

NOVEMBER 2019 OUTLOOK

Unity Hill United Church of Christ

364 White Plains Road, Trumbull, CT 06611

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

E-mail: unityhillucc@gmail.com (please note change!)

Web site: www.unityhillucc.org

Facebook: Unity Hill UCC

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.

DECEMBER 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 DECEMBER 2019 Outlook by Monday, November 18. 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.



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

When I first arrived at Unity Hill in the summer of 2011, the sign pictured here, ‘WELCOME: Enter with a thankful heart,’ was not above the door. I found this sign on the back of the stage during my first month as your settled pastor which was April of 2012. I can’t remember who was standing next to me when I found it but whoever it was said, “Should we put it up?” I immediately said, “Absolutely!” I think it was the first non-worship decision I made. Since 2012 it has been parked above our front door but like so many things in our life that are constantly present without our effort, it runs the risk of being overlooked. When was the last time you took notice of it? Even more importantly when was the last time you took its advice?



Since I returned from sabbatical, I have taken some time during worship praying and reflecting on ways to ‘cultivate’ thankfulness in our hearts. ‘Cultivate’ is not simply a euphemism for ‘growing,’ cultivating means to make conditions right for something to grow.

So, what are some ways we can make conditions right for gratitude to grow? An easy answer is to check the scriptures. Almost the entire letter to the Colossians involves thankfulness! When it comes to using scriptures for spiritual growth, I almost always check the Gospels first. Since Jesus is our way to connect and understand God, it is important for his teachings to be the lens through which we understand how to develop any virtue, including gratitude.

Consider the following parable. This is one we have recently examined during worship:

“Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, he was met by ten lepers, who stood at a distance and lifted up their voices, saying, ‘Jesus, Master, have mercy on us.’ When he saw them, he said, ‘Go and show yourselves to the priests.’ And as they went, they were cleansed. One of them, when he saw that he was healed, turned back, praising God with a loud voice. He threw himself at Jesus’ feet and thanked him - and he was a Samaritan. Jesus asked, ‘Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?’ Then he said to him, ‘Rise and go; your faith has made you well.’”

LUKE 17:11-18 (NIV)

Since we know that, as God’s representative, Jesus is not interested in someone showing thankfulness to him for his own sake, we must reflect on why God would want us to be thankful for our own sake. One of the most powerful aspects of scripture that our reflection on the same verses can change as we change. For me, right now, I think the reason that it is important for us not to forget where our blessings originate involves political divisiveness. We wonder how political decisions will best serve us but don’t often entertain the question as to how political decisions will best serve God. We don’t need to be ‘right,’ we need to be thankful and loving and do what’s in our power to serve God in all our decisions. So, what I take from this parable is simply: ‘REMEMBER.’ Remember from whence all things come.

So, here's what I want you to do: Find me and tell me where the sign above our door came from, and also see if I am wearing a string around my finger to REMEMBER.

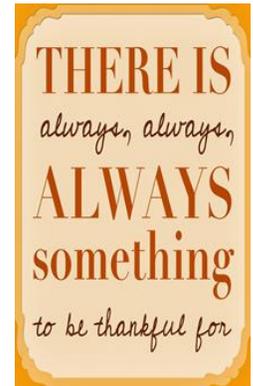
In conclusion I'd like to share with you this prayer of gratitude I found while researching Scripture for this article. I found it on this website: <https://www.biblestudytools.com/topical-verses/gratitude-bible-verses/>

Dear God,

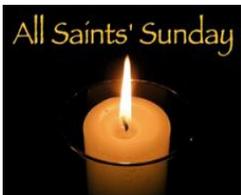
Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us.

*Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!
In Jesus' Name, Amen.*

Yours,
Pastor Todd



CHURCH UPDATES



MEMORIAL SUNDAY on November 3 ... Unity Hill UCC will be honoring All Saints' Day during worship by remembering all our friends and loved ones whose earthly lives have ended. You are invited to bring in a holder for a tea light candle or bring in your own candle in a holder on November 3, to be placed on the communion table in memory of your loved ones. **(All candles must be in holders.)**

HOLIDAY BASKET RAFFLE

Sunday November 3 ---- Preview 1:15 pm – 2:00 pm, Raffle following immediately after.

