

# JANUARY 2018 OUTLOOK

## Unity Hill United Church of Christ “Where God’s Love Grows a Family”

364 White Plains Road, Trumbull, CT 06611

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### The Reverend M. Todd Shipley, Pastor

Lucille Baver, Moderator  
Diane Henderson, Vice-Moderator  
Dawn Brezina, Financial Secretary  
David Brezina, Church Clerk  
Shari Herman, Bookkeeper  
Dorothy W. Pickens, Soloist  
Joanne Wickson, Office Administrator  
Louise Evans, R.N., Parish Nurse  
Calap Brown, Sexton



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Office Hours: Monday – Friday 9:00 a.m. – 3:00 p.m.  
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**OUTLOOK DEADLINE** ~ We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative! The **FEBRUARY 2018 Outlook** will be published at the end of **JANUARY**. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, JANUARY 17** will be included.



**Please remember our homebound in your prayers or with a note:**  
Hazel Berger, Dolores Colaiacomo, Katie Schneider,  
Mitch Wein and Nellie Wirth.

**PASTORAL CARE** ~ If you, or someone you know, is hospitalized, please call the church office to let us know (203-374-8822). Hospitals **do not** notify us when a parishioner is hospitalized.



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## ***A SPIRITUAL PERSPECTIVE ~ By: Pastor Todd Shipley***

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*God is the great urge that has not yet found a body but urges toward incarnation with the great creative urge. And becomes at last a clove carnation: lo! That is god! and becomes a Helen or a Ninon: any lovely and generous woman at her best and her most beautiful, god, being made manifest, any clear and fearless man being god, very god. There is no god apart from poppies and flying fish, men singing songs, and women brushing their hair in the sun. The lovely things are god that has come to pass, like Jesus came.*

A selection from 'The Body of God' by D. H. Lawrence

Happy New Year! As 2018 begins I will be ramping up to present my Doctor of Ministry project in April but all the paperwork is due in February. That being the case, you will hear my talking about the role of the body in the Christian faith quite a bit. Not only am I required to preach about my topic, but it is obviously something that is important to my ministry because I chose it in the first place.

One of the many reasons I am interested in this topic is the growing distance I see between people's church life and their home (or day to day) life. Jesus clearly does not call us into a new life just to serve on a church committee or sit in a pew for an hour a week. Now these things are important, but they aren't primary. What Jesus calls us to is newness in behavior and thinking. Our bodies can be the best indicator of the areas we need renewal. After all, almost every instance of healing found in the gospels is a healing of THE BODY ... Blindness, Bleeding, Paralysis and more bodily dysfunction healed by the fleshly incarnation of God.

*Do this: take a short walk without music playing in your ear or a phone in your hand. I'm sure you will have some level of aches and pains, but on this walk, pay attention to how your HEART feels. In the quietness of the walk does your heart feel heavy, or worried, or blue? This is the part of your body that Jesus needs an invitation into ... let the healing begin.*

More to come.

Yours,

Pastor Todd

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## **CHURCH UPDATES**

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**PASTOR TODD ON VACATION ~ Monday, December 25 through Saturday, January 6.**

**OFFICE IS CLOSED** on Monday, January 1 and Tuesday, January 2 for New Year's Day and Monday, January 15 for Martin Luther King Jr Day.

**ASH WEDNESDAY ~ February 14.**

**CONGRATULATIONS ~ A NEW BABY BOY!** Jachlin Locke Pickens was born on November 29 to Ali and Andrew Pickens. Congratulations to his family and especially to proud Grandma Dot Pickens!



**IN CASE OF BAD WEATHER** ~ Listen on the Radio to WICC (600 AM) or WEBE-108 (107.9 FM) or watch WTNH-TV Ch. 8 for church cancellation notices or go to [www.ctweather.com](http://www.ctweather.com) to sign up to be notified instantly of any cancellations or delays. If Trumbull schools are closed or dismissed early, our office will be closed also. Any questions, call our office - 203-374-8822.

