

OUTLOOK ~ OCTOBER 2020

Unity Hill United Church of Christ

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The Reverend Dr. M. Todd Shipley, Pastor

Diane Henderson, Moderator

Dawn Brezina, Church Clerk

Jeffrey Stokely, Music Coordinator

Dorothy W. Pickens, Soloist

Joanne Wickson, Office Administrator

Kathleen Miranti, Bookkeeper

Calap Brown, Sexton

NOVEMBER 2020 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 or special announcements for the November 2020 Outlook by Wednesday, October 21, if possible, and no later than Monday, October 26. Thanks!



Please remember our homebound in your prayers or with a **note:** Dorothy Barwick, Lucille Baver, Dolores Colaiacomo, Katie Schneider and Mitch Wein.



PASTORAL CARE ~ VERY IMPORTANT!

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.



A SPIRITUAL PERSPECTIVE ~ The Rev. Dr. Todd Shipley, Pastor

If you've come to a service recently or watched any of the weekly video reflections (**Unity Hill UCC** on YouTube) you've heard me use the word 'covenant' very often ... I mean A LOT. A whole mess of covenant. Remembering our covenant with God can be a balm for our wounded souls, and I don't recall a time in my life I felt more wounded. Let's recall and live our covenantal promises. The word covenant is powerful, and it speaks to more than just a contract or obligation. Some scholars distinguish between 'contract' and 'covenant' by describing 'contract' as an exchange of goods and services and 'covenant' as an exchange of persons, as in a marriage covenant. I think this is beautiful because God does indeed want our whole person! The idea of covenant being a giving of oneself to God is reflected in this poem by Sister Margaret Halaska entitled 'Covenant':

God knocks at my door seeking a home for his son.

Rent is cheap, I say.

I don't want to rent. I want to buy, says God.

I'm not sure I want to sell, but you might come in and look around.

I think I will, says God.

I might let you have a room or two.

I like it, says God. I'll take the two. You might decide to give me more someday.

I can wait, says God.

I'd like to give you more, but it's a bit difficult. I need some space for me.

I know, says God, but I'll wait. I like what I see.

Hm, maybe I can let you have another room. I really don't need that much.

Thanks, says God, I'll take it. I like what I see.

I'd like to give you the whole house but I'm not sure ...

Think on it, says God. I wouldn't put you out. Your house would be mine and my son would live in it. You'd have more space than you'd ever had before.

I don't understand at all.

I know, says God, but I can't tell you about that. You'll have to discover it for yourself. That can only happen if you let me have the whole house.

A bit risky, I say.

Yes, says God, but try me.

I'm not sure – I'll let you know.

I can wait, says God, I like what I see.

No doubt the thought of giving ALL of yourself can be frightening. I would go so far as to say that if it isn't frightening then you aren't seeing the big picture:

Yes, God wants that too! The garage full of old tires? Yes! The coat closet that you've been putting trash in instead of coats? YES!

We are going to construct a covenant and I want you to be brave:

GOD LIKES WHAT HE SEES

Yours,
Pastor Todd

CHURCH UPDATES

OFFICE CLOSED ~ Friday, October 9 (vacation) and Monday, October 12 (for holiday)

MESSAGE FROM THE MODERATOR ~ By: Diane Henderson

Happy Fall Unity Hill members and friends. My favorite season – chilly nights, warm days, beautiful colors, Indian summer, sweatshirts and jeans.

As we continue with outside services, I look forward to when we can again worship in the sanctuary.

The Church Council met on September 16. We decided to hold our Open House on Saturday, October 24. This is being spearheaded by David Brezina.

Our Treat of the Week Challenge continues and there has been some great participation so far.

Many thanks to Brenda Finizio for getting the mums and putting them in our planters.

Our next Council meeting is scheduled for Wednesday, October 14.

During this season let's try to remember to treat everyone with kindness and love.

There are so many still struggling during this pandemic.

I would like to close with a couple of quotes by Ruth Bader Ginsberg:

"Don't be distracted by emotions like anger, envy, resentment.