\$15.00 per person for 25 raffle tickets and light snacks; Children under 12 free.

If you would like to donate a themed basket valued at \$10 or more, you'll get an additional 25 tickets!! Contact the office at 203-374-8822 if you would like to donate a basket or have any questions. Come support our Christian Education and Stewardship Committees.



DAYLIGHT SAVINGS TIME ends on Sunday, November 3 at 2:00 am. Turn your clocks back 1 hour.

**TO THOSE WHO HAVE SERVED
AND TO THOSE WHO ARE
SERVING NOW
THANK YOU**

VETERANS BRUNCH

Please join us on Sunday, November 10 ~ 11:30 am-1:00 pm

Free to all, especially all Veterans and active military service men and women and their families.

RSVP by Monday, November 4 by calling the office at 203-374-8822.



~ HAPPY THANKSGIVING ~

Our office will be closed for the Thanksgiving Holiday.

OUR CONDOLENCES AND DEEPEST SYMPATHY ~

Norman Aanensen, 67, passed away peacefully on October 14. His Memorial Service will be at Unity Hill UCC on Saturday, November 2 at 1:00 pm with a reception in our hall immediately following. Our sympathy and prayers are with his family: his daughter Amy Aanensen, son Kyle Aanensen, sisters Roseann Giordanella and Linda Schlonsky; grandchildren Vanessa and Jonathan Sanchez and Kaitlyn Santiago and several nieces and nephews.

George William "Bill" James, 86, of Clearwater, FL passed away on Sunday, October 20, 2019 after a long illness peacefully at home with his wife Ann Myrece by his side. Our thoughts and prayers are with Ann Myrece (Schwartz) and their family.



GEORGE'S HILL

George's Hill Support Group for people with memory problems and their caregivers.

Thursday, November 14 ~ 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 COUNCIL ~ By: Moderator, Diane Henderson

**Church
Council
Budget
Meeting**

CHURCH COUNCIL BUDGET MEETING

Monday, November 4 at special time! 6:00-9:00 pm; food provided.

COMMITTEE REPORTS TO COUNCIL are due in office by Monday, October 28.

MISSIONS OPPORTUNITIES

In this season of Thanksgiving we can be thankful for all we have and engage in mindful giving.

Not all families are able to put food on the table each day. Food insecurity is a problem in all communities, both near and far.

Unity Hill has a tradition of providing Thanksgiving meal baskets to families within our own community. We will continue this tradition but rather than collecting canned goods and meal items we will provide each family with a grocery store gift card to enable them to purchase the holiday foods that suit them. Your monetary donations will provide this compassionate gift to those in need this season. See donation choices on the Missions board throughout November.

There are also many opportunities to contribute to the wider community. One notable effort is the Great ThanksGiving Project through the Bridgeport Rescue Mission (BRM). A warm coat and turkey dinner can make all the difference to someone who's cold and hungry. Through November 15th the Bridgeport Rescue Mission is collecting gently used coats (all sizes) for men, women, and children. Adult men's sizes 2XL - 4XL are needed most. They are also collecting frozen turkeys (12-15lb size) to be distributed to area residents. The coats and turkeys can be delivered to the Donation Center at 1069 Connecticut Ave, Unit 2-B, Bridgeport CT. They are open Tuesday-Saturday 9am-5pm. You can also donate online at BRM site <https://secure.qgiv.com/event/brmturkeyteam2019/donate/> Each \$20 donation provides a turkey for a needy family.



The local food pantries provide food assistance throughout the year to many in need and can always benefit from non-perishable food donations. You can pick up extra canned goods, beans, oatmeal, or other healthy items while shopping and drop in the basket at the entry to our sanctuary or deliver to other Trumbull or Bridgeport locations that help stock the food pantries.

Thank you for helping to make this Thanksgiving a little brighter for families in need.

Welcome Autumn!!! And of course the end of Daylight Savings Time. Move those clocks back an hour on Sunday November 3rd... Which just happens to be our annual Holiday Basket Raffle event! So get extra sleep and come out and enjoy the fun – maybe even win a basket!

