

JANUARY 2019 OUTLOOK

Unity Hill United Church of Christ

"Where God's Love Grows a Family"

364 White Plains Road, Trumbull, CT 06611

Web site: www.unityhillucc.org

E-mail: unityhillucc@snet.net

Phone: 203-374-8822 Fax: 203-374-1120

The Reverend M. Todd Shipley, Pastor

Diane Henderson, Moderator

Dawn Brezina, Church Clerk

Dorothy W. Pickens, Soloist

Jeffrey Stokely, Music Coordinator

Joanne Wickson, Office Administrator

Kathleen Miranti, Bookkeeper

Calap Brown, Sexton

Louise Evans, R.N., Parish Nurse



~~~~~  
Office Hours: Monday – Friday 9:00 a.m. – 3:00 p.m.  
~~~~~

OUTLOOK DEADLINE ~ We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative! The **FEBRUARY 2019 Outlook** will be published at the end of **JANUARY**. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Friday, JANUARY 18** will be included.



Please remember our homebound in your prayers or with a note:

Dorothy Barwick, Hazel Berger, Dolores Colaiacomo, Gail Gorlo,
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.



*"No matter who you are or where you are on life's journey,
you are welcome here!"*

To the New Year
BY W. S. MERWIN

With what stillness at last
you appear in the valley
your first sunlight reaching down
to touch the tips of a few
high leaves that do not stir
as though they had not noticed
and did not know you at all
then the voice of a dove calls
from far away in itself
to the hush of the morning

so this is the sound of you
here and now whether or not
anyone hears it this is
where we have come with our age
our knowledge such as it is
and our hopes such as they are
invisible before us
untouched and still possible.

The New Heaven and Earth

Revelation 21: 1-5

Then I saw a new heaven and a new earth; for the first heaven and the first earth passed away, and there is no longer *any* sea. And I saw the holy city, new Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband. And I heard a loud voice from the throne, saying, "Behold, the tabernacle of God is among men, and He will dwell among them, and they shall be His people, and God Himself will be among them, and He will wipe away every tear from their eyes; and there will no longer be *any* death; there will no longer be *any* mourning, or crying, or pain; the first things have passed away." And He who sits on the throne said, "Behold, I am making all things new." And He said, "Write, for these words are faithful and true." Then He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost. He who overcomes will inherit these things, and I will be his God and he will be

If you have skipped the poem and the scripture quotes above and looked down here just to read what I wrote, then I politely request you to reconsider. Take a moment and read through them. I'll wait here.

Okay?

So here we have two different perspectives on the time to come. William Stanley Merwin, a local boy, writes beautiful words addressed to the coming year while John of Patmos writes his own beautiful words describing a vision of WHO holds time in the palm of his hand. I ask you to place your year in the palm of God's hands and try not to take it back. When read together we get a powerful sense of where humanity has come under its own power and where it could go if we overcome ourselves and truly allow ourselves to be children of God.

Give your year to God and don't take it back.

Yours,
Pastor Todd



CHURCH UPDATES



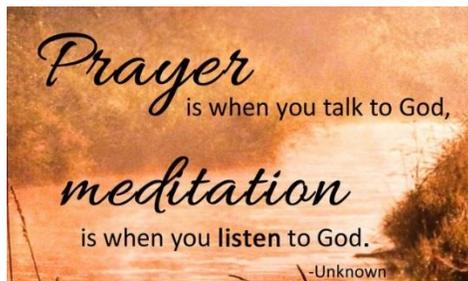
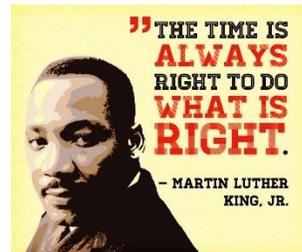
HAPPY NEW YEAR

Office is closed on Tuesday and Wednesday, January 1 & 2 for the holiday.

MARTIN LUTHER KING JR. DAY

Monday, January 21

Office is closed for the holiday



MEDITATION WORKSHOP

Wednesdays – 9:30-10:30 am in the sanctuary
(Not on January 2)

GEORGE'S HILL

George's Hill Support Group ~ Thursday, January 10 ~ 11:30 am – 1:00 pm, including lunch. 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!**



CHURCH COUNCIL ~ By: Moderator, Diane Henderson

Next Council Meeting is Monday, January 7 at 7:00 pm.
Committee reports to Council are due in office by Monday, December 31.