These just zap energy and waste time."

And on how she would like to be remembered ~ *"I would like to be remembered as someone who used whatever talent she had to do her work to the best of her ability."*

Peace and Blessings, Diane

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Welcome Autumn!!! So great to smell that Fall air and watch the colors change here in New England. Hopefully in a few weeks you can take a nice long ride through upper state CT and see God's transformation at work!! My favorite time of year.

The weather has been iffy to say the least - glad we were able to have class outside ... then back inside when it was 52 degrees! We don't care, just happy to be with friends again.

We are currently studying "Truth"... this last week was about "Truth and the Media" -we had fun. The kids saw how subtlety in ads is meant to attract them. It is eye opening to see how social media and TV commercials can grab your attention, attempt to control some part of you and bring you into their world. The thing we need to know is the difference between good and bad, lies and truth, meaningful and not meaningful.

We are going to tackle some interesting and challenging questions over the next few weeks ... some you can ask yourself ...

Do you believe that you should always tell the truth, no matter what?

Do you believe in "absolute truth" (That something can be true at all times, in all situations, for all people)?

Do you believe it is okay to stretch the truth, or lie, if it means not hurting someone's feelings?

Do you believe that some things are right sometimes and wrong at other times? For example: it's wrong to cuss, but if you're really mad it's okay.

We are going to look at these and other questions, scenarios and "Trust" topics over the next few weeks – this should be eye opening for all!

"I think part of trusting God is looking towards the future with excitement, not worry and dread. We know that God is going to work out everything for his good, and in that ... joy is found." ~ Allison Marie

Brenda Finizio has offered to help get the kids' youth group off the ground again with our first gathering on Sunday, September 27th with rock painting for the town of Trumbull, dinner and campfire talk! Very excited!

Monthly activities are planned - we will try and get a more steady date going forward ... Sunday's seem best but we will keep in touch.

Please note there will be no Sunday School on October 11th which is a holiday weekend.

Stay safe all!!! and Happy Fall!!!! Sharon

MISSIONS COMMITTEE ~ By: Brenda Finizio, Chair

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2



We are a month into the “**Treat of the Week Challenge**” and expect to have over \$200 donated by the end of the month. I’ve received not only money but encouraging stories from members who have successfully given up items they love, so they could give more to missions. Thank you all for participating and putting other’s needs ahead of your own.



Missions continues to help with education opportunities for the needy. We have already had one student who we supported graduate and is doing well. We have two others who we are helping – one is going to trucking school and the other one is studying business & technology. Education goes a long way – as the saying goes, “**Give a Man a Fish, and You Feed Him for a Day. Teach a Man to Fish, and You Feed Him for a Lifetime.**”



SPECIAL REQUEST ~ COUNCIL OF CHURCHES OF GREATER BRIDGEPORT is looking for donations for the following toiletry items....

• Bar Soap	• Men’s Razor
• Toiletries	• Diapers
• Body Wash	• Women’s Maxi Pads
• Men’s Boxer Shorts (S, M L, XL) and T-Shirts (M, L, XL)	

In Christ, Brenda, Carole & Marsha

FELLOWSHIP GROUPS

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

Our **Executive Board** will meet Thursday, November 5 at 12 noon to hopefully plan for our **Christmas Tea**. We’re hoping we will be able to gather as scheduled on Thursday, December 3 at 1:00 pm. Entertainment by “Matinee.”

No **Monthly Luncheon Meetings** planned for October or November.

FELLOWSHIP OF UNITY HILL ~ By: Dorothy Pickens, President

COMMUNITY SUPPERS ~ Our next turn will be on Wednesday, October 28; cooking at 2:00 pm and serving at 5:00 pm at Golden Hill UMC. We will prepare the meal at church on Sunday, October 25. Additional help is always appreciated.

