

OUTLOOK ~ NOVEMBER 2020

Unity Hill United Church of Christ

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The Rev. 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



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### DECEMBER 2020/JANUARY 2021 (WINTER) 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 December 2020/January 2021 Outlook ~ Combined Winter Edition***

***by Friday, Nov. 13, if possible, and no later than Monday, Nov. 23.*** 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.



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

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***“Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.” ~ Deuteronomy 7:9***

It's the 11<sup>th</sup> hour!

Honestly, I've always thought that the term 'the 11<sup>th</sup> hour' had a military origin. Something to do with November 11<sup>th</sup>. It actually comes from the Bible! *'And when those came who were hired about the eleventh hour, they each received a denarius.'* *Matthew 20:9 (NKJV)* Well, it's the 11<sup>th</sup> hour my friends ... not to prepare to go work in the vineyard but to prepare to create our covenant. In worship I've been talking about creating our own covenant with God in order to make our walk with Christ more meaningful in the new Christian year, which starts on November 29<sup>th</sup>. Before I give you covenant assembly instructions, I want to say a few words about why 'covenants' are so important.

Even if you've only dipped your toe in the church world you know that many times in the scripture God is reported as saying that 'He' would never leave those who believe in 'Him.' This notion is at the heart of covenant. I think it's important to note that I, along with many other clergy, theologians, and scholars, don't understand this as a threat or challenge. It's not that God is saying to believe 'or else.' He is saying that in order for us to experience his presence in our lives we must believe. And let's face it, there are many other competing 'beliefs' ... many "isms" that take precedent over our faith. Nationalism, capitalism, egoism ... the list goes on. So, let's get to it. *And you WILL need scratch paper:*

Here are the questions we must answer to construct our own covenant:

1. What part of Jesus' ministry are you most passionate about? (Think verbs applied to Jesus here: healing, feeding, forgiving, teaching, etc)
2. Of all those verbs applied to the ministry of Jesus, which one do YOU need the most?
3. What do you want from God? (Write down as many as possible, no request is out of bounds in this exercise.)
4. What does God want from you? (Same nuances as above.)
5. Which one of God's promises do you want, or need, the most?  
(<https://www.365promises.com/print-promises.html>)

So, let's get to work, finishing touches will be made November 15 and 22. Part of your covenant is attending or watching the worship service!

Yours, Pastor Todd

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## CHURCH UPDATES

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### MEMORIAL SUNDAY ~ November 1

**HAPPY THANKSGIVING!** Office closed on Thursday and Friday, November 26-27 (for Thanksgiving holiday)



**CONGREGATIONAL BUDGET MEETING** ~ *December 6 after Worship Service.*  
Purpose: to vote on the 2021 annual budget. All members please plan on attending.

### ROSE VARS – Change of Room Number ~

Carriage Green, 77 Plains Road, Unit 119, Milford, CT 06461



**OUR DEEPEST SYMPATHY** to Marsha Piper and her family on the loss of her grandson, Garrett Piper. He died in a motorcycle accident and was laid to rest on the Golden Hill Reservation with a beautiful, traditional ceremony on October 21

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### MESSAGE FROM THE MODERATOR ~ *By: Diane Henderson*

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Happy November Unity Hill Members and Friends! What a special month – we start off with setting our clocks back an hour, getting extra sleep, but also getting dark earlier.

November 1<sup>st</sup> is All Saints Day and here at Unity Hill we remember those souls who have passed in the past year and also other souls that we hold in our hearts.

November 3<sup>rd</sup> is Election Day. I hope everyone remembers to vote. It is a privilege to be able to do this.

November 11<sup>th</sup> is Veterans Day. Let us all remember those who serve, or have served, in the Armed Forces to keep our country free.

Thanksgiving is November 26<sup>th</sup>. We all have so much to be thankful for even during this difficult year. Please try to keep your celebrations smaller this year.

November 29<sup>th</sup> is the First Sunday of Advent. We look forward to celebrating the birth of Christ.

