

NOVEMBER OUTLOOK 2021

Unity Hill United Church of Christ

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Web site: www.unityhillucc.org

YouTube: [Unity Hill UCC](https://www.youtube.com/UnityHillUCC)

Facebook:  [@unityhillucc](https://www.facebook.com/unityhillucc)

The Rev. Dr. M. Todd Shipley, Pastor
Robert Coulson, Moderator
Carol Dunn, Treasurer
Dawn Brezina, Church Clerk
Jeffrey Stokely, Music Coordinator
Dorothy W. Pickens, Soloist
Joanne Wickson, Office Administrator
Diana Builes, Bookkeeper
Calap Brown, Sexton



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



~ 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 or special announcements for the December 2021 Outlook by Wednesday, November 17 (short month!) Thanks!

PLEASE REMEMBER OUR HOMEBOUND in your prayers
or with a note: Lucille Baver, Dolores Colaiacomo and Katie Schneider.



PASTORAL CARE ~ VERY IMPORTANT!

If you, or someone you know, is hospitalized, please call the church office to let us know.

Hospitals do not notify us when a parishioner is hospitalized.





If the sentiment behind this meme (an image, video, piece of text, etc., typically humorous in nature, that is copied and spread rapidly by internet users, often with slight variations) is lost on you, here it is in 'story form':

A farmer takes his son out to the barn early one morning. It was time he taught the young man how to drive the tractor. He pointed out all the parts and how they moved, how they worked together to cut the hay. It was clear the young man was antsy to fire it up and get out and drive it around the fields. He told his son to be patient because there was one more thing they had

to do before they started the tractor's engine. The man took his grease gun and carefully greased up all the parts that would soon be in constant motion. His son, finally exasperated, said 'why do you waste ALL this time greasing up every part?' The old farmer smiled and said, "grease don't take time, it saves time."

The person that painted themselves into a corner must step on wet paint and repaint it, wasting time AND shoes. The impatient farmer that neglects his tractor will have to spend all day fixing it. The Christian that neglects their soul will have to spend time and effort creating peace in that place, for it is from a peaceful soul that love can bloom and flourish. The holidays are coming which means joy AND stress.

So, we are going to PLAN TO PLAN! I want you to plan to plan to watch my Daily Reflections beginning at the end of this month. You have four weeks to PLAN how you will plan to spend 3 minutes with me and God every day of Advent. When you get up on the morning of November 28th, and every morning after that until the morning of December 24th, there will be a new 3-minute meditation on Unity Hill UCCs YouTube and Facebook page. If you hear a friend stressing out about not having time to feel the true meaning of Christmas, invite them to spend 3 minutes a day listening to our daily reflection. You won't need a yoga mat or complete quiet or a cushion for your knees or your Bible. Just you and a video screen. What is going to get in your way? With 4 weeks of lead-time, you can make a schedule to give God 3 minutes a day for 27 days! Hope to 'see' you on November 28th!

Yours, Pastor Todd

CHURCH UPDATES



DAYLIGHT SAVINGS TIME ENDS – Turn your clocks back 1 hour on Sat. November 7 before going to bed.

MEMORIAL SUNDAY ~ November 7 ~ (see insert on the pg11)

GEORGE'S HILL GROUP! ~ Thurs, Nov 11 ~ 11:30 am – 1pm, including lunch. To register, call the office at 203-374-8822. We meet on the 2nd Thur of every month. Come join us! Our motto is: **YOU ARE NOT ALONE!**

ADVENT DAILY 3-MINUTE MEDITATION ~ On November 28th, and every morning after that until the morning of December 24th, there will be a new 3-minute meditation on Unity Hill UCCs YouTube and Facebook page.

BASKET BONANZA on Saturday, November 20 from 10am-5pm

Basket Donations/Drop-off: Monday-Friday - November 15-Nov. 19 ... 9am-3pm. Our Office Manager, Joanne, will be here to accept your donated baskets (must be worth at least \$15.)

Sunday, November 14...9am-1pm. The church will be open and baskets can be dropped off and placed on the stage. If none of those hours work for you, please contact the church and we will make arrangements for the donation. A monetary donation can also be made and will be converted into a basket from you.

