

# October 2016 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](http://www.unityhillucc.org)

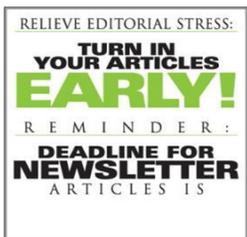
E-mail: [unityhillucc@gmail.com](mailto:unityhillucc@gmail.com)

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

### The Reverend M. Todd Shipley, Pastor

The Reverend Harold C. Smith D.D., Pastor Emeritus  
Dorothy W. Pickens, Soloist  
Louise Evans, R.N., Parish Nurse  
Lucille Bayer, Moderator  
Diane Henderson, Vice-Moderator  
Lorie Ann Boveroux, Christian Education Director  
Shari Herman, Interim Bookkeeper  
Dawn Brezina, Financial Secretary  
David Brezina, Church Clerk  
Joanne Wickson, Office Administrator  
Calap Brown, Sexton

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 **NOVEMBER 2016 Outlook** will be published at the end of September. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, October 19** will be included.

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



*In Our  
Thoughts  
and Prayers*



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

Barbara Bailey, Hazel Berger, Dolores Colaiacomo, Elsie Rapposch, John Ray, Katie Schneider, Rev. Harold C. Smith, Mitch Wein and Nellie Wirth.

**THE STEWARDSHIP OPPORTUNITY** by Carol Howard Merritt, Sep 09, 2016

Throughout its 100-year history, First Church leaders had employed various strategies to provide adequate income for its ministries. Years ago, for example, the congregation shared its pastor with other congregations. At another time, the church owned a house for the pastor, and farmers supplemented the pastor's salary with gifts of garden vegetables and chickens.

Then, during a real estate boom, the church sold the parish house. It made sense, because pastors needed the equity of home ownership as they moved toward retirement. The church used the money to start an endowment, which grew as the stock market grew. People contributed to it throughout the years.

But the 2008 economic crisis was a wake-up call. Until then the endowment had kept growing, and the congregation had never dipped into the principal. Leaders relied on investments to sustain the church's budget and didn't worry too much about members' stewardship. But with a volatile stock market, the steady growth they had enjoyed came to an end, and they were forced to look at their budgets and resources differently.

Recovery after 2008 was slow. Older members died, and the loss of income made the church realize how generous these people had been. Younger members could not always give at the same rate their elders did. So the leaders prayed for guidance and studied the budget's line items. They were open to the Spirit's movement and the possibility that the crisis could be an important opportunity for them.

Through prayer and discernment, First Church realized that the congregation's ministry had been focused inward—it maintained buildings, protected endowments, and cared for members. While this was important work, people had neglected the call to stretch themselves in new ways. It was only when they could no longer keep doing business as usual that they looked outward.

They began exploring ministry possibilities, including building better relationships with their neighbors. Just as they did when the era of the itinerant minister ended, or when the coop of chickens was no longer needed, First Church members recognized that they were moving into a time when "protecting their investments" could no longer be the only stewardship strategy.

When a budget shortfall occurs, congregations have the opportunity to look at ministries in a new way. Congregations can do many things to address the deficit—cut expenses, use existing resources in new ways, or find new sources of income.

In these situations, we can begin by asking members to pray that God will guide and lead us—because without prayer we can easily lose sight of the Spirit's work and let our personal financial anxieties take over the process. We can remember our mission and reason for our existence. We can also remember that we have abundant lives, spiritually and otherwise. When we focus only on line-item deficits and dwindling endowments, we forget how much we actually have.

We can think about stewardship education as a central part of the life of a congregation, rather than one letter mailed to members in October. We can look for budget cuts that can be made. Are there services we no longer use? Can we renegotiate insurance premiums? Is there staff who would volunteer to cut back hours, or, if a position will soon be vacant, can we cover the job in another way?

We can examine our assets and resources. How can we use our building in the most efficient manner? Buildings should not stay empty for most of the week, so we might find ministry partners who will use our facilities.

