

OCTOBER 2019 OUTLOOK

Unity Hill United Church of Christ

364 White Plains Road, Trumbull, CT 06611

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The Reverend Dr. 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



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

NOVEMBER OUTLOOK DEADLINE

We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative!

Please submit all articles, events, submissions or special announcements for the NOVEMBER 2019 Outlook by Monday, October 28. Thank you!



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

Dorothy Barwick, Dolores Colaiacomo, Gail Gorlo,
Katie Schneider and Mitch Wein.

PRAYER LIST



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.



Be still, and know that I am God

~ Psalm 46 ~

These words are well known and often quoted, but well-known phrases run the risk of being under analyzed. Is the Psalmist suggesting that we sit without moving and give God homage? Or perhaps we are to stop talking long enough to look around at God’s creation and we will ‘know of’ God? The interpretation that is most helpful to me is to hear the writer of the Psalm portraying God as a benevolent parent saying to his children, *‘if you would just listen for a moment I am trying to answer the very question you keep asking...’*

So maybe a profitable way of paraphrasing the words above is:

Be still TO know that I am God.

It is important to cease our mental struggle for an answer long enough to hear God’s voice clearly.

Our Bible Brunch this Fall will focus on doing just that ... we will be reading through the 5 Wisdom Books looking for instruction on discerning God’s will for us. The schedule is as follows:

- Sunday, October 13 at noon ----- The Book of Job,
- October 20 at noon ----- Psalms,
- October 27 at noon ----- Proverbs,
- November 17 at noon ----- Song of Solomon,
- November 24 at noon ----- Ecclesiastes

We’re skipping November 3rd and 10th since there are special events happening those days so please come to our Holiday Basket Event on November 3 and our Veterans’ Day Brunch on November 10.

Yours,
Pastor Todd

GEORGE’S HILL

George’s Hill is celebrating our 5th year Anniversary with a catered lunch and a cake! Please RSVP by October 3rd so we know how many are coming for lunch.

Thursday, October 10 ~ 11:30 am – 1:00 pm, *including lunch.*
To RSVP, please call the church office at 203-374-8822 or sign up on our web site. Our motto is: **YOU ARE NOT ALONE!**



CHURCH UPDATES



HARVEST FAIR ~ Saturday, October 19 ~ 10:00 am–4:00 pm

Please join us in this fun event. It will feature food, farmer's market, crafts, raffle, bake table, Chinese Auction, and other activities.

We're also having Junk-in-the-Trunk ~ \$15.00 per space and a Tag Sale ~ \$20 per space (or \$15 + bring a baked good or raffle prize)

or \$25 for a tent and 2 tables. Bring your own tables and tents; and it's outside, rain or shine.

It's the perfect fair for families who want an alternative to big fairs and commercial mid-ways.

Please see the bulletin board to sign up and for more info or to reserve a space, call the church office.

You can help by donating a Raffle or Bingo Prize! We look forward to seeing you there!



NEW BABY IN THE VARS FAMILY!

Emmitt Lawrence Vars was born on July 11, 2019. Congratulations and best wishes to his parents: Curran & Rosalind Vars; grandparents: David & Radhika Vars; and great-grandmother: Rose Vars.

KENNEDY CENTER THERAPEUTIC GROUPS

A BIG THANK YOU TO OUR FRIENDS FROM KENNEDY CENTER!

Every month we host the Kennedy Center therapeutic groups to do crafts, exercises, games and sometimes cooking. They are very grateful for use of the hall and kitchen and have been trying to find ways to give back to Unity Hill. This month they will bake brownies and trays of cookies for our Church Harvest Fair.

Thank you so much to Frankie, Sandra, Luis, Russell, Ramon, Melissa, Tracy and Chris!

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Welcome Fall!!!!

Sunday School is in full swing!!! Started off with a little party and discussion of what we want to do over the next few months.

The Harvest Festival is October 19th and I have told the kids that it would be great if they volunteer for a job or two - even if it's just for a couple of hours. There is a lot they can help with and it is good for them to be part of the church activities.

We also discussed going to the corn maze during service one Sunday in October. More info to follow!!

Starting the year off with a Back to School program - Ephesians 6; followed by Life of Faith and Adventure - Matthew 16. Very excited to discuss real life and how it relates to the bible.

