginning of the Bible. God worked six days and took a break on the seventh. God created the daytime for working and the nighttime for resting.

At every turn, though, our 24/7 society shows its' contempt for the whole idea of Sabbath. We pride ourselves on how little sleep we need. Our stores stay open all night and we work longer and longer days. Weekends have become just as busy as weekdays. Even our kids keep running from one activity to another. Who needs caffeine? We're all hyped up on life!

If Sabbath is just another thing to add to our ever-growing list of stuff to do, then we can forget it. We don't need more guilt about something else we should be doing. Sabbath is something very different, a "rendezvous with God," says Ray Waddle, "an act of soul repair and joy."

And it's doable. It takes intention and follow-through, but soon what was a push to begin becomes something we yearn for. Starting small helps. Take a five-minute break to focus on God. Rest. Pray. Sleep. Just stop! Before long, you'll find ways to take more time to re-fill your soul. We may even find that the world can get along without us for a while. As Lynne Baab writes, "The Sabbath is a day to let go of perfectionism and let God run the universe."



From the Pastor ~ Continued

Here are some ideas to start keeping Sabbath:

- Reflect on an inspirational reading.
- Take a guilt-free nap.
- Light a Sabbath candle.
- Have a conversation with God.
- Be silent and listen for a few minutes—or more.
- Call someone you love.
- Do something good for your body.
- Turn off your cell phone.
- Prepare a meal.
- Take a slow walk to nowhere in particular.
- Go to the beach, put down your book and soak it all in.

Knowing our congregation, you'll have your own ideas for Sabbath. I'd be very interested to hear what works for you.

As we fire-up into Fall, it would be a good time to set a goal of getting some regular Sabbath-time. Your body will thank you. Your soul will thank you. Your family will thank you. And you'll do everything you need to do from a much more centered place.

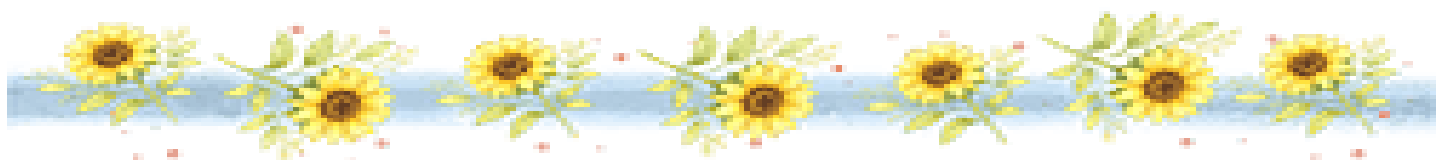
Schedule of Upcoming Key Events

Sunday, Sept. 6rd (9:30am) - Sabbath Time

Sunday, Sept. 13th - (10:00am) "Kick-Off Sunday!" Come celebrate a new season together and share in a celebration outside, following worship. Chancel Choir.

Sunday, September 20th - Laborers in the Vineyard

Sunday, September 27th - Loving our Neighbors - Beth El Presentation



HOW CAN *we Pray* **FOR YOU?**

6:00 pm MONDAY EVENING PRAYER CIRCLE

Led by Nathan Williams & Holly Firmender

In the Wesley Center Chapel

Every Monday at 6:00 p.m. in the Wesley Center Chapel, Mary Taylor Memorial UMC members gather to share

stories of how God is moving in their lives and lift up the prayer concerns of our entire church community. It's a sacred time spent in fellowship but not necessarily a somber time – in fact, we spend much of our time together rejoicing in each other's "praise reports." Praise Reports put us in mind of the many ways our lives are blessed each week, and how blessings can surprise us, emerging from all directions! From a special interaction while standing in line at Scratch Bakery, to the joys of reconnecting with family and loved ones, an inspirational Footsteps meeting, or a special moment recalled from the Sunday Service – we celebrate and give praise to God for gifts big and small.

Of course, we also lift up the Prayers of the People when we gather. Each week, an email request for prayer concerns goes out to the entire church, asking for prayer concerns that people can share from their hearts. My prayer co-leader (and our fantastic church lay leader), Holly Firmender, gathers these together for us to share prayerfully. If you don't receive the weekly email request for prayers please call the office at 203-874-1982 so we can email you one. All of us gathered in the chapel will lift up your prayers and ask for God's blessing. The technical term for what we are doing is "intercessory prayer," but all that really means is that we are praying on behalf of others. It's an age-old tradition that dates back to the very earliest days of the church.