Since this is the season for giving I am posting this article from a newsletter that I feel we can all learn from..... ***Help Your Kids Develop a Heart for Service***

Despite being the One True God and the King of kings, Jesus humbled himself to become our Savior. By serving us here on earth, Jesus modeled how we are to lovingly serve others. Serving is a privilege—one people of all ages can engage in daily. Major projects and trips aren't required! When we teach children to serve, we're also teaching them to become servants for life. That's because kids who serve become adults who serve. Consider these findings from the Independent Sector. Two-thirds of adult volunteers began serving as children. Adults who volunteered as children give more money and volunteer more time than adults who began serving later in life. Across incomes and age groups, people who volunteered as children give and volunteer more than those who didn't. Those who volunteered as youth and whose parents volunteered became the most generous adults when it comes to giving their time. This month, as your family focuses on thankfulness and blessings, put your faith and gratitude into action by serving each other—and Jesus. Read on for fun, practical ways to build serving into everyday life.

Make Serving a Part of Life ~ Fitting big service events into busy family schedules isn't always possible. The good news is that not every service project must be "XXL." The truth is, Jesus loves and honors service of every size. As we model giving aid and encouragement in our homes and beyond, children learn that service is a way of life, not necessarily just a single event. Use this list of ideas to jumpstart your thoughts about how your family can serve. Just be warned: Coming face to face with human needs—and helping to meet them—is truly transformational! Hearts and lives are bound to change as you step out as a family and make a difference in Jesus' name. *"For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."* ~ Mark 10:45

- Organize the canned and boxed goods at a food pantry.
- Gather and deliver items for people in need (examples include families and teenage or single moms).
- Clean and organize give-away clothing closets.
- Help prepare and serve food at a soup kitchen or hospice.
- Set up, serve, or clean up at any church or community event.
- Do yard work or general cleanup— from weed pulling to vacuuming—at any facility.
- Visit the elderly and assist them with indoor or outdoor chores.
- Work at the Special Olympics.
- Prepare a picnic for your pastor and their families.
- Make care packages or sandwiches for neighbors or those not feeling well.
- Donate gently used toys to a group that gives them to children at Christmas.
- Help neighbors (without pay) by raking leaves, shoveling snow, putting away trash cans, washing cars, or walking dogs.
- Challenge kids to complete one act of kindness for each family member during the week.
- Read to young children or to people in nursing homes.
- Deliver cookies and thank-you notes to police officers, firefighters, and paramedics.
- Pitch in together at a church work day and then grab pizza.

So in the interest of teaching kids to serve we will be participating in two church events that I would like the parents to put on their calendars. We will help serve breakfast for the Veterans on **November 10th** and be performing during the Breakfast in Bethlehem event on **December 8th**. So please mark those dates for something exciting the kids can get their hands... and hearts into.

Blessings, Sharon

KENNEDY CENTER THERAPEUTIC GROUPS

A BIG THANKS TO OUR FRIENDS FROM KENNEDY CENTER!!!

Once again they came through with wonderful cookies for our bake sale table at the Harvest Fair on Saturday, October 19. They made 24 bags with 3 cookies in each. Thank you so much!



FELLOWSHIP GROUPS

FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President

~ On Sunday, October 20, the following people stayed after church to prepare the meal for our turn at Golden Hill United Methodist Community Suppers on October 23: Dot Pickens, Marsha Piper, John Rossi, Renate Krakovich, Marie Seavey and Carole Fanslow. We prepared 7 trays of macaroni and cheese that was enjoyed by 91 first timers and plenty of seconds. Cost \$137. Thanks to those who helped on Wednesday, October 23: Wally and Ed Yeager (salad maker), Marie Seavey, Marsha Piper, Renate Krakovich and Carole Fanslow. Pastor Todd offered the evening blessing and helped serve with University of Bridgeport students. Thank you to those who brought fruit which added greatly to the meal. Our next turn will be in February and we can always use your help.

~ Annual **CHRISTMAS PARTY** will be on Sunday, December 8 at Stonebridge Restaurant in Milford beginning at 5:00 pm. Those attending are asked to bring diapers or wipes for Trumbull Social Services. More details soon.

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

~ **EXECUTIVE BOARD MEETING** will be on Thursday, November 7 at 10:00 am (Special Time!)

~ Join us on Thursday, November 21 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 Linda Pierpont a "Pyrotechnician" – she sets up fireworks displays, etc. Come and hear all about her and her very interesting job. Devotions: Linda Polito; Hospitality: Marie Seavey and Marsha Piper. Sign up on the bulletin board. All are welcome!