DIACONATE ~ By: Patricia Bowman, Chair

Our meeting will be on Monday, January 7, 2019 at 10:00 am.

MISSIONS COMMITTEE

Thank you for your generous support throughout the year! God bless you in the new year!

Committee: Brenda Finizio, Chair, Marsha Piper, Carole Fanslow

BUILDING & GROUNDS COMMITTEE ~ By: Carol Dunn

From the B&G team to you ... **HANK, JOHN, ALLEN & CAROL**

Thank you for another great year.

This past year at Unity Hill was filled with many great moments, and we hope your year was too. From the Virtual Keypad System to the lighted Cross on the front of the Church to moments of fun, there were many reasons for us to look back on 2018. Most importantly, however, we know that we wouldn't be able to come together every week to make these memories if it wasn't for you.

So, from everyone on the B&G Team, we want to wish you a great start to 2019!



INVESTMENT COMMITTEE

MML Investors Account: On **Thursday, January 10th at 5:30**, our Financial Advisor, Chuck Rousseau will be at Unity Hill to discuss Unity Hill's Portfolio, go over the accounts, and discuss our current withdrawal practices. **Everyone is invited to attend this meeting.** It will be held in Fellowship Hall.

UCC Funds:

What is happening in the markets?

The equity market has been volatile since October but now has moved to new lows for the year. This volatility was not unexpected, with asset prices (especially in the U.S.) supported by high earnings expectations and accommodative monetary policy. As a reminder, global central banks had purchased over \$18 trillion of securities to support markets over the last 10 years. That positive net purchase globally will turn negative in January 2019, with the U.S. well along in its tightening policy and Europe beginning the same recently.

What is the cause of this selloff?

Economic data (such as housing starts) and surveys that predict future growth have recently turned down and have caused a reaction in the market, mainly because the U.S. had been the only country with resilient economic growth this year. Investors now fret about the combination of higher interest rates (which increase costs to individuals and businesses) and economic slowdown. Geopolitical issues such as the trade war between the U.S. and China, and questions about the U.K. and Brexit, are additional headwinds to market progress.

What is likely to happen?

Although prices have declined, earnings are still expected to grow next year, and a recession is not likely. U.S. equities are now much less extended, given strong earnings growth, and most importantly, international equities are becoming even more attractive. This sets the stage for a potential rebound in 2019.

How is United Church Funds positioned?

In the Summer, UCF had reduced equity exposures in balanced funds (including the Moderate, Aggressive and Beyond Fossil Fuels Balanced Funds) and raised some cash. Equity exposure in balanced funds is at its lowest since 2011.

Even though it was difficult to see the underperformance of emerging markets over the second and third quarters of 2018, it should be noted that U.S. equities have borne the brunt of the recent decline, with emerging markets down only half the degree experienced by U.S. equities.

CHRISTIAN EDUCATION ~ *By: Sharon Brezina, Chair*

God bless you all in the New Year!

Sharon

FELLOWSHIP GROUPS

FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President

- ~ Wednesday, December 26th we served the Christmas meal at Golden Hill Community Suppers. Many thanks to all the helped prepare and serve as we had to do all the cooking there.
- ~ Our next turn at **Golden Hill Community Suppers** will be on Wednesday, February 28. Anyone that would like to help either by cooking at 2pm or serving at 5pm at Golden Hill UMC, please contact Dot Pickens or Allen Fanslow. Additional help is very much needed and always appreciated.
- ~ We held our annual Christmas Gathering on December 9th at Stonebridge Restaurant in Milford. It was a great way to spend the evening with friends. Instead of the usual grab bag, we collected baby items for Trumbull Social Services. They really appreciated us doing that this year.

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

- ~ The **Executive Board Committee** will be meeting on Monday, January 7 at 12 pm.
- ~ On Thursday, January 17 at 12 noon, there will be a **Bring Your Own Sandwich Luncheon**. Cost is \$5; Dessert and beverage will be provided. The program is an afternoon of Bingo.
- ~ A very special **Christmas Tea** was held on December 6, hosted by our Women's Fellowship featuring the Park Street Singers. We collected \$120 to donate to the Center for Family Justice.