Basket Bonanza: Saturday, November 20: preview hours from 10am to 5pm.

Admission \$15: 1 sheet of tickets, 1 Grand Prize basket ticket.

- Patrons enter through front double door by church office. Social distancing while in line. Masks required.
- Admission tables will be set up in the hall. When purchasing your admission, we'll be keeping track of the admission ticket number, your name, phone number, and preferred pickup slot on a spreadsheet.
- Each table will have a cup of "Used" and a cup of "Cleaned" pens for use, or you can use your own pen.
- Additional Tickets table: will follow the same format: ticket numbers on a sheet; write your name and phone number, with preferred pickup time.
- Patrons then go through the tables, placing tickets in the cups corresponding to the basket numbers. Once you have gone through the tables, the exit is through the back door near the kitchen.
- As part of the Admission Packet, each patron will get the web address for the livestream. The flyer will also have a space for you to write down what time you picked for basket pickup, as well as a reminder that you must bring the ticket stub to claim the basket.



- We want to limit the amount of people in the fellowship hall at any given time, so we might have the Admission table pause activity if needed; chairs available, if needed.
- Admission will stop at 5 pm. Once the last patrons are out the door (approximately 5:30), we will start the livestream.

Ticket Pulling: Our emcee Sharon and her lovely assistant Emily will go down the tables, pull the tickets, and announce each winning ticket number. As they pull the winning ticket, that number will be recorded on a spreadsheet and the ticket itself taped to the corresponding basket.

Basket Pickup: Once the tickets are all pulled, and the Grand Prize awarded, basket pickup starts at 7 pm. We'll have pickup on Saturday night (7 to 8:30 pm) and then again on Sunday afternoon (12PM to 2PM).

- List of winning tickets/baskets (no names) to be posted on Facebook and church webpage for reference.
- We will have "personal shoppers" to escort the basket winner to their basket(s) (and assist in getting to car, if necessary). Remember: your ticket stub(s) is required to claim your basket(s)—including the Grand Prize.



WITH DEEPEST SYMPATHY ... Dorothy Ann Barwick, 88, died on October 20 at home surrounded by her children. She was preceded in death by her husband of nearly 48 years, Stanley Barwick and survived by her son Scott, of Fairfield and her daughter Syndee, of Edison, NJ., several other relatives and many friends. Our sincere condolences to them all. Known for her



tenacious nature, Dottie was a survivor of polio when she was young and then cancer when she was older. She always made sure to impart a portion of this to her children, her family, her friends, and her caregivers. "You have to speak up for yourself!! If you don't, no one is going to do that for you!" Dot was well-known for her exquisite crocheted afghan quilts, knitted scarves, handmade roses made of ribbon, flower arrangements, a variety of other unique crafts, baking an array of cookie varieties and cooking delicious meals. She was a member of Unity Hill's Women's Fellowship, serving as President for a time. Her love and service will be greatly missed.

CHRISTIAN EDUCATION COMMITTEE ~ By: Sharon Brezina, Chair

CE has been doing great with our concentration on the 10 commandments. We have spent time finding different ways to memorize them – first, utilizing hand motions over and over until the motions connect you to the commandment. We then watched the SuperBook version of what happened when God presented Moses with the tablets. The younger kids found this fun! Can't wait to see other new ways to memorize the important "Rules" given to us by God. Kudos to Alex and Ben who have worked hard

to memorize them and at times need to remind me of #5 and #9 ... which I seem to forget ... do you remember them?? With their help we also taught the older youth. We will continue until the end of October on these "10 very important life rules to live by." November we will be concentrating on the Fruits of the Spirit ... we're all very excited. Please feel free to talk about these topics with your kids ... I love to see them showing off what they learned!! Have a great Month!! Sharon



MISSIONS COMMITTEE ~ By: Brenda Finizio, Chair

"Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also." Luke 12:33-34

"THANKSGIVING FEAST IN A BOX" - 450 jars of turkey gravy are needed by United Congregational Church in Bridgeport for their feast in a box program. Please bring jars of turkey gravy to church on Sunday, November 14 and Carole Fanslow will deliver them to United Congregational.