~ Our Annual Christmas Tea is set for Thursday, December 5 at 1:00 pm with entertainment by the singing group "Matinee." So, please put it on your calendar and we hope to see you there.



COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS WORSHIP SERVICE

WORSHIP SERVICE at Middlebrook Farms Health Care will be on Wednesday, November 6 at 2:00 pm with Deacons Waltraud Yeager and Carole Fanslow.

TRUMBULL INTERFAITH COUNCIL

- ~ The **NEXT MONTHLY MEETING** of Trumbull Interfaith Council will be on Wednesday, November 6 at 7:00 pm at Christ Episcopal Church, Tashua, 5170 Main Street, Trumbull.
- ~ This year's **ANNUAL THANKSGIVING SERVICE** is on Sunday, November 24 at 4:00 pm at the parish of St. Catherine of Siena Church, 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

- ~ **FALL DELEGATES MEETING** on Tuesday, November 19 at 6:00-7:30 pm at Jesse Lee United Methodist Church, Easton.
- ~ **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.

GOLDEN HILL UNITED METHODIST CHURCH COMMUNITY SUPPERS

Our next turn at GOLDEN HILL COMMUNITY SUPPERS is Wednesday, February 26, 2020; you can help either cooking at 2 pm **and/or** serving at 5 pm. 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!

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)
In June, the General Synod of the United Church of Christ approved the request of the Connecticut, Massachusetts and Rhode Island conferences to come together and form a new conference.
That new conference officially comes into being on January 1, 2020.

UNITED CHURCH OF CHRIST



General Synod 32 was held June 21-25, 2019 in Milwaukee, Wisconsin. For wrap up reports go to <https://www.synod2019.org/en/uccsynod2019/business>

HEALTH CORNER: Oral Health for Older Adults

Taking care of your teeth and gums as you get older can prevent problems like toothaches, tooth decay (cavities), and tooth loss. A healthy mouth also makes it easier for you to eat well and enjoy food. It's especially important to take care of your teeth and gums if you have a health condition like diabetes or heart disease – or if you're taking medicines that can cause oral health problems. Follow the steps below to keep your teeth and gums healthy as you get older.

Brush and floss your teeth every day. It helps remove dental plaque, a sticky film of bacteria (germs). If plaque builds up on your teeth, it can cause tooth decay or gum disease.

- Brush your teeth with fluoride toothpaste twice a day. Brush after breakfast and before bed.
- Floss between your teeth every day. If you have trouble flossing, ask your dentist about using a special brush or pick instead.

Watch for changes in your mouth. Your risk of getting oral cancer increases as you get older. If you see any changes in your mouth, it's important to get them checked out.

See a doctor or dentist if you have any of these symptoms for more than 2 weeks:

- A spot in your mouth, lip, or throat that feels uncomfortable or sore
- A lump or thick area in your mouth, lip, or throat
- A white or red patch in your mouth
- Difficulty chewing, swallowing, or moving your jaw or tongue
- Numbness in your tongue or mouth
- Swelling in your jaw
- Pain in one ear without hearing loss

See your dentist regularly for a checkup and cleaning. There's no single rule for how often people need to see the dentist – it varies from person to person. The next time you get a checkup and cleaning, ask your dentist how often you need to come in. Keep in mind that Medicare doesn't pay for routine dental care. You may want to get private dental insurance. [Get help finding low-cost dental care.](#)

Talk to your doctor about dry mouth. Dry mouth means not having enough saliva (spit) to keep your mouth wet. Dry mouth can make it hard to eat, swallow, or talk. It can also lead to tooth decay or infection. Dry mouth is a side effect of some medicines. It can also happen if you have certain health problems (like diabetes) or if you're getting chemotherapy or radiation (treatments for cancer). If you have dry mouth, talk with and ask your doctor or dentist what you can do.

Practice healthy habits.