If you're looking for a peaceful, joyful time in intimate fellowship with the Lord, we warmly invite you to take a break from your busy schedule and join us next week! It's a beautiful opportunity to connect with your church community, share your joys and concerns, and deepen your relationship with God. We look forward to seeing you there! To learn more, please contact any regular leader: Nathan Williams 504-957-5571, or Holly Firmender 203-530-2621 .

7:00 p.m. **THURSDAY** EVENING SCRIPTURE STUDY

Led by Nathan Williams via Zoom

Dial into Zoom each Thursday at 7:00 p.m. for an exploration of the week's **lectionary** scripture readings. Join Nathan Williams for a deep dive into the history, text, and context of the week's readings as we find connections between the scriptures and our lives. Everyone is invited.

New Season Start Up **THURSDAY** September 10th



PURPLE PANTRY

During the month of September
We will be collecting **CANNED PROTEIN (TUNA, VIENNA SAUSAGE) CANNED RAVIOLI AND TOILET PAPER.**

The collection bins are located in the back of the Sanctuary and in Wesley Center. If you would like to help with the Purple Pantry, please call Shelly Lapadula @ 203 258-2777 or



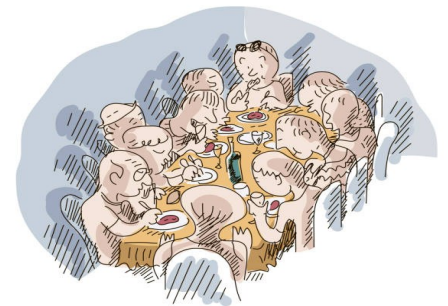
**CHANGES TO
THE FREE TABLE**

COMMUNITY SUPPER

On Thursday, September 24th from 4:30pm - 5:30pm we will be open. We are now accepting donations **ONLY** during office hours, which are Tuesday - Friday, 9:00am - 3:00pm and /or after worship on Sunday in the Free Shop located on the first floor in Wesley Center. **Please do not leave**

bags in the Church or Wesley Center entrance way. Please put them in small easy to carry bags. Our supplies of deodorant, moisturizer, sunscreen, mouthwash, sanitary napkins, men & women under wear (med/lg), hats, belts, backpacks, and raingear are running low. We have a convenient Amazon Wish List that includes many of these items:

https://www.amazon.com/hz/wishlist/ls/GNLMVFXJFSEY?ref=wl_share. If you have any questions, please contact Beth O'Brien at **bgobrien11@optonline.net** or 203-877-8668. Thank you.



ALTAR FLOWERS AND MISSION CROSS ORDERS

Flowers are **\$35**, payable to MTMUMC and mailed or given to Ann Marie Levesque 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 Ann Marie at 203-874-1982 or email to **mtmumc@sbcglobal.net**



Ann Marie

OCTOBER BEACON DEADLINE IS Tuesday September 15th

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



UNITED WOMEN IN FAITH

submitted by & Leigh Bak

The purpose of **United Women in Faith** is *to be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.*

United Women in Faith will meet September 8th at 12 noon in Dodd Hall

ALL women in faith are welcome to join us, so add this to your calendar and invite a friend.

We will learn more about **IRIS** (Integrated Refugee and Immigrant Services) and what we, as women of faith, can do to support IRIS. We will also discuss plans for a joint UWIF & Missions IRIS-focused fundraiser in October. (Did someone mention ICE CREAM?!?) UWIF Vice President Becky Vigalla will offer a thought-provoking

A REMINDER ABOUT CARE BY THE PASTOR....

CONTACT THE PASTOR—

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 contact our pastor through the church office at

203 874.1982, mtmumc@sbcglobal.net, or directly to

Pastor Roy at 914.330.1789

Friday Morning Prayer & Bible Study

Beginning on Friday, September 18th at 10:00am, Pastor Roy will lead a study surveying the **Psalms**. These prayers are include songs, praises, celebrations, prayers of grief, feelings of abandonment, and even anger. Together we will learn more about who we are and who we are called to be. And in these difficult times, what a powerful way to grow together. Come and hear the promise of God for you and for me! We will begin with a time of prayer followed by our study and sharing together. Everyone is invited; bring a friend! See you on Fridays!