Getting the kids pumped!!!! or at least excited as I am

Sincerely, Sharon



"Our Father, who art in heaven,
how did You know
my name?"

CHURCH COUNCIL ~ By: Moderator, Diane Henderson



NEXT COUNCIL MEETING is Monday, October 7 at 7:00 pm.

COMMITTEE REPORTS TO COUNCIL are due in office by Monday, September 30.

FELLOWSHIP GROUPS

FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President

- ~ **Cooking for GOLDEN HILL COMMUNITY SUPPERS** on Sunday, October 20 after our worship service in the kitchen here at Unity Hill. Additional volunteers are always needed and greatly appreciated. **Our next turn at GOLDEN HILL COMMUNITY SUPPERS** is Wednesday, October 23; you can help either cooking at 2pm **and/or** serving at 5pm. Many hands make for light work. See Dot Pickens or Carole Fanslow for info or to volunteer.
- ~ Our August 28 the meal at **GOLDEN HILL COMMUNITY SUPPERS** was enjoyed by 75 first timers - 7 trays of macaroni & cheese costing \$157. One tray was given, piping hot, to Prospect House along with dessert. Chef Ron Finizio led the group of helpers including Renate Krakovich, Carole Fanslow, Wally and Ed Yeager and Marsha Piper. The menu was mac & cheese, green beans, desserts and salad prepared by Wally. Thanks to those who cooked on Sunday, August 25 at church: Renate, Marsha, Rose Vars, Dot Pickens and Carole; Wally sliced the ham and John Rossi assisted with kitchen appliances.
- ~ Annual **CHRISTMAS PARTY** will be on Sunday, December 8 at Stonebridge Restaurant in Milford at 5:00 pm – Cost is \$25. Those attending are asked to bring diapers or wipes for Trumbull Social Services. More info later.
- ~ **FUH will not be having a Hunger Awareness Luncheon in October. Instead we are asking you to bring bags of apples, bananas, grapes, etc. for our Community Suppers Meal on October 23. At the August 28th meal, there was no fresh fruit of any kind. Bring to church on Sunday, October 20th or drop off in the office before Wednesday, October 23. Thank you!**

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

- ~ Our **2019-2020 brochure** is now ready. Pick up a copy from the table in Fellowship Hall.
- ~ **EXECUTIVE BOARD MEETING** will be on Thursday, October 3 at 12:00 pm.
- ~ Join us on Thursday, October 17 at 12:00 noon for our next **COVERED DISH LUNCHEON**. Bring your favorite covered dish to share or pay \$7.50 at the door. Our program will feature Officer Tim Fedor of Trumbull Police Dept. presenting “*How to Spot Frauds and Protect Yourself.*” Devotions: Louise Evans; Hospitality: Carole Fanslow and Linda Polito. Sign up on the bulletin board. All are welcome! Hope to see you there!
- ~ Members and friends of the Women’s Fellowship toured the historic Boothe Memorial Park facilities in Stratford on Sept. 13; afterwards, we enjoyed lunch at the 99 Restaurant, Stratford. An enjoyable day out!



COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS WORSHIP SERVICE

WORSHIP SERVICE at Middlebrook Farms Health Care will be on Thursday, October 3 at 2:00 pm with Deacons Waltraud Yeager and Carole Fanslow.

CROP HUNGER WALK

CROP Board Meeting on Monday, October 21 at 7:00 pm here at Unity Hill UCC, 364 White Plains Rd.

13TH ANNUAL SILVER LAKE GOLF TOURNAMENT



Monday, Sept. 30 at The Country Club of Waterbury, 1 Oronoke Rd. Waterbury
7:30 am: Registration; 8:00 am: Breakfast Sandwiches, Fruit and Beverages; 9:00 am: Shotgun Start; 2:00 pm: After-play Reception & Awards. Tournament fees are \$200 per player and include greens fees, cart, lunch, and After-play Reception. Grab your buddies and your clubs and join us for a day on the links, all while helping to support the CT Conference's vital outdoor ministry. [Register Online as a Player or Sponsor](https://macucc-reg.brtapp.com/SLCCGolfTournament) at <https://macucc-reg.brtapp.com/SLCCGolfTournament> or 860-364-5526.