COMMUNITY GROUPS AND HAPPENINGS

46th ANNUAL CROP HUNGER VIRTUAL WALK RALLY AND WALK

The **HUNGER WALK** will be held on Sunday, October 18 **VIRTUALLY!** Walk safely in groups of 10 or less may walk in their neighborhood or your favorite walking spot. ~ WALK ANYWHERE, ANYTIME ~ See Carole Fanslow or Dot Pickens for WALK packets. Unity Hill has always been a strong supporter for 45 years! Any questions, call Carole Fanslow at 203-375-1284. More info at www.crophungerwalk.org

TRUMBULL INTERFAITH COUNCIL

- ~ Our **Monthly Meeting** on Wednesday, October 7 has been cancelled.
 - ~ The **Annual Thanksgiving Service** has been cancelled for 2020.
-

FAIRFIELD EAST ASSOCIATION

Fall Delegates Meeting will be on Zoom on Wednesday, October 28 at 7:00 pm.

SOUTHERN NEW ENGLAND CONFERENCE UCC (SNEUCC)

FIRST ANNUAL MEETING of the **Southern New England Conference of the United Church of Christ** was an online Zoom meeting on Saturday, September 26.

SUPER SATURDAY ~ Please join us for our first Virtual Super Saturday - two days of worship, workshops and networking - October 24, 2020 and October 31, 2020. Sign up for one day or two, two workshops or four. It's up to you! REGISTER EARLY TO RESERVE YOUR SPOT! Register Online Today! www.sneucc.org/supersatreg
Registration Deadline: October 19, 2020. Cost: \$10 per workshop. Online payments only must be made at the time of registration. [Super Saturdays brochure.pdf](#)

You can contact Southern New England Conference, United Church of Christ ~ Hartford, CT office: 866-367-2822 or Framingham, MA office: 508-875-5233

SILVER LAKE CONFERENCE CENTER

Greetings from the Lake! **Reconnect. Recenter. Retreat to Silver Lake.** We ask that your group be limited to those that live together, with a group maximum of 8 people. *If you would like your group to be more than 8, please call the Silver Lake office at 860-364-5526.*

There is no charge for your visit, but donations are appreciated. They help Silver Lake remain vibrant and ensure that summer 2021 is even more amazing. Donation details available at www.silverlakeect.org/donate-now

Overnight Family Retreats! - Reserve a building for your family, household, roommates - *anyone that lives with you* – for an overnight stay at Silver Lake. Walk the trails, play disc golf, spend time with your family, and unplug. Immerse yourself in the calm and natural beauty of Silver Lake. Email Stephanie stephaniep@silverlakeect.org

Day Visits! - Bring your family, roommates, household - *anyone that lives with you* – for a visit to enjoy the natural beauty of Silver Lake. Pack a picnic, walking shoes, sunscreen, lawn chairs, bug spray, basketballs, water – anything you might want or need to enhance your outdoor experience. Trash cans, disc golf baskets, and basketball hoops are available for use. ***Lawn games, sports equipment, and picnic tables will not be supplied.***

A restroom will be provided, but all other buildings will be closed. In addition, all specialized areas (swimming and boating waterfronts, low and high ropes courses, and the garden) are off-limits for everyone's safety.

For more information, and to reserve a day, visit www.eventbrite.com/e/silver-lake-site-visit-tickets-109553906684.

Silver Lake Conference Center 223 Low Road, Sharon, CT 06069 | 860.364.5526
slcc@silverlakeect.org

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

Join us to celebrate our 75th year anniversary at a **VIRTUAL FUNraiser** “**What the World Needs Now...**” on Thursday, November 12 at 7:00-8:15pm. Entertainment + Impact Update + Support our Future. Special Musical Guest, Chris Coogan, a multi-talented entertainer who, as a masterful pianist, composer, performer, teacher, choir director and producer, is rooted in the jazz and gospel traditions. Please RSVP at ccgb.org/virtualfundraiser; Zoom link will be sent to attendees. Can't attend? Consider making an impact by donating at ccgb.org/donate. All proceeds from the evening's virtual paddle raise auction will support the vital programs for CCGB.

Our church is one of the founding churches. The Council of Churches can be reached by emailing info@ccgb.org, going to website at WWW.CCGB.ORG or calling (203) 334-1121.