Pastor Roy



Parish Health & Wellness

Submitted by Sheryl Hollyday

I've fallen. Now, how do I get up?

Most people may remember the commercial on TV that showed an older woman falling at home and saying "I've fallen and I can't get up." Falls are the leading cause of fatal and non-fatal injuries among adults aged 65 and older. According to data from the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/falls/data-research/facts-stats/index.html), approximately one in four older adults falls each year, making it a critical public health concern. Falling once doubles an individual's chances of falling again, frequently triggering a cycle of decreased mobility and loss of independence.

Why do older people fall?

- **Physical decline:** Sarcopenia (muscle mass loss) and stiff joints weaken the lower body, reducing the ability to recover from a slip.
 - **Sensory erosion:** Age-related vision and hearing loss compromise spatial awareness; the inner ear's vestibular nerve directly impacts balance.
 - **Medical conditions:** Chronic issues like diabetes, thyroid disorders, and mild cognitive impairment can result in poor coordination or distraction.
 - **Postural hypotension:** Sudden blood pressure drops when standing up can cause brief dizziness or fainting.
- Medication side effects:** Taking multiple drugs—especially sedatives, antidepressants, or blood pressure medications—can cause drowsiness and confusion.

Falls in older populations extend far beyond minor scrapes. There are serious health consequences.

- **Traumatic Brain Injuries (TBIs):** Falls serve as the most common cause of TBIs in seniors.
 - **Fractures:** One out of five falls results in a serious injury like a broken hip, arm, or leg.
- Fear of falling:** This psychological impact causes individuals to restrict activity, which paradoxically leads to further physical weakness and higher future fall risks.

In October, we will have a physical therapist speak with us on falls. How to potentially prevent them and what to do if you do fall. This will be held after church.

As soon as the date is confirmed we will promote this very important program. We hope you can come and bring a friend.

For more resources on this topic, please check out the following sites:

<https://www.cdc.gov/falls/data-research/facts-stats/index.html>

<https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention>



PRAYER SHAWL MINISTRY

By Barb Wicks

"When there are no words, a prayer shawl speaks volumes."

Janet Bristow, co-founder of the Prayer Shawl Ministry.

What an honor it has been for me to lead the Prayer Shawl Ministry for almost one year. Joan Zauner has given everything to make this ministry what it has become. I am humbled that Joan and the Congregation has put their trust in me to continue our mission of bringing comfort to those in need through both our full sized and "pocket" prayer shawls.

By popular demand, the group wanted to continue through the summer months, despite the heat and humidity! We had many come and join, and one lovely crafter who participated in "Fair On The Green"! We are so thankful to all who have given of their time, resources, and donations. If you don't know how to knit or crochet, we encourage you to join us as a member is always willing to share their knowledge by keeping a longtime mission of prayer alive. Please come and join us... All are invited and welcome!

"Pocket" Prayer Shawls are available at the front and side entries of the Sanctuary for those who are needing a "special" prayer in their life. Prayer shawls are available after church service on Sunday or from the church office during regular hours, Monday to Friday, 9:00 AM to 3:00.

**Our next meeting will be held on Thursday,
SEPTEMBER 10TH from 6:00 - 7:00 P.M.
in the Wesley Center Library**

Shawls are available after church services on Sunday or from the church office during regular hours.

For additional information or if you know someone who needs a prayer shawl, please contact:

Barb Wicks - (203) 994-4669 - BarbWicks66@gmail.com

FINANCIAL AND YARN DONATIONS ARE ALWAYS APPRECIATED



The Prime Timers/ Mary Taylor Memorial United Methodist Church
Present

MARGARITAVILLE on CAPE COD

At the new Resort in Hyannis, MA

2 SHOWS - The Edward Twins and Kenny & Dolly

3 Day Tour - September 21-23, 2026



CAPE COD

\$662 Double

\$632 Triple \$832 Single

PRICES ARE PER PERSON

Cancellation protection available

\$49 pp at sign up only **

PACKAGE INCLUDES:

- Roundtrip Deluxe Motor Coach
- 2 Nights at the new Margaritaville Resort
- 2 Buffet Breakfast at the Resort
- 2 Dinners Shows at the ALL NEW Resort
- THE AMAZING EDWARD TWINS Show (1st night)
- KENNY ROGERS & DOLLY Tribute Show (2nd night)
- Free time on Main Street, Hyannis (Shops)
- Hyannis Harbor Cruise (Kennedy Compound)
- Guided Tour of Hyannis
- Baggage Handling & All Meal & Hotel Tax
- Drivers Gratuities

For Reservations call

Lisa Sampson
(203) 816-7175

or

Eileen Murphy
(203) 809-0188



Hyannis Harbor Cruise



Bus Departs 8:00 am
Mary Taylor Memorial United
Methodist Church Parking Lot
Milford, CT
Returns at approx. 7:30pm

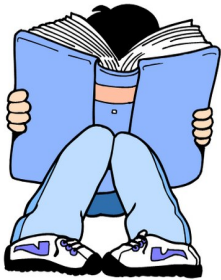




prime timers

Submitted by Helene Dellert

Our mission is to enhance the spiritual and social lives of adults (55 and older) through fun and fellowship.



Join us on Tuesday, September 15th at 10:30 AM in Dodd Hall. We will discuss *THEO of GOLDEN* by Allen Levi and enjoy fellowship and food.

Please call or text Lisa Sololewski at 203-530-9478 to confirm your attendance and/or for more information,

HAPPY FEET WALKING GROUP

Walkers meet every Wednesday at 9:15 AM.

For details, please contact Maryann Petremont at mapetremont@yahoo.com or at 203-415-0544.



LUNCH BUNCH

WOMEN: Wednesday - September 2nd - 12:30 at SBC

MEN: Wednesday - September 9th - 12:30 at SBC

Please confirm your attendance with Helene or Jerry at 203-878-8801.



UKULELE GROUP LESSONS WITH MEG DENNIS

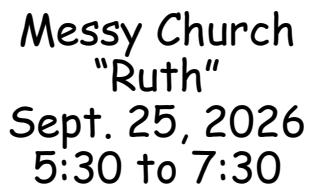
WE MEET ON WEDNESDAY MORNINGS AT 10:30 A.M. IN DODD HALL.

Playing a song is as easy as learning three chords.

If you are interested in joining us, please contact Helene.



**"I'd Rather be Coloring"
Come Join us!
Friday Sept, 2026 3-5pm
Supplies provided in The Library**



If you or a loved one is in need of our caregiving ministry, please contact Adeline Hazzard 203-736-4450 or the church office at 203-874-1982.



SUBMITTED BY RACHEL MERVA

Missions Meeting: Our monthly Missions meeting will be held in person on Monday evening just after the prayer time in Wesley Center. Please join us from 7:15PM-8:30PM where we can plan and strategize about the mission and outreach programs we are involved in. Our next meeting is Mon. **September 14, 2026**

<https://mtm-umc.org/events/missions-outreach-meeting/2025-02-03>

Community Supper is on September 24th for in person dinner service from 5:30-6:30PM. If you'd like to be involved in the supper, please see the sign up genius here: [Community Supper Volunteers: Community Suppers](#) or please reach out to the church office! Let's break bread together with our neighbors! See you there!

Free Shop donations of clothing, shoes and hygiene items are gladly accepted during church office hours or Sunday after worship. Alternatively please call the church office to make arrangements for after-hours drop off. There is a critical need for men's underwear and socks, raingear, as well as hygiene items. We have a convenient Amazon Wish List that includes many items:

Purple Pantry Box sign-ups have been updated to include Fill the Box, Stocking & Inventory and Building the Bags. See the sign up here: <https://www.signupgenius.com/go/70A054EACAE2EA6FA7-48509060-purple#/>

Items for Church Members to bring in on Sundays and put in the purple basket at the rear of the sanctuary:

September all month long: Please bring in PROTEIN DRINKS

September is Hunger Action month: Hunger and food insecurity remain pressing issues that affect individuals and families in every community across the nation, including in our own. We would like to thank all the organizations in our community who work tirelessly to meet the needs locally and beyond. During this month, we encourage you to learn more about the issue of hunger, volunteer at local food banks and shelters, donate food and resources, and support policies and initiatives that aim to end food insecurity. Let's spread the word!