In addition, Missions will be supporting families in need for the holidays with grocery store gift cards to buy food and Thanksgiving essentials.

Haitian Helping Hands: Just this past Sunday HHH held a free clinic where they served 127 patients, providing medicine to them. HHH buys the supplies and nurses and doctors in the area volunteer. On Oct 1, HHH distributed 297 gallons of water to people in the church area of Tibi, Haiti. Before school started, 206 students received school supply kits. Additionally, HHH is consistently providing clothes and shoes to members of church and surrounding community.

Healthy Food Drive: We continue to provide healthy food for the needy. Dot has brought in fresh fruits and vegetables, which is appreciated. Delivery went to Trumbull Services. With the money donations I received, I bought \$80 worth of groceries and delivered them to Bridgeport Rescue Mission.

Outreach to Local Families: As part of Missions local community outreach, I delivered funds to needy families in the local area, I often hear about a family in need through word of mouth or social media and reach out to them to get information and see how they can be helped. If you know anyone in need, please let me know.

What's next: New fundraiser – To be announced soon.

Mission update for congregation – We want to set a date for a 15 minute presentation during a church service.

FELLOWSHIP GROUPS

FELLOWSHIP OF UNITY HILL ~ By: Dorothy Pickens, President

GOLDEN HILL COMMUNITY SUPPERS ~ Our turn was on Wed, October 27. Thanks to all our volunteers for their help. Dot Pickens, Marsha Piper and Phyllis Bachinski prepared the entree after church on Sunday, October 24. Special thanks to the volunteers on October 27 ... Marsha Piper and Ron Finizio with much help from Dot Pickens. They served 47 hungry people.

Our next turn is on Wednesday, December 22 - cook at 2:00pm and serve at 5:00pm. Extra help is always needed & appreciated. We will prepare the meal at church ahead of time - Date to be announced. If anyone can help, please contact Dot Pickens.

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

Women's Fellowship **Executive Board** will meet at church on Thurs, Dec. 2 at 1:00pm We have decided to cancel our **Christmas Tea** this year and instead we'll hopefully have a Spring Tea on April 21. We're hoping that the pandemic will be over by then.

COMMUNITY GROUPS AND HAPPENINGS

TRUMBULL INTERFAITH COUNCIL

Monthly Meeting will be on Wednesday, November 3 at 7:00 pm at St. John the Baptist Byzantine Catholic Church, 100 St. John's Drive, Trumbull.

Annual Thanksgiving Service ~Sunday, November 21 at 3 pm at Holy Trinity Lutheran Church, 406 White Plains Rd, Trumbull. The offering will be divided between Bridgeport Rescue Mission, Trumbull Social Services and Thomas Merton House. *Bring non-perishable food for Trumbull Social Services.*

CONNECTICUT WOMEN OF THE UCC

Brenda Finizio was honored as a Recognized Woman at the Fall Gathering of CT Women of UCC in Canterbury on September 18. Brenda's long standing commitment to the Missions Committee at our church was recognized along with other volunteer positions she holds in the community. Well done, Brenda. Thank you for your service!



SILVER LAKE CONFERENCE CENTER

Fall Action Weekend Nov. 19-21. Join us just for the day on Saturday or come Friday evening and stay Saturday evening for additional programming and community time, and do some more work on Sunday! Help prepare Silver Lake for the coming season. From chopping wood to repairing buildings, moving picnic tables to raking

leaves, there's a project for everyone. Adults (18+) only, Covid vaccination and masks required. To register go to www.silverlakect.org/campsession/13539388

GREATER BRIDGEPORT CROP HUNGER WALK

Crop Walk #47 is now history – it was a good day for walking. Many thanks to all Unity Hill UCC walkers and their sponsors. And many thanks to Unity Hill's volunteers – Linda Polito, Marsha Piper, Dot Pickens. Carole Fanslow continues as chairperson. Next year's walk is planned for Sunday, May 1.