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS

WORSHIP SERVICE will be on Thursday, January 3 at 2:00 pm
with Deacons Waltraud Yeager and Carole Fanslow.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

- ~ **January Delegates Meeting** is on Tuesday, January 22 – 6:00-7:30 pm. (Snow date - January 29) at Trinity Episcopal, 651 Pequot Ave, Southport. Come and learn more about the Council's work.
- ~ **INTERFAITH PRAYER VIGIL for 2018 Homicide Victims, their families, friends, the City of Bridgeport and for an end to gun violence.** Thursday, January 17 at 12-12:30 pm outside the Bpt Police Dept, 300 Congress St, Bpt. (inclement weather- we'll gather nearby at inside location)
- ~ **Spring Fling** is on Thursday, April 4 at Downtown Cabaret Theatre.

TRUMBULL INTERFAITH COUNCIL

- ~ The next meeting of TIC will be on Wednesday, January 2 at 7:00 pm at Trinity Episcopal Church, 1734 Huntington Tpk, Trumbull.
- ~ The Good Friday Service on April 19, 2019 will be held at Unity Hill United Church of Christ.

45th ANNUAL C.R.O.P. HUNGER WALK

The **CROP Rally** will be on Sunday, March 31 at Trumbull Congregational Church at 2:00 pm.
The **45th Annual CROP Walk** is on Sunday, May 5th.

Glaucoma is an eye disease that can damage your optic nerve, which supplies visual information to your brain from your eyes. Glaucoma is usually, but not always, the result of abnormally high pressure inside your eye. Over time, the increased pressure can erode your optic nerve tissue, which may lead to vision loss or even blindness. If it's caught early, you may be able to prevent additional vision loss.

What Are the Symptoms of Glaucoma? The most common type of glaucoma is primary open-angle glaucoma. It has no signs or symptoms except gradual vision loss. For that reason, it's important that you go to yearly comprehensive eye exams so your ophthalmologist, or eye specialist, can monitor any changes in your vision.

Acute-angle closure glaucoma, which is also known as narrow-angle glaucoma, is a medical emergency. See your doctor immediately if you experience any of the following symptoms: severe eye pain, nausea, vomiting, redness in your eye, sudden vision disturbances, seeing colored rings around lights and sudden blurred vision.

There are 5 Major Types of Glaucoma - These are:

Open-Angle (Chronic) Glaucoma has no signs or symptoms except gradual vision loss. This loss may be so slow that your vision can suffer irreparable damage before any other signs become apparent. According to the [National Eye Institute \(NEI\)](#), this is the most common type of glaucoma.

Angle-Closure (Acute) Glaucoma is an emergency situation. You should call your doctor immediately if you begin experiencing symptoms, such as severe pain, nausea, and blurred vision. If the flow of your aqueous humor fluid is suddenly blocked, the rapid buildup of fluid may cause a severe, quick, and painful increase in pressure.

Congenital Glaucoma Children can be born with a defect in the angle of their eye, which slows or prevents normal fluid drainage. It usually presents with symptoms, such as cloudy eyes, excessive tearing, or sensitivity to light and can run in families.

Secondary Glaucoma is often a side effect of injury or another eye condition, such as cataracts or eye tumors. Medicines, such as corticosteroids, may also cause this type of glaucoma. Rarely, eye surgery can cause secondary glaucoma.

Normal Tension Glaucoma - In some cases, people without increased eye pressure develop damage to their optic nerve. The cause of this isn't known. However, extreme sensitivity or a lack of blood flow to your optic nerve may be a factor.

Who Is at Risk of Glaucoma? Glaucoma is the second leading cause of blindness around the world. The risk factors include: **Age** - People over 60 are at increased risk of glaucoma, and the risk increases slightly with each year of age; **Ethnicity** - African-Americans or people of African descent are significantly more likely to develop glaucoma than Caucasians. People of Asian descent are at a higher risk of angle-closure glaucoma, and people of Japanese descent have a higher risk of developing low-tension glaucoma; **Eye Problems** - Chronic eye inflammation and thin corneas can lead to increased pressure in your eyes. Physical injury or trauma to your eye, such as being hit in your eye, can also cause your eye pressure to increase; **Family History** - Some types of glaucoma may run in families. If your parent or grandparent had open-angle glaucoma, you're at an increased risk of developing the condition; **Medical History** - People with diabetes and those with high blood pressure and heart disease have an increased risk of developing glaucoma; **Use of Corticosteroids** for extended periods may increase your risk of developing secondary glaucoma.