We can survey our land, and see if a developer could use portions of it to build affordable housing for our neighborhood. If we're in an urban area, we might sell the air rights above our church. Or we evaluate assets and see if our space can be used for a business. Sometimes there are volunteers at the

church who are bored with their jobs and would like to use their skills more meaningfully. Could they start a business in the church?

Established churches and new communities can serve as launching pads for neighborhoods and economic development—coffeehouses, bookstores, dog groomers, taffy makers, caterers, restaurants, and publishing companies. They can start classes in English as a second language and provide legal support for immigrants. The new businesses may employ people with developmental disabilities or who were formerly incarcerated.

Using entrepreneurial resources is not new for the church; monasteries have been making everything from beer to bread for centuries. New churches are starting such enterprises, too, although Vera White, coordinator for 1001 New Worshiping Communities (PCUSA), cautions: “Starting a new church is difficult and starting a new business is difficult. You have to be careful that you don’t compound the challenges.”

Churches all over the country are facing challenges like those of First Church. They are learning to use their land, buildings, and creativity to meet those challenges and find new opportunities.

*A version of this article appears in the September 14 print edition under the title “Entrepreneurs in the building.”*

---

## CHURCH UPDATES

---

**DIVORCE SUPPORT GROUP** ~ Wednesday, September 28 at 6:00 pm.  
Please contact Pastor Todd or contact the office to sign up.



Very sad news regarding a family member of the Rev. Michael Ciba, Regional Minister for the Southwest Region. Rachel Ciba Markowitz, daughter of Rev. Michael Ciba and Diane Ciba, died of brain cancer on Sept 16 at the age of 36. Please offer prayers of thanksgiving for Rachel’s life and pray for the members of her family and her many friends as they gather to grieve, to remember, and to care for one another.

May God’s healing presence be with the Ciba family. In sorrow and in hope,  
Kent Siladi, Conference Minister, Connecticut Conference, United Church of Christ

## Women's Fellowship

To our readers: A new year has begun for the Women’s Fellowship of Unity Hill, and we hope that our members and friends can take advantage of the wonderful programs that will be our focus for 2016-2017. Each month except for the months of December (our Christmas Tea is at 1:00 pm on December 1) and January and February (no meetings), we gather for lunch at 12 noon on the third Thursday of each month (September-May.) Cost is \$7 each or bring your favorite covered dish to share. This is followed by a program presented by someone from the community. We realize if you are a working person, a daytime program is probably difficult for you to attend, unless you can come for your lunch hour.

We are always looking for women to join our Executive Board which meets on the first Thursday of each month at 12 noon. Also, our Fellowship depends on donations from members and friends to carry on the work of our Fellowship. Donations can be large or small. I hope you can join us for Thursday, October 27 at 12 noon (note date change) for a program featuring Jeff Williams, author of “Home of Happy Dancers – the Story of Bridgeport, Connecticut’s Ritz Ballroom.” If you are interested in joining us, just sign up on the bulletin board in church or call our Secretary, Joanne at 203-374-8822 and say “I’m coming!” The more the merrier. Hope to see you there. Questions – please call me at 203-375-1284, and look for our new brochure next month for our 2016-2017 programs.

Sincerely,  
Carole J. Fanslow, President, Women’s Fellowship of Unity Hill

---

## GEORGE'S HILL

---



The second anniversary of George's Hill will be celebrated on Thursday, October 13 from 11:30am - 1:00 pm  
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. Our motto is: **YOU ARE NOT ALONE!**

---

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

---

**Church Council Meeting** will be on **Monday, October 17** at 7:00 pm.

**Committee Reports to Council** are due in church office by **Tuesday, October 11** (Office closed Oct.10)

---

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

---

The next meeting for the Diaconate is Tuesday, October 4 at 1:30 p.m.

#### **DIACONATE MEMBERS**

Patricia Bowman, Chair; Louise Evans; Marie Seavey; Florence Brezina; and William C. Vars, Jr.