- Eat healthy and cut down on sugary foods and drinks. This can help prevent tooth decay – and it's good for your overall health.
- Don't smoke or use other tobacco products. Smoking cigarettes, chewing tobacco, or using snuff puts you at higher risk for oral cancer. Smoking also increases your risk for gum disease.
- If you smoke, call 1-800-QUIT-NOW (1-800-784-8669) for free help quitting.
- If you drink alcohol, drink only in moderation. This means no more than 1 drink a day for women or 2 drinks a day for men. Heavy drinking increases your risk of oral cancer.



| <i>HAPPY BIRTHDAY IN NOVEMBER!</i> | | |
|------------------------------------|----------------------|-------------------|
| 1 Hannah Bowman | 16 Chase Paolozzi | 24 Sharon Brezina |
| 1 Ann Myrece James | 18 Dot Pickens | 29 Edward Yeager |
| 3 Renate Krakovich | 20 Vanessa Sanchez | 29 Jachin Pickens |
| 4 Amy Aanensen | 23 Madison Tetreault | 29 Sarah Hayward |
| 6 Danielle Paolozzi | 23 Mason Tetreault | |

November 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---------|--|--|--------------------------------|----------|
| | | | | | 1 | 2 |
| 3 10:30am Communion at Worship 1:30pm Basket Event 5-8pm Community Awareness Training | 4 6-9pm Church Council Budget Meeting | 5 | 6 7:00pm Trumbull Interfaith Council Meeting | 7 10:00am Women's Fellowship Executive Board Meeting | 8 | 9 |
| 10 10:30am Sunday Worship 11:30am Veteran's Brunch | 11 <u>Veterans Day</u> <i>Office closed</i> | 12 | 13 11:30-2:45 Kennedy Center-crafts | 14 11:30am-1pm George's Hill | 15 | 16 |
| 17 10:30am Sunday Worship 12pm Bible Brunch | 18 Deadline for December Outlook Info | 19 | 20 | 21 12noon Women's Fellowship Covered Dish Lunch | 22 | 23 |
| 24 10:30am Sunday Worship 12pm Bible Brunch | 25 | 26 | 27 | 28 <u>Thanksgiving</u> <u>Day</u> <i>Office closed</i> | 29 <i>Office closed</i> | 30 |



HAPPY ANNIVERSARY IN NOVEMBER!

11/8/1997 Sharon and David Brezina

CHRISTMAS POINSETTIAS 2019

Choice of White or Red potted poinsettias at \$12 each.

Payment and order **MUST** be submitted to Office by

Monday, December 9, 2019.



| QUANTITY | PLANT | COST EACH | TOTAL |
|---------------------|------------------|-----------|-------|
| | Red Poinsettia | \$12 | \$ |
| | White Poinsettia | \$12 | \$ |
| <i>TOTAL</i> | | | \$ |

Cash () Check ()

FOR OFFICE USE ONLY:

Check # _____

IMPORTANT: Please do not include any other payments or pledges in the same check.

You can either submit form to church office with your check or Mail to:

Unity Hill United Church of Christ, Attention: Christmas Poinsettias
364 White Plains Road, Trumbull, CT 06611

Please Print.

From _____

In Memory of _____

In Honor of _____

In Celebration of _____

Check off one option: If you **do not** check off, your plant(s) will be donated.

- () I will pick up my plant(s)
- () I wish to donate my plant(s) to shut-in.
- () I will help deliver the plants.

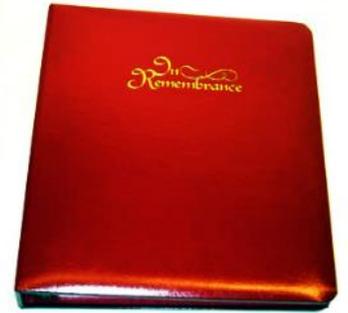
Please do not take your plant until after you check with Diane Henderson or Linda Polito.

CHRISTMAS MEMORIAL CONTRIBUTION TO THE “BOOK OF REMEMBRANCE”

If you would like to make a Memorial Contribution to the “Book of Remembrance” in addition to, or in place of, a Christmas poinsettia, please complete this form and return it, with your check, made payable to “Unity Hill UCC” with a notation for: “Book of Remembrance”

to the office no later than Monday, December 16th

so we can prepare the list of memorials for the Christmas Eve bulletin.



Be sure to write your loved ones’ name exactly how you want it inscribed in the Book of Remembrance! Thank you!

Donor’s Name _____

Address _____

Book of Remembrance - Donation: \$ _____

In Loving Memory Of _____



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

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