TRUMBULL INTERFAITH COUNCIL

- ~ The **NEXT MONTHLY MEETING** of Trumbull Interfaith Council will be on Wednesday, October 2 at 7:00 pm at Trinity Episcopal Church, 1734 Huntington Tpk., Trumbull.
- ~ Save the date for this year's **THANKSGIVING SERVICE** on Sunday, November 24 at 4:00 pm at the Parish of St. Catherine of Siena, 200 Shelton Road, Trumbull. Bring a donation of non-perishable food, paper goods or diapers to benefit Trumbull Social Services. Reception follows in Church Hall.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

- ~ **DISCOVER OUR IMPACT EVENT** on Wednesday, October 16 from 6:00-8:00 pm at the Discovery Museum, 4450 Park Avenue, Bridgeport. Join CCGB for Cocktails and Canapes and to find out more about our programs and support our future.
- ~ **CONTACT COUNCIL OF CHURCHES FOR MORE INFO** at (203) 334-1121 or info@ccgb.org

CHURCH WOMEN UNITED IN CONNECTICUT

2019 FALL GATHERING is on Saturday, October 19 at 9:30 am-2:00 pm at Plantsville Congregational Church, 109 Church Street, Plantsville. Speaker will be the Rev. Victoria Triano, pastor at the Christ Community Church of East Haddam; program workshop held by Adam Smedberg, a Church World Service Representative. Registration due by October 10 and cost is \$20. See bulletin board for more info.

ANNUAL PIPESCREAMS CONCERT

Sunday, October 20 at 4:00 pm, First Church Congregational Stratford, 2301 Main St., Stratford

This is the 18th Annual concert of Halloween-themed and Broadway musical pieces featuring the mighty pipe organ, amazing choral ensembles, with over 100 singers, incredible musicians, a 1920's silent film, costume contest with prizes, and a reception. Plenty of parking. Wheelchair accessible. Costumes encouraged. Presented by the Greater Bridgeport Chapter of the American Guild of Organists. Tickets \$15 per adult/\$5 students (12-17); Free for children 11 & under.



GOLDEN HILL UNITED METHODIST CHURCH COMMUNITY SUPPERS

Our next turn at GOLDEN HILL COMMUNITY SUPPERS is Wednesday, October 23; you can help either cooking at 2 pm **and/or** serving at 5 pm. **Cooking for COMMUNITY SUPPERS** will be on Sunday, October 20 after our worship service in the kitchen here at Unity Hill. Additional volunteers are always needed and greatly appreciated. Many hands make for light work. See Dot Pickens or Carole Fanslow for info or to volunteer. Thanks!

FAIRFIELD EAST ASSOCIATION

Annual Meeting is Wednesday, October 30 at Ridgebury Congregational Church, 605 Ridgebury Road, Ridgefield. Registration at 5:30 pm; Dinner at 6:00 pm. RSVP by October 23; cost \$15 per person. Program: Ryan Gackenhaimer, Executive Director of Silver Lake Conference Center

SOUTHERN NEW ENGLAND CONFERENCES OF UCC

ANNUAL MEETING 2019 ~ November 1-2, 2019 at DCU Center, Worcester, MA.
3rd Joint Meeting of Southern New England Conferences of the UCC (CT, MA & RI)

COMMUNITY AWARENESS/CONGREGATION ASSISTANCE PROGRAM

CAP – Community Awareness/Congregation Assistance Program

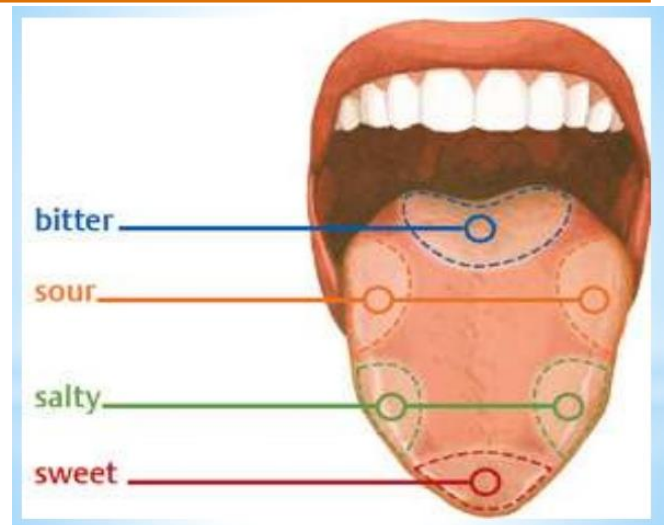
Sunday, October 27 and Sunday, November 3 ~ 5:00-8:00 pm. Must attend both sessions; Dinner included at Trumbull Congregational Church, 3115 Reservoir Road, Trumbull