---

### **CHRISTIAN EDUCATION ~ By: Lorie Bouveroux, Christian Ed Coordinator**

---

Fall is in the air....

And great things are happening

I love September and October. I don't love the work it takes to get all of my kids back on a routine. I have four children, three different schools, three different school districts. It seems the past three weeks I have spent every evening in a classroom. I am sure I am not alone. It is all worth it though, for the promise of a new school year, a new beginning for my children, for all of the children.

For the children involved in Sunday School, it is indeed a new beginning. We are studying our faith from the bottom up, starting with an overarching theme of God, Christianity, the UCC, other Christian beliefs, other religious beliefs and the beings of the Trinity: God, Jesus and the Holy Spirit. We are moving things around, shaking the cobwebs out, dusting off our space, lifting our voices, banging our drums and moving our bodies. We will immerse ourselves in meditative, healing prayer. We are welcoming in members of the community who illustrate Jesus' work in action. We are going to explore Jesus' life as a Jew, making traditional food and understanding the middle eastern climate and geography.

Things will start to look different this year. And change can be scary and uncomfortable. For everyone. As always, I am available for questions and you are always welcome to visit during formation time.

#### **Christian Education Needs:**

We are looking to add bean bag chairs and yoga balls to our reflection corner. If anyone has a bean bag chair or yoga ball that they would like to donate, please email me at [lboveroux@gmail.com](mailto:lboveroux@gmail.com).

Also for the reflection corner we are looking for a clean, low pile rug that is not too distracting in pattern. The larger the better!

Thank you so much for your continued support.

Well, Autumn is creeping in slowly - and a wonderful relief it is.

B&G will be choosing a date for our Fall Clean-up ..... hope you can join us for a few hours to beautify our church and its grounds. Keep a lookout for date and time in the bulletin.

We have a couple of bids in for the bathroom – planning a special congregational meeting for October 2 to approve remodeling of bathrooms.

**Know the Symptoms of CO Poisoning...**

Physical symptoms of CO poisoning vary, depending on the amount of CO in the bloodstream. The higher the concentration, the greater the danger.

**MILD EXPOSURE**

- Slight Headache
- Nausea
- Vomiting
- Fatigue
- Flu-Like Symptoms

**MEDIUM EXPOSURE**

- Severe Headache
- Drowsiness
- Confusion
- Rapid Heart Rate

**SEVERE EXPOSURE**

- Unconsciousness
- Convulsions
- Cardiac/Respiratory Failure
- Death

**HOME ADVICE... FROM B&G**  
**ABOUT CARBON MONOXIDE POISONING**

**CARBON MONOXIDE (CO) POISONING**



Autumn is a good time to check your Carbon Monoxide alarms since you'll be indoors a little more. Checks should be done annually. Remember that CO is invisible and odorless so these alarms are essential.

**\*\*\* POTENTIAL SOURCES FOR CO POISONING \*\*\***

- Car left running in the garage-corroded or disconnected boiler/furnace or water heater vent pipe
- gas fireplace
- gas heaters
- operating a grill indoors or in a garage
- inadequate chimney/flue draft.

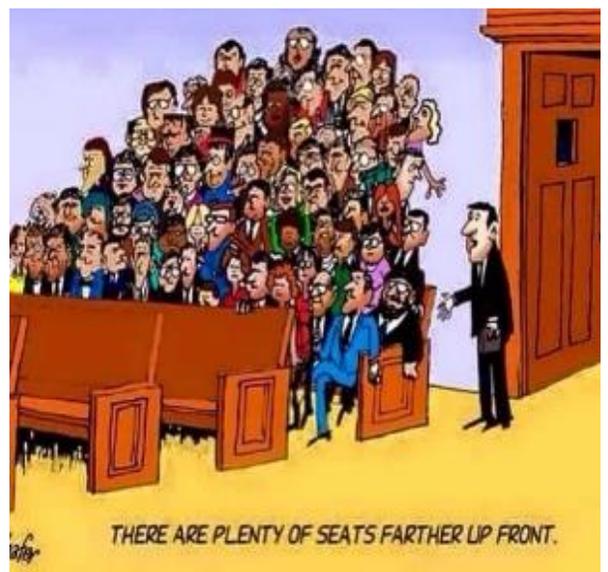
All homes should have CO detectors in garages, boiler, and furnace rooms and in all sleeping areas.