MISSIONS HEADLINES

SUBMITTED BY RACHEL MERVA

Open Mic Food Drive on Monday Sept. 21st at Stonebridge from 6-9PM to support our Purple Pantry Box, which the church funds 6 out of 7 days a week. Bring your canned goods and donations and support real music, real people and real community! For more information, please reach out to Jess Karjanis.



Milford Open Mic
REAL MUSIC • REAL PEOPLE • REAL COMMUNITY

SEPTEMBER OPEN MIC

MONDAY SEPT. 21 | 6 PM – 9 PM | STONEBRIDGE RESTAURANT
50 DANIEL ST, MILFORD, CT 06460

SPECIAL NIGHT: DOWNTOWN PURPLE PANTRY BOX FOOD DRIVE

Thanks to **Jessie May** for connecting us with the Mary Taylor Memorial United Methodist Church in Downtown Milford, we're supporting their public food pantry box this month. Bring donations from the list below and help stock a vital community resource.

Purple Pantry Boxes
Take what you need, donate what you can.

ALL MUSIC. ALL PEOPLE. ALL SUMMER.

ITEMS TO DONATE:
Box & Canned Pasta, Tomato Sauce, Canned Tuna or Other Protein, Shelf-Stable Milk, Bottled Water, Protein Shakes & Vegetables & Beans, Canned Fruit, Peanut Butter, Soup, Cereal, Nuts & Snack Packs (chips, trail mix, granola bars, etc.), Toilet Paper, Hygiene Items

RAFFLE BONUS | For every **TWO** pantry items you bring, you'll receive **ONE** additional raffle ticket! | Everyone gets one ticket just for showing up and another if you wear your Milford Open Mic T-shirt!

TOGETHER, WE CAN KEEP OUR COMMUNITY STOCKED AND STRONG. ♥ THANK YOU!

The Community Gardens 2026 Garden of Feedin' season continues into the fall. Please read more about our program on the church website here:

<https://mtm-umc.org/ministries-missions/community-meal-programs/pages/the-garden-of-feedin>

Beth El Center Fundraiser Concert is coming on Friday Sept. 11th to Parsons! To buy tickets to our Yacht Lobsters Concert in September (all proceeds benefit the programs and services at Beth-El Center), let Rachel know - she's getting a block of tickets!



Yacht Lobsters
SAIL TO MILFORD, CT

FRIDAY, SEPT 11 | 8:00 PM
MILFORD VETERANS MEMORIAL AUDITORIUM



Scholarships

We at Mary Taylor Memorial United Methodist Church would like to acknowledge our young adults on their graduation from high school and for those who are continuing their education! We are so proud of you!

Carolyn Hollyday



Josh Hackett



Olivia Gregory



To my church family,
Thank you so very much for granting me the Kelsey Worley scholarship. I am extremely grateful to be blessed with such a wonderful community that supports me and encourages me to pursue higher education. I will be using this scholarship to buy school textbooks for Sacred Heart. I am so excited to take this next step in my life.

-Love Carolyn Hollyday

Dear MTM Family,

Thank you for the scholarship. It will help me a lot with paying for school. It means a lot to me that you are willing to support me. , I have transferred to Keene state and will be living off campus.

Sincerely ,
Josh Hackett

Thank you for this scholarship. I am honored to receive it and very grateful for your support Your generosity will make a meaningful difference as I continue my education and work toward my goals.

Olivia Gregory



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,

Ann Marie Levesque

(mtmumc@sbcglobal.net; 203.874.1982, ext. 110)

SEPTEMBER BIRTHDAYS

MTM CLUB 80 MEMBERS are listed below in **bold**. If your birthday is not listed and should be, please call the office at
203-874-1982



SEPTEMBER BIRTHDAYS

1st Faith Lawrence
Caroline Cermignani
4th Alison Pitts
8th Jane Ayers
Jenna Levesque
10th Dawn Bettencourt
Stacy Riccardi
11th Beth O'Brien
14th Alexandria Darak
Roy Grubbs
Betsy Cronin
15th Gina Grubbs
Scott Clark
17th Jackie Paton
20th Ian Griffin