Do you know if a person is in distress? Learn how to identify and respond to signs/symptoms of problematic substance use, problematic gambling behavior, and other mental health problems/crises such as risk of suicide. **Advanced registration required.** See community bulletin board for more info.

HEALTH CORNER: Altered or Diminished Sense of Taste

Many medical conditions and treatments can lead to an altered or diminished sense of taste. Respond to changing taste buds by:

- **Adding pizzazz** — Enhance dishes with herbs, spices, meat marinades, mustards, ketchup, vinegar, wine or barbecue sauce. Add chopped onions, green pepper, garlic, parsley or cilantro. Try brown sugar, maple syrup or honey. Use flavor extracts, such as almond, pecan, rum or vanilla, from your grocer's baking section.
- **Toning down salty** — If food seems too salty, add a little sugar.
- **Bumping up salty** — Don't add more salt. Instead, include foods with natural savory or meaty flavors. These include fish sauce, sundried tomatoes or tomato paste, Parmigiano-Reggiano and cheddar cheeses, and mushrooms, especially shitake.
- **Reducing sweetness** — Add a little salt or citrus juice. Dilute sweet beverages with water or select less sugary beverages such as milk, coffee, a sports drink or iced tea. For dessert, have yogurt, custard, or pumpkin pie in place of sugary foods.
- **Substituting for things that taste bad** — Red meat and eating with silverware can cause a metallic taste. Try non-meat proteins such as fish, eggs, beans, lentils, nuts or quinoa. Use plastic utensils in place of metal.
- **Talking to your doctor** — Ask if your change in taste could be related to a medication. Common culprits include some antibiotics, drugs to lower cholesterol or blood pressure, cancer medications, or antidepressants.



October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 7:00pm Trumbull Interfaith Council Meeting	3 12 noon Women's Fellowship Executive Board Meeting 2:00pm Middlebrook Farms Worship Service	4	5 12-4pm Overeaters' Anonymous Speaker/ Workshop
6 10:30am Communion at Worship today	7 7:00pm Church Council Meeting	8	9 11:30-2:45 Kennedy Center- crafts	10 11:30am-1pm George's Hill 5-year anniversary	11	12
13 10:30am Sunday Worship	14 Columbus Day <i>Office is closed</i>	15 10:00am Diaconate Meeting	16 6-8pm Council of Churches Discovery Event	17 12noon Women's Fellowship Covered Dish Lunch	18	19 10am-4pm Harvest Fair 9:30-2 Church Women United Fall Gathering
20 10:30am Sunday Worship 12pm FUH Cooking for Golden Hill Community Suppers 4:00pm Annual Pipescreams Organ Concert	21 11am-3pm Kennedy Center 7:00pm CROP Board Meeting <i>Joanne on vacation</i>	22 <i>Joanne on vacation</i>	23 Golden Hill Community Suppers 2:00pm Cook; 5:00pm Serve <i>Joanne on vacation</i>	24 <i>Joanne on vacation</i>	25 <i>Joanne on vacation</i>	26
27 10:30am Sunday Worship 12pm Bible Brunch 5-8pm Community Awareness Training	28 Deadline for November Outlook Info	29	30 5:30pm Fairfield East Association Annual Meeting	31 		



<i>HAPPY BIRTHDAY IN OCTOBER!</i>		
2 Diane Henderson	10 Joanne Wickson	27 Jeff Baez
6 Richard Parker	11 Sherri Miller	30 David Brezina
7 Scott Barwick	17 Danielle King	30 Kaelyn Brezina
10 Syndee Barwick	24 Keith Gorlo	



<i>HAPPY ANNIVERSARY IN OCTOBER!</i>
10/3 Joanne and John Wickson

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

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