The Church Council met on October 14<sup>th</sup> and we set our Congregational Budget Meeting for December 6<sup>th</sup>.

Our first Open House Event was October 24<sup>th</sup> and was a great success. We look forward to planning another one.

Our next Council meeting is Wednesday, November 11<sup>th</sup>. We will have a dinner meeting and plan our budgets for 2021.



Let me close with:

*In Everything give Thanks, For all that God in mercy sends  
– For health and children, home and friends. (Author unknown)*

With a grateful heart, Diane

Here's a picture of Diane's Mom, Ilse Plitt, at her 100<sup>th</sup> birthday party, with Piper Ilse, her 12<sup>th</sup> grandchild. She now has 8 great-granddaughters and 4 great-grandsons.

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

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*“This is My commandment: that ye love one another, as I have loved you.” John 15:12*

Last month we provided funding for March of Dimes, Educational initiatives, a Trumbull family with a child fighting Leukemia and Haitian Helping Hands. We continue to reach out to people in our community as well as those far away. We are all God’s children and God commands us to give to the needy.

**TREAT OF THE WEEK CHALLENGE** has been extended until December so we can



receive all the funds. If you have not made your donation, please do so as soon as possible. We are less than halfway in reaching our goal. Many of you have given up items and saved money, but have not contributed yet, so this allows more time for us to collect your donations.



Thank you to all participants of the Crop Walk who helped raise money for hunger awareness and assistance. If you did not get a chance to support our walkers, please contact one of the participants: Pastor Todd, Carole Fanslow, Marsha Piper or Dot Pickens to make your donation.

Much appreciation for those who contributed to Neighbors in Need (NIN), a UCC special offering. NIN collections help support ministries of justice and compassion throughout the United States.

With the holidays quickly approaching, there are many people who have food insecurities. We are committed to helping our needy members and people in the community during this time. Please provide donations of Thanksgiving food as we will provide to the needy prior to the holiday. I will send a special note out of the items we need.

Brenda Finizio, Missions Chair; Carole Fanslow & Marsha Piper

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## **CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair**

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Well, the kids have been busy and it's almost winter - a little over 7 weeks until Christmas!! We have a lot going on.

October was a great time for us to get outdoors and participate in the "Trumbull Rocks" program. The kids met on a Sunday and painted rocks that were then left around town for others to find and enjoy. Enjoy some pics of the rocks and us traveling around town to hide them - it was fun! They did a great job - we need to thank Brenda for organizing this awesome event. She will also be helping with monthly youth activities - so many ideas! Can't wait.

Our studies these past few weeks have been on "Identity" - how we are all individuals created by God on a journey he has set out for us. Stressing no one has the same journey - so no one has the same identity. The topic has been both fun and interesting. The first week our discussion was how we tend to follow trends and friends - do what they do ... wear what they wear, say what they say ... losing what makes us unique and strong - our individual identity! We should discover our own way with Jesus - not just follow others.

I had just taken a Cyber Security training course for my job and asked the kids to name the top 6 used passwords for people's computers and other electronic devices ... Can you guess what the most commonly used passwords are???? #6 - q11111; #5 - 12345; #4 - 12345678; #3 - 123456789; #2 - password and #1 - 123456.

So how many of you have a weak password like those listed above on your devices? If you do - then you are like millions of others - and possibly allowing someone to come into your system and steal information. By following the millions of others and not making it unique you have created a weak password - please change it. Like choosing a password, we get to choose if we follow trends, wear what other people wear, do what other people do, say what other people say ... or we can create a unique identity - and strong relationship with God, the one who created us and has some awesome plans for us!

Be safe and be unique!! Sharon Brezina

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## **FELLOWSHIP GROUPS**

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

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No November **Executive Board Meeting or Monthly Luncheon Meeting**. Sorry to report that our annual **Christmas Tea** set for December 3 will be postponed to a later date, possibly a spring tea in May. Hopefully by 2021, we can meet again in person.