CONNECTICUT WOMEN UCC

Our Board Meeting will be on Tuesday, October 6 9:30am – 12 noon at Unity Hill UCC. Brenda Finizio was our recognized woman submitted to the CT Women UCC newsletter from our Women's Fellowship for her outstanding leadership at Unity Hill.

HEALTH CORNER ~ Coronavirus Burnout and Pandemic Fatigue

Reviewed By: [Lisa Lockerd Maragakis, M.D., M.P.H.](#), senior director of infection prevention at Johns Hopkins, offers insights on preparing for the fall and winter flu season and explains how the flu and COVID-19 are similar and how they are different.



Flu season starts in the fall, and this year, the continuing coronavirus pandemic will complicate the picture. COVID-19 and the flu are both contagious respiratory illnesses, meaning they affect your lungs and breathing, and can be spread to others. Because some coronavirus symptoms are similar to those of [bronchitis](#), the [common cold](#), [the flu](#) and [respiratory syncytial virus \(RSV\)](#), this year it is likely that a test will be necessary to tell the difference. By this fall, some areas may have a test available that can look for both the coronavirus and flu viruses so you only need one test.

A flu outbreak in a location that's also experiencing a lot of COVID-19 cases could overwhelm hospitals and make it hard for doctors and hospitals to care for a sudden surge of sick patients. If you have the coronavirus and the flu at the same time, the resulting impact could be even more severe than having either infection alone.

It's all so confusing so here's some info that may help from Johns Hopkins Medicine ...

Different Symptoms

- **COVID-19:** Many people infected with the coronavirus do not feel sick or have any symptoms at all, but they can still transmit the coronavirus to other people. The most common symptoms of COVID-19 in humans include: Cough, Fever or chills, Shortness of breath or difficulty breathing, Muscle or body aches, Sore throat, New loss of taste or smell, Diarrhea, Headache, New fatigue, Nausea or vomiting, Congestion or runny nose, and [symptoms](#) can vary from one person to the next..
** Note that some of these symptoms are very common and can occur in many conditions other than COVID-19 (coronavirus disease).*
- Unlike the flu, **COVID-19** can sometimes cause a person to suddenly lose their sense of smell (anosmia) or taste (ageusia).
- **FLU:** Flu does not typically affect a person's sense of smell or taste.

Similar Symptoms

- Both illnesses can cause fever, cough, body aches, and sometimes vomiting and diarrhea (especially in children).
- Both can result in pneumonia.
- Both flu and COVID-19 can be mild or severe, or even fatal in rare cases.

Different Causes ~ Although the symptoms of COVID-19 and the flu can look similar, the two illnesses are caused by different viruses.

- **COVID-19:** Caused by the 2019 coronavirus, also known as SARS-CoV-2 is a new germ we haven't encountered before,
- **FLU:** Caused by any of several different types and strains of influenza viruses which circulate each year, and the viruses mutate (change) from year to year.

How It Spreads and Prevention Similarities

- Both the flu and COVID-19 spread in similar ways. Droplets or smaller virus particles from a sick person can transmit the virus to other people nearby. The smallest particles may linger in the air, and another person can inhale them and become infected.
- Or, people can touch a surface with viruses on it, and then transfer the germs to themselves by touching their face.
- People infected with the coronavirus or the flu may not realize they are sick for several days, and during that time can unknowingly spread the disease to others before they even feel sick.
- Both can be [prevented](#) by [mask-wearing](#), frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected. [Physical distancing](#) limits the spread of COVID-19 in communities.

Complications

- **COVID-19:** Complications including long-term damage to the [lungs](#), [heart](#), [kidneys](#), [brain](#) and other organs is possible after a severe case of COVID-19.
- **FLU:** Complications can include inflammation of the heart, brain or muscles, and multi-organ failure. Secondary bacterial infections sometimes occur after the flu.