**AND NOW FOR SOMETHING TOTALLY DIFFERENT....**

**QUOTATIONS FOR THE MONTH:**

- It's fine to celebrate success but it is more important to heed the lessons of failure. *Bill Gates*
- Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. *Budda*
- You cannot buy enthusiasm, you cannot buy loyalty, you cannot buy the devotion of hearts, minds or souls. All of these have to be earned. *Clarence Francis* –a very smart businessman on the board of General foods.
- If I had my life to live over I'd be a plumber. *Albert Einstein*

Have a great one,  
Sharon



---

## **MISSIONS COMMITTEE ~ By: Brenda Finizio, Chair**

---

**Church's Wider Mission (OCWM)** - Next OCWM collection is in October for "Neighbors in Need". Additional information will be provided as we get closer to the date.

### **Donation to Janus Center Youth in Crisis Program**

Thank you for the donations of book bags and school supplies to go to needy middle school and high school students.

Marsha Piper and myself delivered them before school started.

Thanks again for all the support from Unity Hill Members and Missions Committee Members. Your generous gifts and time are appreciated.



---

## **STEWARDSHIP**

---

### **DO YOU JUST BELONG?**

Are you an active member, the kind that would be missed,

Or are you just contented that your name is on the list?

Do you attend the meetings and mingle with the crowd,

Or do you stay at home and crab both long and loud?

Do you take an active part to help the assembly along?

Or are you satisfied to be the kind to "just belong"?

Do you ever go to visit a member who is sick,

Or leave the work for just a few and talk about the clique?

There is quite a program scheduled that means success, if done,

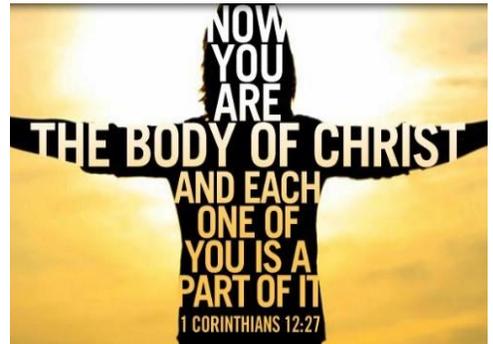
And it can be accomplished with the help of everyone.

So attend the meetings regularly, and help with hand and heart,

Don't be just a member, but take an active part.

Think this is over, Member, are we right or are we wrong?

Are you an Active Member? *Or – Do You Just Belong?*



---

## **FELLOWSHIP GROUPS**

---

### ***FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President 2015***

---

- ~ A Hunger Luncheon will be held on Sunday, November 6 following worship. Cost is \$6 and \$3. These funds help defray the cost of preparing the entrees six times a year. A raffle will also be held that day. Please come out and support our efforts.
- ~ Our next turn at Golden Hill United Methodist Church Community Suppers Program will be on Wednesday, October 26; We will cook at Golden Hill starting at 2:00 pm and serve at 5:00 pm. Help is always needed and appreciated. Please contact Dot Pickens for information.
- ~ The group will cook on Sunday, October 23 for Golden Hill Community Suppers and Hunger Luncheon.
- ~ The group's annual Christmas Party will be on Sunday, December 11 at 5:00 pm at the Blue Goose Restaurant in Stratford. Cost is \$30 including tax and gratuity. The more the merrier – bring a grab bag gift and your appetite. Dinner choices are: roast sirloin of beef; chicken parmigiana; stuffed filet of sole; golden fried bay scallops. You don't have to be a card-carrying member of FUH – just wanting to have an evening out with friends. Sign up or call Carole or Dot for reservations.