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## **GEORGE'S HILL**

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Thursday, January 11 from 11:30 am until 1 pm, *including lunch*. George's Hill is a social engagement group for persons with memory problems or early dementia, and their caregivers, where they can meet with other people with similar problems, for a fun program and lunch, which is provided. To register, please call the church office at 203-374-8822 or sign up on our web site. We meet on the second Thursday of every month. Our motto is: **YOU ARE NOT ALONE!**

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In November, Dave Brezina held his annual **George's Hill Poker Tournament** in memory of his dad, George. This year's event raised almost \$1,000.00. This money will be put to great use during the monthly gathering of Alzheimer/ Dementia patients and their caregivers, providing everything from learning materials and advertising to food for the lunch that is provided for all. Thank you, David, for gathering your friends to help such a great cause.

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## **CHURCH COUNCIL ~ By: Moderator, Lucille Baver**

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**CHURCH COUNCIL MEETING** ~ Monday, January 8 at 7:00 pm.

Committee reports to Council are due in the office by Wed, Jan 3 (Dec 29 would be better!)

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## **CHRISTIAN EDUCATION COMMITTEE ~ By: Sharon Brezina, Chair**

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Well the holidays are over - but a New Year is ahead of us!!

The children discussed Advent weekly concentrating on Mary, Joseph, the Kings and the guiding Star. Each class had stories, discussion, games and crafts! We have some very creative kids in church.

On Sunday, December 17, CE and Stewardship hosted the annual Christmas Luncheon. Thanks to all who brought in goodies and all who came for good fellowship. Emily did a sign-language performance to one of her favorite songs "What a Beautiful Name" by Hillsong Worship. Very talented and amazing to watch. We had some special visitors ... Santa and Mrs. Claus came and delivered gifts to all the kids that attended the luncheon. A big thanks goes out to them for taking time out of their busy schedules to come see us. I would like to thank Diane Henderson for all her hard work in making this a success, Paulette for helping with, and providing some, of the beautiful decorations. Also - as always, the help of the older kids ... from helping decorate to singing carols for entertainment!!

We are looking forward to a very happy, productive and blessed New Year - for all.  
Sharon

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## ***BUILDING AND GROUNDS COMMITTEE ~ By: Carol Dunn***

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**B&G Committee:** Henry Parker - Chair, John Rossi and Carol Dunn

The Building & Grounds Committee wishes everyone a joyous and prosperous New Year! The Church looked beautiful for Christmas and we had several holiday events. Mr. and Mrs. Santa even dropped in. What a pleasant surprise for our children.

So now that 2018 is here, B&G is committed to keeping the members of Unity Hill secure and safe. We have many things on our agenda for January beginning with upgrading the existing security panel to one that will allow us to control access to the front door and arm and disarm the system from a smartphone app. The camera system will be installed monitoring the church and grounds 24/7. We are hoping to have the majority of this work completed in January/February timeframe.

We are going to upgrade the audio system in the Sanctuary so that it complies with new FCC regulations. The frequencies our wireless mics transmit at are becoming obsolete and will be used for other purposes so it's mandatory we perform this upgrade.

**General Housekeeping:** We have cleaned the stage off and would like to keep it that way. Please do not use it as a storage area. If we find something on it, we will put it in the dumpster. We have another event coming up and will not clean it again.

We have prepared a new "UHUCG Hall Reservation Form." The purpose was to reduce the amount of paperwork and simplify the form. New forms are in the 'Wall Pocket' next to the B&G Bulletin Board. If you have any questions, please feel free to address the Committee. If you would like to rent Lynch Hall, simply fill out the form and drop it in the B&G mailbox. We will look it over. If we have questions, we will contact you. Once we approve the form, we will notify you and put your event on the Calendar hanging on the B&G Bulletin Board. We will then give Joanne the information to put on her calendar. The B&G Calendar will be the 'Master Calendar' for hall rentals.

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## ***DIACONATE ~ By: Patricia Bowman, Chair***

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Diaconate will be meeting on Tuesday, January 9 at 1:00 p.m.