Vaccine

- **COVID-19:** No vaccine is available at this time, though development and testing is in progress.
- **FLU:** A vaccine is available and effective in preventing some of the most dangerous types or to reduce the severity or duration of the flu. ***It is very important to get vaccinated for the flu this year.***

Different Treatments

- **COVID-19:** Antiviral medications and other [therapies are being tested](#) to see if they can effectively address symptoms and shorten the duration of the illness. Currently, effective treatments are only available in an intravenous form, so they are not prescribed to patients outside of a hospital setting.
- **FLU:** Oral antiviral medications can address symptoms and sometimes shorten the duration of the illness. Because they are given by mouth, these can be prescribed for patients who are not hospitalized as well as for those in the hospital.

Similar Precautions and Treatments ~ What to Do if You Have Any Symptoms

- **Call your doctor.** If you or your child has a fever, cough, congestion, sneezing, sore throat, runny nose, nausea, vomiting, diarrhea or other symptoms of infectious illness, stay home, call your doctor and follow his or her recommendation. It is likely that he or she will recommend that you are tested for the flu and COVID-19.
- Neither the flu nor COVID-19 is treatable with antibiotics, which only work on bacterial infections. Both are treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and very ill patients may need a

ventilator — a machine that helps them breathe. Antiviral medications may shorten the duration of both illnesses.

Cold and Flu Season ~ What to Do to Try to Prevent Getting Sick

1. **Get a flu shot.** Even if you usually skip a flu shot, this is the year to make sure you get one. [It IS safe for you to go to the doctor for a flu shot.](#) For the 2020–2021 flu season, the U.S. Centers for Disease Control and Prevention, or CDC, [recommends that you get your flu shot in September or October.](#) The flu shot is updated each year to protect you against three or four of the worst flu strains that are expected to show up during that season. Doctors are noting that fewer patients are getting recommended vaccines. Many people get their flu shots through their employer, school or local health department and because of the pandemic, some of these large-scale vaccination events might not take place this year. Shots are available at your local pharmacy or doctors' office.
2. **Don't forget the kids.** It's important to ensure your children (over 6 months old) get flu shots — and any other vaccines they need. Learn more about keeping up with [routine vaccinations for babies and kids during the coronavirus pandemic.](#)
3. **Care for yourself** and your family with good nutrition, plenty of rest, proper hydration, regular exercise and stress management. And always stay home if you don't feel well.
4. **Continue protecting yourself from the coronavirus.** Even if you are [tired of following coronavirus precautions](#) such as washing your hands frequently, cleaning and sanitizing, wearing a face mask and physically distancing, it's especially important now to keep up the good work — and encourage your family to do the same. This fall and winter, it may be that our behavior changes and closures or cancellations affecting school, work, travel and public events — will help contain the spread of the flu and other respiratory viruses, in addition to COVID-19.

Maintaining these habits through the cold and flu season will help prevent COVID-19 and other fall and winter illnesses, as well.

This article was written from information obtained on these websites:

Flu Season and the Coronavirus: How to Prepare ~

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/flu-season-and-the-coronavirus-how-to-prepare>

Coronavirus Disease 2019 vs. the Flu ~

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 10:30am Guest preacher- Omar Nicholson Outdoor Worship Service -weather permitting	5	6 9:30-12:00 CT Women of UCC Board Meeting	7	8	9 Office is closed! Joanne on vacation	10
11 10:30am Outdoor Worship Service -weather permitting	12 Columbus Day Office is closed!	13	14 7pm Church Council Meeting	15	16	17
18 10:30am Outdoor Worship Service -weather permitting 46th ANNUAL CROP HUNGER VIRTUAL WALK ~ ANY TIME, ANY WHERE!	19	20	21	22	23	24
25 10:30am Outdoor Worship Service -weather permitting	26	27	28 2pm Cook 5pm Serve at Golden Hill UMC Community Suppers 7pm Fairfield East Fall Zoom Meeting	29	30	31

Birthdays in October ~ HAPPY BIRTHDAY!

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



October Anniversaries ~ HAPPY ANNIVERSARY!

October 10 ~ 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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