21st Gweneth
D'Andrea
Kathleen Bacon
Carol Shutsky
22nd Michael Firmender
Lisa Sobolewski
Nancy Cicarella
23rd Debbie Leum
Christopher Hulse
Ruth Starcher
24th Barron Lee Grasso
Nathan Williams
25th Barbara Repetsky
28th Wesley Broderick



Sun 30	Mon 31	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
10:00 AM Worship Service	9:00 AM Exercise Class w/ Rebecca 6:00 PM Prayer Circle-Chapel	9:00 AM Band practice Mark Dennis Dodd Hall	9:15 AM Happy Feet Walking Group 12:30 PM Prime Timers Luncheon Women- Dodd Hall	9:00 AM Exercise Class w/ Rebecca		
6	7	8	9	10	11	12
10:00 AM Worship Service	8:00 AM Happy Labor Day 9:00 AM Exercise Class w/ Rebecca (??) 6:00 PM Prayer Circle-Chapel	12:00 PM United Women in Faith meeting - Dodd Hall	9:15 AM Happy Feet Walking Group 12:30 PM Prime Timers Men's Monthly Luncheon -SBC 6:30 PM Bell Choir Rehearsal 7:40 PM Choir rehearsal	9:00 AM Exercise Class w/ Rebecca 6:00 PM Prayer Shawl Ministry - Library 7:00 PM Thursday Evening Scripture Study(Zoom)		
13	14	15	16	17	18	19
10:00 AM Worship Service Kick Off Picnic Fellowship	9:00 AM Exercise Class w/ Rebecca 6:00 PM Prayer Circle-Chapel 6:30 PM Footsteps in the Sand meeting - Dodd Hall 7:15 PM Missions meeting-Library	10:30 AM Readers Rendezvous Book Club - Dodd Hall 3:00 PM Beacon Deadline 6:30 PM Scouts Church / Wesley Center 7:00 PM Church Council Meeting - Library	9:15 AM Happy Feet Walking Group 6:30 PM Bell Choir Rehearsal 7:40 PM Choir rehearsal	9:00 AM Exercise Class w/ Rebecca 7:00 PM Thursday Evening Scripture Study(Zoom)	10:00 AM Bible Study (library) Pastor Roy 3:00 PM Coloring -Library	
20	21	22	23	24	25	26
10:00 AM Worship Service 11:30 AM Blood Pressure Screening-Sanctuary 11:30 AM Worship Meeting- Library	9:00 AM Exercise Class w/ Rebecca 11:00 AM Margaritaville On The Cape Prime Timers 6:00 PM Prayer Circle-Chapel 6:00 PM Historical Society meeting - Dodd Hall 7:00 PM Finance Meeting (Library)	4:00 PM Kids Kitchen-Dodd Hall 7:00 PM Nominations Meeting - Library	9:15 AM Happy Feet Walking Group 6:30 PM Bell Choir Rehearsal 7:40 PM Choir rehearsal	9:00 AM Exercise Class w/ Rebecca 5:30 PM Community Supper - Dodd Hall /Free table 4:30p-5:30p 7:00 PM Thursday Evening Scripture Study(Zoom)	10:00 AM Bible Study (library) Pastor Roy 5:30 PM Messy Church-Dodd Hall 5:30 pm	
27	28	29	30	1	2	3
10:00 AM Worship Service 10:30 AM Beth El Capital Campaign	9:00 AM Exercise Class w/ Rebecca 6:00 PM Prayer Circle-Chapel 6:30 PM Footsteps in the Sand meeting - Dodd Hall	4:00 PM Kids Kitchen-Dodd Hall 7:00 PM SPRC meeting - Library	9:15 AM Happy Feet Walking Group 6:30 PM Bell Choir Rehearsal 7:40 PM Choir rehearsal	9:00 AM Exercise Class w/ Rebecca 7:00 PM Thursday Evening Scripture Study(Zoom)	10:00 AM Bible Study (library) Pastor Roy 5:00 PM IRIS / Leigh Bak Dodd Hall	

The BEACON

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

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U.S. POSTAGE
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Milford, Connecticut

September 2026

RETURN SERVICE REQUESTED