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## **FELLOWSHIP GROUPS**

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### ***WOMEN'S FELLOWSHIP ~ By: Carole J. Fanslow, President***

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- ~ On Thursday, January 18 at 12:00 noon we will have an afternoon of cards and games. Bring a sandwich – dessert and beverage provided. Cost is \$5.00. Snow date is Thursday, February 15. Sign up will be on the bulletin board or call the office.
- ~ The next meeting of the **Executive Board** will be on Thursday, January 4 at 12:00 pm. Snow date is Thursday, February 1. Hostess is Louise Evans.

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### ***FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President 2018***

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- ~ Community Suppers – Many thanks to the people who helped serve on Wed, Dec 27.
- ~ Our next turn at **Golden Hill Community Suppers** will be on February 28 - additional help is always needed and appreciated! Come to cook at Golden Hill United Methodist Church at 2 pm or to serve at 5 pm. Questions, contact Dot Pickens or Allen Fanslow.

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## COMMUNITY GROUPS AND HAPPENINGS

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### MIDDLEBROOK FARMS WORSHIP SERVICE

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Worship service for the residents at Middlebrook Farms in Trumbull will be on Thursday, January 4 at 2 pm led by Deacons Waltraud Yeager and Carole Fanslow.

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### TRUMBULL INTERFAITH COUNCIL

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**Monthly Meeting** will be Wednesday, January 3 at 7:00 pm at Long Hill United Methodist Church, 6358 Main Street, Trumbull.

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### COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

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- ~ Delegates Meeting is Wednesday, January 10 - 6:00-7:30 pm at Summerfield United Methodist Church, located at 110 Claremont Avenue in Bridgeport. [www.ccg.org](http://www.ccg.org)
  - ~ Clergy breakfast on Wednesday, January 31 for new clergy and those that would like to know more about the Council activities at St. John's Episcopal Church, Fairfield Avenue, Bpt.
  - ~ Board Meeting at Unity Hill UCC on Thursday, February 1 - 4:30-6:00 pm.
  - ~ **HOLIDAY MUSIC CONCERT on SUNDAY, JANUARY 7, 2018 - 3:00 P.M. at GOOD SHEPHERD LUTHERAN CHURCH, 466 ELM STREET, MONROE** - internationally known guitarist/composer Peter Griggs in a concert, "Music For An Old English Christmas" a selection of traditional English music associated with the Christmas season, including wassailing songs, Morris dances and ballads such as the New Year's version of "Greensleeves." For more information, visit: <https://www.gslc-ct.org> or call [203-268-7596](tel:203-268-7596). Admission is by free-will donation in support of disaster relief, and a reception with light refreshments will follow the concert.
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### UCC NEW ENGLAND WOMEN'S CELEBRATION X

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**SAVE THE DATE!** A SEAT AT THE TABLE *"Come, for all things are now ready. ~ Luke 14:17b*  
Friday, April 6, 2018 to Sunday, April 8, 2018  
at the Holiday Inn by the Bay, 88 Spring Street, Portland, ME

<http://www.uccwomenscelebration.org/> Contact: Kathy Olmsted [kolmsted2@comcast.net](mailto:kolmsted2@comcast.net)  
New England Women's Celebration takes place every 4 years and its purpose is to reach the women in the pews and to involve them in learning and sharing their faith beyond the local church and Conference setting. It is organized by women from **United Church of Christ** (UCC) congregations across New England, however women from all denominations and religious traditions are welcome to attend. See bulletin board for more info.

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### 44<sup>th</sup> ANNUAL CROP HUNGER WALK

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COMING ... 44<sup>th</sup> Annual CROP walk rally - to be held on Saturday, March 24 at 2:00 pm at First Church Congregational, 148 Beach Road, Fairfield. The CROP Walk is Sunday, May 6 at 1:30 - 4:00 pm at Seaside Park, Bridgeport.