---

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

---

- ~ Next Executive Board Meeting will be on Thursday, October 6 at 12:00 pm.
- ~ Kicking off the new season on Thursday, October 27 with our covered dish luncheon at 12:00 pm; *please note the change in date to the last Thursday in October.* Program to feature Jeff Williams, author of "Home of Happy Dancers: the story of Bridgeport, Connecticut's Ritz Ballroom." Sign up today on the bulletin board or by calling the church.
- ~ **WOMEN'S FELLOWSHIP UPCOMING PROGRAMS:** Our November 17 program will feature an officer from the Trumbull Police Department speaking on scams. Our Christmas Tea will be on Thursday, December 1 at 1:00 pm, featuring the Festive Ringers Handbell Choir.
- ~ Our new brochure will be out shortly.

---

## **COMMUNITY GROUPS AND HAPPENINGS**

---

### **MIDDLEBROOK FARMS WORSHIP SERVICE**

---

Monthly worship services continue on the first Thursday of the month under the leadership of Deacons Wally Yeager and Carole Fanslow. Next service is Thursday, October 6 at 2:00 pm.

### **TRUMBULL INTERFAITH COUNCIL**

---

- ~ There will be no monthly meeting on Wednesday, October 5.
- ~ Next meeting is Wednesday, November 2 at 7:30 pm at Trumbull Congregational Church, 3115 Reservoir Avenue, Trumbull.
- ~ This year's Thanksgiving Service will be on Monday, November 21 at 8:00 pm at Christ the King Church, 4700 Madison Avenue, Trumbull. Snow date is Wednesday, November 23 at 8:00 pm.



### **FAIFIELD EAST ASSOCIATION**

---

- ~ The Fall Meeting is Tuesday, October 25 at 6 pm at Greenfield Hill Congregational Church, Fairfield.

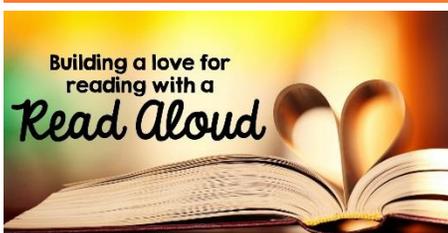
### **GREATER BRIDGEPORT CHAPTER OF AMERICAN GUILD OF ORGANISTS**

---

The Greater Bridgeport Chapter of the American Guild of Organists is again sponsoring "Pipescreams" on Sunday, October 30 at 4:00 pm at the United Congregational Church, 877 Park Avenue, Bridgeport. Wear a costume; hear great music and see a special silent movie.

### **READ ALOUD DAY ~ SCHOOL VOLUNTEER ASSOCIATION**

---



Once again, the School Volunteer Association is sponsoring "Read Aloud Day" on Thursday, October 20. Are you able to give an hour to read to one of Bridgeport's students? Each year over 650 people sign up. Check out the flyer on the bulletin board or call SVA at 203-275-1120, and thank you!

**Blood Pressure: The Best Measure**

~ Berkeley Wellness Newsletter ~

Most people who have high blood pressure in a doctor’s office or a clinic should undergo “ambulatory monitoring” before a diagnosis of hypertension is made, according to new draft recommendations from the influential U.S. Preventive Services Task Force. This will greatly reduce the chances of misdiagnosing hypertension and unnecessarily treating it with medication, since studies have found that anywhere from 10 to 50 percent of people with elevated blood pressure readings in medical settings do not have high ambulatory results.