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## SILVER LAKE CONFERENCE CENTER

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Join us for a special Zoom information session to learn about the innovative new summer camp program Silver Lake will offer in 2021! **Get all your questions answered about how we will have fun, make new friends, and be safe.**

TWO SPECIAL ZOOM SESSIONS: [Thursday, Nov. 5, 7 pm](#) and [Saturday, Nov. 7, 9 am](#)

To register, visit [www.silverlakeect.org/campsessions](http://www.silverlakeect.org/campsessions)

Silver Lake Conference Center / 860.364.5526 / [slcc@silverlakeect.org](mailto:slcc@silverlakeect.org)

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### **HEALTH CORNER ~ Activities for Being Homebound** Author: Debbie Humphrey

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**Unprecedented.** That's the word being used for the current public health emergency surrounding COVID-19 and the coronavirus outbreak. Americans are being asked – and ordered – to alter their lifestyles by staying home, eliminating public activities and practicing social distancing. This is especially important for our most vulnerable population, people over age 60, and those with underlying health issues.

Regardless of how long this pandemic grips our country, experience shows that loneliness and social isolation often result in fear, anxiety and depression among seniors. This not only impacts their mental health, but also physiological health.

These free, or low-cost, activities for homebound seniors will help keep minds and bodies busy, while minimizing boredom, depression, and anxiety. A few of the most popular options have links to the original sources to help spark the best ideas for your situation:

- **Board and Card Games** – Yahtzee, Scrabble, Solitaire, Concentration and Trivial Pursuit are games that can be played alone, or virtually online. “A study published by Dr Robert Wilson and a team at Rush University Medical Center, tracked almost 1,100 people with an average age of 80, for nearly five years, and found that playing trivia games and other forms of board games helped stave-off mental decline by promoting activity changes in the temporal and hippocampus regions of the brain. These are areas where working memory functions,” according to Dana Hinders’ [Trivia Games for the Elderly.](#)
- **Puzzles** – Puzzles are a great way to pass time, and studies have shown improvements in memory when seniors worked on puzzles for as little as 45 minutes a day, twice per week.
- **Old movies** – Many of us have old home videos or movies featuring family fun or our favorite performers. Furthermore, there are so many television channels and streaming platforms from which to choose, virtually any movie or classic TV show can be found and binged!

- **Photos** – Whether you have boxes of old photos or a SIM card full on your phone, now's a great time to review them and place in albums, or sort into files on the computer. Most people forget about downloading their photos from their phones, so you're likely to run across many special memories while you're organizing snapshots.
- **Books** – Escape reality by diving into a novel. You probably have a small library from which to choose, so gather a few hard covers or paperbacks and do some reading. If you have an e-reader, consider a new release. If you're visually impaired, there are numerous selections of audio books that you can listen to and enjoy.
- **Memory Boxes** – Memory boxes are a good way of stimulating and recalling favorite memories. Build a collection of old photos, items reminiscent of work or volunteering, and any objects that mean something and put them in the box to peruse when bored. If someone is especially agitated, looking at these objects may have a calming effect.
- **Gardening** – Seniors are allowed outdoors, as long as social distancing is practiced. Gardening is a fun activity that produces beautiful or delicious results! Additionally, "Gardening provides a change of scene and will also ensure you both get some fresh air and exercise. It may be a good idea for the person to have his or her own patch of garden to dig and plant in. Weeding, trimming lawn edges, sweeping paths, and general tidying in the garden can all be tasks many people with dementia can cope with," [Alzheimer Scotland](#)
- **Exercise** – Chair exercises, walking, riding a stationary bike, yoga, dance, Tai Chi, and almost anything that gets the body moving, will help strengthen muscles and improve mood and mental acuity by increasing oxygen and blood flow to the brain.
- **Crafts** – Many people love to craft, and crafting can take many different forms. Knitting, needlepoint, painting, stenciling, stringing beads, arranging flowers or making musical instruments are just a few examples of crafts suitable for seniors.
- **Music** – We all have our favorite tunes, musicians, bands, and genres of music. Turn on your iPod and crank up your playlist or ask Alexa to play your favorites. For non-techies, turn the radio on, play a CD, a record album or cassette tape while you're relaxing, cleaning, playing games, or exercising. Music has a way of soothing the soul!
- **Cook** – There are many Grandmas and Grandpas who were, essentially, culinary geniuses back in the day. Preparing comfort foods that are healthy and nutritious, and baking a sweet treat to enjoy as dessert or a snack can do the mind and body good! If you enjoy cooking and baking, cook and bake!
- **Communicate** – Reach out to family, friends, and neighbors to see how they're doing during this crazy time. The recipient of a call, text, email, letter or card will feel very