Can Glaucoma Be Prevented? No, it can't be prevented, but it's still important to catch it early so you can begin treatment that will help prevent it from getting worse. The best way to catch any type of glaucoma early is to have an annual preventive eye care appointment. Make an appointment with an ophthalmologist. Simple tests performed during these routine eye checks may be able to detect damage from glaucoma before it advances and begins causing vision loss.

2018 CHRISTMAS MEMORIAL POINSETTIAS



Given By

In Memory Of

Mary Acri	Thomas P. Acri
Lucille Baver	Florence Nelson
Patty Bowman	Barry Bowman, John Noble
The Brezina Family	George Brezina
Bob & 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	Our Parents: Elsie & Allen Fanslow, Charlotte & Frank Foehrenbach; Our Friend: Margaret L. Dahlgren
Diane, Cindy & Shari Henderson & Ilse Plitt	Edward & Richard Barber, Ellwood Plitt
Paul W. Hurzeler	Rita Jane Hurzeler
Ann Myrece & Bill James	Walter & Mary Schwartz; Marion & Willy Liberty
Sandra Osten	Frederick Osten
Marie Seavey	My Husband, Alton and My Son, Keith
Janet Tanner	Helen & Frank Demovick-Parents; Ted Tanner-Son; Robert Tanner-Husband
David & Radhika Vars & Family	Roger Vars

Given By

In Celebration Of

Patty Bowman	The Christ Child
--------------	------------------

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Office is closed Todd on vacation	2 Office is closed 7pm Trumbull Interfaith Council Todd on vacation	3 2:00pm Middlebrook Farms Worship Service Todd on vacation	4 Todd on vacation	5 Todd on vacation
6 10am Diaconate Meeting 12pm Women's Fellowship Executive Board 7:00pm Church Council Meeting		8	9 11:30am Kennedy Center – crafts	10 11:30am–1pm George's Hill 5:30pm Chuck Rousseau, Financial Advisor here– All are welcome!	11	12
13	14	15	16	17 12pm Women's Fellowship Bring a Sandwich Luncheon & Bingo	18 FEBRUARY OUTLOOK INFO DEADLINE	19 2-3:30pm Overeaters' Anonymous Intergroup Meeting
20	21 M L King Jr Day Office is closed	22 6-7:30pm CCGB Delegates Meeting	23	24	25	26
27	28	29	30	31	 <p><i>I Have A Dream</i> Martin Luther King, Jr. Day</p>	



HAPPY BIRTHDAY IN JANUARY!	
1 Ruth DeNomme	14 Shari Henderson
4 Shane Paolozzi	14 Mabel Buttress
5 Dolores Colaiacomo	18 Jonathan Snachez
6 Trevor Bowman	18 Daniel Finizio
8 Bess Spencer	23 Brooklyn Rondon
9 Vicky Buttress	25 Louise Evans
13 David Vars	30 Alicia Pickens



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. (As of December 19, 2018)

Lucille Baver	Katie & Ronnie Schneider
Patty Bowman	Marie Seavey
Bob & Janice Coulson	Trisha, Leo, Mason & Madison Tetreault
Louise Evans	Dot & Courty Vars
Carole & Allen Fanslow	David & Radhika Vars
The Finizio Family	Rose Vars
Sherri Miller & Family	The Yalof Family
The Pickens Family	Wally & Ed Yeager



HAPPY NEW YEAR

WISHING YOU A HAPPY NEW YEAR WITH THE
HOPE THAT YOU WILL HAVE MANY BLESSINGS IN THE YEAR TO COME

Unity Hill United Church of Christ
The Rev. M. Todd Shipley, Pastor
364 White Plains Road
Trumbull, CT 06611
203-374-8822
www.unityhillucc.org