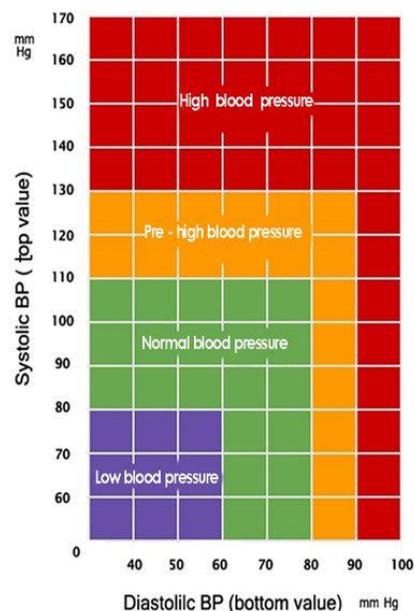
There are some exceptions. Notably, people with very high blood pressure (180/110 or higher) or chronic kidney disease should start drug therapy right away and don’t need ambulatory testing to confirm a diagnosis of hypertension.

Ambulatory monitoring, ordered by a physician, calls for wearing a device that automatically measures blood pressure and stores the results every 20 to 30 minutes for 24 to 48 hours while you go about your daily activities and while you sleep.

Measurement of blood pressure in a medical setting may not be accurate because factors such as emotions, physical activity and caffeine intake during the prior 30 minutes or so can affect the results. In particular, many people have “white coat hypertension” – that is, their blood pressure goes up because they feel anxious in the presence of medical personnel.

What’s more, even in doctors’ offices blood pressure is often measured in a less-than-optimal manner. For most accurate results, for example, you should wait a few minutes in a quiet room before testing; the cuff should fit properly (cuffs come in different sizes), not over clothing; and blood pressure should be measured in both arms (at least at the initial visit). Sitting with your back unsupported or feet off the ground, crossing your legs, talking, or letting your arm hang too low (or holding it up by yourself) can raise blood pressure. For more information, go to [tinyurl.com/accurate BP](http://tinyurl.com/accurate BP)

Ambulatory blood pressure monitoring makes particular sense if you have mildly or moderately elevated readings in a medical setting - before you start taking hyper-tension medication, possibly for the rest of your life. If you’re already being treated for mild hypertension, ask your doctor if it would be a good idea to do ambulatory testing while you stop taking your drug.



**HAPPY BIRTHDAY IN OCTOBER !**

2 Diane Henderson	10 Syndee Barwick	17 Danielle King	27 Jeff Baez (Dad)
6 Richard Parker	10 Joanne Wickson	17 Bill Csire	30 David Brezina (Dad)
7 Scott Barwick	11 Sherri Miller	24 Keith Gorlo	30 Kaelyn Brezina



October 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 11:30am Special Congregational Meeting	3	4 <b>1:30pm</b> Diaconate Meeting	5	6 <b>12pm</b> Women's Fellowship Executive Board <b>2pm</b> Middlebrook Farms Worship <b>3-9pm</b> PCCT	7 <b>8am- 12pm</b> PCCT	8
9	<b>10</b> <b>Columbus Day</b> Office is closed	11 Committee Reports to Council due by today	12 <b>11:30-2:30</b> Kennedy Center	13 <b>11:30-1:00</b> George's Hill <b>3-9pm</b> PCCT	14 <b>8am- 12pm</b> PCCT	15 Assemble Bpt. Rescue Mission Dinner tonight
16	17 <b>7:00 pm</b> Church Council Meeting	18 <b>7-8:30pm</b> Overeaters' Anonymous Intergroup	19 OUTLOOK info for November due today	20 <b>3-9pm</b> PCCT	21 <b>8am- 12pm</b> PCCT	22
23 <b>11:30am</b> FUH cooking for Community Suppers & Hunger Luncheon	24	25	26 <b>6:00pm</b> Divorce Support Group <b>2pm</b> Cook; <b>5pm</b> Serve Golden Hill Community Suppers Program	27 <b>12pm</b> Women's Fellowship Covered Dish Luncheon ** **changed date <b>3-9pm</b> PCCT	28 <b>8am- 12pm</b> PCCT	29
30	<b>31</b> 					



**HAPPY ANNIVERSARY IN OCTOBER !**  
10/3 Joanne and John Wickson

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

---

***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](http://www.unityhillucc.org)***