special and it will be good emotional support for you both! Remember, if you don't feel well or you have tested positive for coronavirus, do not lick envelopes! Please use self-adhesive envelopes, apply tape or use a cotton swab or sponge to moisten the glue to avoid transferring germs of any kind. If you are tech-savvy, Facetime or Skype with family, friends and neighbors.

- **Brain-Training Computer Games** – “A study of 2,800 people over the age of 65, has found that those who did a type of brain-training intended to boost a person’s brain processing speed were 29% less likely to develop dementia over a ten-year period,” says Mallory Locklear, [New Scientist](#).

Sources: [Trivia Games for the Elderly](#); [Alzheimer Scotland](#); [New Scientist](#)

<https://www.homehelpershomecare.com/clearwater/community-blog/2020/march/13-activities-for-homebound-seniors/>

### BOOK OF REMEMBRANCE ~ November 3, 2019 – November 1, 2020

| REMEMBRANCE OF LOVED ONE                                          | FROM                       |
|-------------------------------------------------------------------|----------------------------|
| Walter & Mary Schwartz, Parents;<br>George William James, Husband | Ann Myrece James           |
| William C. Vars, Jr., Brother-in-law                              | Rose Vars                  |
| William C. Vars, Jr., Uncle                                       | Sherri & Alan Miller       |
| William C. Vars, Jr., Uncle                                       | Kathy & Clay Yalof         |
| William C. Vars, Jr.                                              | Richard & Elizabeth Kassay |
| Roger W. Vars, Father                                             | David & Radhika Vars       |
| Frederick Osten, Husband                                          | Sandra Osten               |
| William C. Vars, Jr.                                              | The Brezina Family         |
| Gail Gorlo                                                        | The Brezina Family         |
| Gail Gorlo                                                        | Rose Vars & Family         |
| Parents; Husband Allen &<br>Friend, Margaret L. Dahlgren          | Carole J. Fanslow          |
| Thomas P. Acri, Sr., Grandfather                                  | Mary Acri                  |
| Paul "Skip" Rogan, Uncle                                          | Brenda Finizio             |