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## MERCY LEARNING CENTER SEEKS VOLUNTEERS

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Mercy Learning Center, which has provided basic literacy and life skills training to low income women in the Greater Bridgeport area for 30 years, is looking for volunteers to teach English Language Learners, as well as basic adult reading and math in its one-on-one or small group tutoring program. Tutors meet with their students at the Center twice weekly, for two hours each session. No experience is necessary. Training and materials are provided. The Center, 637 Park Avenue, is open Monday-Friday between 8:00 am and 5:00 pm. A one-day training session is required for all new tutors. Upcoming training sessions will take place on Friday, January 5 and Friday, January 26, 2018 from 9:00 – 3:00 (lunch provided.) For more info, or to register for a training session, please contact Lynn Gabriel or Erica Hoffman, Tutor Coordinators at 203-334-6699 or email: [lynn.gabriel@mercylearningcenter.org](mailto:lynn.gabriel@mercylearningcenter.org) or [erica.hoffman@mercylearningcenter.org](mailto:erica.hoffman@mercylearningcenter.org)



MERCY  
LEARNING  
CENTER

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## HEALTH CORNER: Seasonal Affective Disorder (SAD)

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Seasonal affective disorder, or SAD, is sometimes called winter depression or seasonal depression. It is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer. Some people may have SAD during the summer months.

Anyone can get SAD, but it's more common in:

- Women.
- People who live far from the equator, where winter daylight hours are very short.
- People between the ages of 15 and 55. The risk of getting SAD for the first time goes down as you age.
- People who have a close relative with SAD.

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern and other circadian rhythms.
- Cause problems with serotonin, a brain chemical that affects mood.

**Symptoms:** If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.

Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. To diagnose SAD, your doctor will ask if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative—a parent, brother, or sister—has had SAD.

You may need to have blood tests to rule out other conditions that can cause similar symptoms, such as low thyroid (hypothyroidism). Your doctor may also do a mental health assessment to get a better idea of how you feel and how well you are able to think, reason, and remember.

**How is it treated?** Light therapy is the main treatment for SAD. Experts think light therapy works by resetting your biological clock. It helps most people who have SAD, and it's easy to use. There are two types of light therapy:

- **Bright light treatment.** For this treatment, you place the light box at a certain distance from you on a desk or table. Then you sit in front of it while you read, eat breakfast, or work at a computer.
- **Dawn simulation.** For this treatment, a dim light goes on in the morning while you sleep, and it gets brighter over time, like a sunrise.

Talk to your doctor about light therapy, and follow the steps that he or she recommends. Light boxes use fluorescent lights that are brighter than indoor lights but not as bright as sunlight. Ultraviolet lights, full-spectrum lights, tanning lamps, and heat lamps should not be used. Light therapy is usually prescribed for 30 minutes to 2 hours a day. The amount of time depends on how strong the light is and on whether you are starting out or have been using it for a while. You may start to feel better within a week or so after you start light therapy. But you need to stay with it and use it every day until the season changes. If you don't, your depression could come back.

#### **Medicines and counseling may also help.**

Antidepressant medicines may help people who have SAD. They may be used alone or with light therapy. The most common ones prescribed for SAD include:

- Selective serotonin reuptake inhibitors (SSRIs), such as paroxetine (Paxil) and sertraline (Zoloft). SSRIs are usually tried first.
- Other antidepressants, such as bupropion (Wellbutrin) and venlafaxine (Effexor).

If your doctor prescribes an antidepressant, be sure you take it the way you're told to. Do not stop taking it suddenly. This could cause side effects or make your depression worse. When you are ready to stop, your doctor can help you slowly reduce the dose to prevent problems. Counseling may also help. Some types of counseling, such as cognitive-behavioral therapy and interpersonal therapy, can help you learn more about SAD, how to manage your symptoms, and how to help prevent future episodes.

#### **What can you do on your own to feel better?**

Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed. Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

- Moderate exercise such as walking, riding a stationary bike, or swimming is a great way to get started. But any activities that raise your heart rate—including daily chores—can help, especially if you can do them outdoors or near a sunny window.
- Try to do muscle-building exercises at least 2 times each week, such as weight training or stair climbing.

Some people try complementary treatments to help with SAD. One example is melatonin, a hormone that may help regulate your biological clock. If you want to use melatonin or other complementary treatments, be sure to check with your doctor first. These medicines may interact with other treatments.