# UNITY HILL UCC MEMORIAL SUNDAY ALL SAINTS' REMEMBRANCE

~ November 1, 2020 ~

| YOUR NAME                                    | LOVED ONE                                                         | RELATIONSHIP                                   |
|----------------------------------------------|-------------------------------------------------------------------|------------------------------------------------|
| Mary Acri                                    | Thomas P. Acri Sr; Mary Galletti;<br>Mary Acri                    | Granddaughter                                  |
| Duane Bailey                                 | Herbert & Doris Bailey                                            | Parents                                        |
| Patty, Trevor & Hannah<br>Bowman             | Barry Bowman                                                      | Husband; Father                                |
| Sharon Brezina & Family                      | Joan Groves; Teresa Sievers                                       | Mom & Grandmother;<br>Step-Sister & Aunt       |
| Emily Brezina                                | Nina Poleta                                                       | Friend                                         |
| Diana Builes                                 | Aristobulo Builes; Eugenia Higuira                                | Great Uncle & his wife                         |
| Robert & Janice<br>Coulson                   | Frank & Alice Coulson;<br>Anthony & Josephine Merly               | Parents                                        |
| Eleanor Csire                                | Bill Csire                                                        | Husband                                        |
| Marylin DeJoseph                             | Hazel Berger                                                      | Mother                                         |
| Paul Duch                                    | Gloria Duch                                                       | Son                                            |
| Carole Fanslow                               | Parents; Allen Fanslow MD;<br>Margaret L. Dahlgren                | Parents; Husband;<br>Friend                    |
| Jen Favichia                                 | Derek Howard;<br>Rita & Courneilus Britt                          | Friend; Grandparents                           |
| The Finizio Family                           | Paul "Skip" Rogan                                                 | Uncle                                          |
| Ann James                                    | George "Bill" James                                               | Husband                                        |
| Renate & Bob Krakovich                       | George Krakovich                                                  | Husband; Father                                |
| Shea LeMoult                                 | John David Cadra                                                  | Brother                                        |
| Joy Mermelstein                              | Christa & Jimmy Malfetto                                          | Daughter                                       |
| Suzanna Nyberg                               | Evelyn & Paul Nyberg                                              | Daughter                                       |
| Gayle Robles, Linda<br>Polito & Amy Aanensen | Frank Morrissey;<br>Amelia Nelle                                  | Son & Nephew;<br>Grandmother                   |
| Karen Veitch                                 | Todd Manuel                                                       | Son                                            |
| Ed & Wally Yeager                            | Sid & Irene Martin; Karl & Luise<br>Freimüeller and Pauline Kraft | Ed's parents; Wally's<br>Parents & Grandmother |

## Birthdays in November ~ HAPPY BIRTHDAY!

|                     |                      |                   |
|---------------------|----------------------|-------------------|
| 1 Hannah Bowman     | 16 Chase Paolozzi    | 24 Sharon Brezina |
| 1 Ann Myrece James  | 18 Dorothy 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 2020

| SUNDAY                                                      | MONDAY    | TUESDAY                                                                                       | WEDNESDAY                                                                                                                                                                              | THURSDAY                                                                                                               | FRIDAY                         | SATURDAY  |
|-------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------|
| <b>1 10:30am</b><br>Worship Service & Sunday school         | <b>2</b>  | <b>3</b><br> | <b>4</b>                                                                                                                                                                               | <b>5</b>                                                                                                               | <b>6</b>                       | <b>7</b>  |
| <b>8 10:30am</b><br>Worship Service & Sunday school         | <b>9</b>  | <b>10</b>                                                                                     | <b>11 6pm</b> Church Council Dinner & Budget Meeting<br><br><b>VETERANS DAY</b><br>Office is closed! | <b>12 7:00pm</b> Council of Churches Virtual FUNraiser                                                                 | <b>13</b>                      | <b>14</b> |
| <b>15 10:30am</b><br>Worship Service & Sunday school        | <b>16</b> | <b>17 6:30-8pm</b> Council of Churches Fall Delegates Meeting                                 | <b>18</b>                                                                                                                                                                              | <b>19</b>                                                                                                              | <b>20</b>                      | <b>21</b> |
| <b>22 10:30am</b><br>Worship Service & Sunday school        | <b>23</b> | <b>24</b>                                                                                     | <b>25</b>                                                                                                                                                                              | <b>26</b><br>Office is closed!<br> | <b>27</b><br>Office is closed! | <b>28</b> |
| <b>29 10:30am</b><br>First Sunday of Advent Worship Service | <b>30</b> |                                                                                               |                                                                                                                                                                                        |                                                                                                                        |                                |           |



**November Anniversaries ~ HAPPY ANNIVERSARY!**

November 8 ~ Sharon & David Brezina

IT IS NOT HAPPY  
PEOPLE WHO ARE  
THANKFUL;  
IT IS THANKFUL  
PEOPLE WHO ARE  
HAPPY.

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

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