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## 2017 CHRISTMAS POINSETTIAS

### Given By

### In Memory Of



Mary Acri	Thomas P. Acri
Lucille Baver	Florence Nelson
The Brezina Family	George Brezina
Robert & Janice Coulson	Alice & Frank Coulson; Josephine & Anthony Merly
Ruth DeNomme	Parents, Frances & Joseph Zak; Husband, Raymond DeNomme
Carol Dunn & John Rossi	Bonnie Lorusso; Anita Dupras
Arline Dzialo	Eleanor Sitlinger; Florence Nelson
Carole & Allen Fanslow	The Rev. Dr. Harold C. Smith
Diane, Cindy & Shari Henderson & Ilse Plitt	Edward & Richard Barber; Ellwood Plitt
Paul Walter Hurzeler	Rita J. Hurzeler; Bill & Anna Hurzeler; Karl & Jane Bender
Ann Myrece & Bill James	Mary & Walter Schwartz; Marion & Willy Liberty
Sandra Osten	Frederick Osten
Gayle & Mike Robles	Frank Morrissey; Noelia Robles; Amelia Nelle
Marie Seavey	My Husband, Alton and My Son, Keith
Janet & Robert Tanner	Son, Ted Tanner; Parents, Helen & Frank Demovick
Dot & Courty Vars	Our Daughter, Janice Vars



## The Blessings Of *Christmas* PEACE★HOPE★JOY★LOVE

These members and friends chose to sign the Church World Service Blankets of Hope Christmas card in lieu of sending out individual Christmas cards to wish all our family and friends a **VERY BLESSED and MERRY CHRISTMAS!** All proceeds will go toward purchasing Church World Service Blankets to help others with the gift of a warm blanket in times of disaster.

Lucille Baver	Criss & Marion & Darryl Gaetano	The Shipley Family
Patty Bowman	Diane, Cindy & Shari Henderson	The Tetreault Family
Robert Coulson	The Pickens Family	Dot & Courty Vars
Louise Evans	Linda & Frank Polito	Rose Vars
Carole & Allen Fanslow	Katie & Ronnie Schneider	Kathy Yalof
Karen Gravino	Marie Seavey	Wally & Ed Yeager

# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pastor Todd on vacation all this week</b>	<b>1 Office -closed</b> 	<b>2 Office is closed</b> Committee Reports to Council Due in Office by Today	<b>3 7:00pm</b> Trumbull Interfaith Council Meeting	<b>4 12:00pm</b> Women's Fellowship Executive Board Meeting 2pm Middlebrook Farms	5	6
	7	<b>8 7:00pm</b> Church Council Meeting	<b>9 1:00pm</b> Diaconate Meeting	<b>10 9:30am</b> Meditation <b>11:30am</b> Kennedy Center-crafts	<b>11 11:30-1:00pm</b> George's Hill Support Group	12
14	<b>15 Office -closed</b>  <b>Martin Luther King Jr. Day</b>	16	<b>17 9:30am</b> Meditation <b>OUTLOOK INFO DEADLINE</b>	<b>18 12:00 pm</b> Women's Fellowship Bring your sandwich Luncheon	19	<b>20 2-3:30pm</b> Overeaters' Anonymous Intergroup Meeting
21	22	23	<b>24 9:30am</b> Meditation	25	26	27
28	29	30	<b>31 9:30am</b> Meditation			

## HAPPY BIRTHDAY IN JANUARY!

1 Ruth DeNomme	10 Indira Wong	22 Lisa Panebianco
4 Shane Paolozzi	13 David Vars	23 Brooklyn Rondon
5 Dolores Colaiacomo	14 Shari Henderson	25 Louise Evans
6 Trevor Bowman	14 Mabel Buttress	30 Alicia Pickens
8 Bess Spencer	18 Jon Sanchez	
9 Vicky Buttress	18 Daniel Finizio	



***“No matter who you are  
or where you are  
on life’s journey,  
you are welcome here!”***



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