HEALTH CORNER ~ National Family Health History Day- November 25, 2021

In 2004, the U.S. Surgeon General declared that Thanksgiving would be National Family History Day, a day designed to encourage American families to learn about and create a written record of their [family health history](#), a record of diseases and conditions that run in your family. Your family members may share genes, habits, and environments that can affect your risk of getting cancer. This Thanksgiving, CDC encourages everyone to learn about their family histories of cancer and other conditions. Several resources are available to help facilitate these conversations, including the U.S. Surgeon General's Family History Initiative's Before You Start (<http://www.hhs.gov/sites/default/files/familyhistory/start/startenglish.pdfpdf> [iconexternal icon](#)) and My Family Health Portrait Tool (<https://familyhistory.hhs.gov/FHH/html/index.htm> [external icon](#)), CDC's information on family history (<http://www.cdc.gov/genomics/famhistory/index.htm>), and the Know:BRCA Family Cancer History worksheet (<https://www.knowbrca.org/Learn/gathering-family-history> [external icon](#)).

What Information Do I Need? Gather information about yourself and your parents and grandparents; sisters and brothers; children; aunts, uncles, nieces, and nephews.

How Do I Collect Family Health History Information? To find out about your risk for [chronic diseases](#), respectfully ask your relatives about which of these diseases they have had and when they were diagnosed. Questions can include:

- Do you have any chronic diseases, such as heart disease or diabetes, or health conditions, such as high blood pressure or high cholesterol?
- Have you had any other serious diseases, such as cancer or stroke? What type?
- What is your family's ancestry? From what countries or regions did your ancestors come to the US?
- What were the causes and ages of death for relatives who have died? Also, look through any family records or obituaries.



My Family Health Portrait

- Record your family health history
- Learn about your risk for conditions
- Print & save your family health history

VISIT My Family Health Portrait

You can enter your family health history into [My Family Health Portrait](#), update it over time, and print it out to share with your doctor and relatives.

https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm

How to Act on Your Family Health History Knowing about your family health history of a disease can motivate you to take steps to lower your chances of getting the disease. You can't change your family health history, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits. Talk with your doctor about steps that you can take, including whether you should consider early screening for the disease. If you have a family health history of disease, you may have the most to gain from lifestyle changes and screening tests. If you have a medical condition, such as cancer, heart disease, or diabetes, be sure to let your family members know about your diagnosis. If you have had genetic testing done, share your results with your family members. If you are one of the older members of your family, you may know more about diseases and health conditions in your family, especially in relatives who are no longer living. Be sure to share this information with your younger relatives so that you may all benefit from knowing this family health history information.

You might also want to update your **PERSONAL HEALTH HISTORY** - Key records more than a year old may be packed away. But keep documents from the past year readily accessible, including:

- *A family health history* (particularly parents, siblings and grandparents)
- *A personal health history* (conditions, how they're being treated and how well they're controlled, as well as past info such as surgeries, accidents and hospitalizations)
- *Doctor visit summaries and notes; Hospital discharge summaries*
- *Pharmacy printouts* that accompanied prescribed medications. In a study of patients taking blood pressure drugs, about 40 percent were unable to name a single one of their medications.
- *Test results* (such as blood work, urine tests, X-rays, MRIs, bone density scans, mammograms and prostate screenings). If you or your loved ones have certain lab tests done regularly, a record will enable you to track changes from year to year and ask informed questions.
- *Insurance forms* related to medical treatment
- *Legal documents* such as a living will and medical power of attorney

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/medical-records-getting-organized>

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:30-12pm Kennedy Center – Legend group cooking	3 7:00pm Trumbull Interfaith Council Meeting	4 10:30-2:30 Kennedy Center- Explorers Group	5	6 <u>DAY LIGHT SAVINGS TIME ENDS TONIGHT</u> – set clocks back 1 hour before bed
7 <u>MEMORIAL SUNDAY</u> 10:30am Worship Service	8	9 10:30-2:30 Kennedy Center	10 7:00pm Church Council Meeting	11 <u>VETERANS DAY</u> 11:30am George’s Hill Group 6:00pm Church Council Budget Meeting	12	13 11am-2pm Ron Truncone Memorial Service
14 10:30am Worship Service	15 9am-3pm Bring in Baskets for Basket Bonanza 7:00pm CROP Board Meeting	16 9am-3pm Bring in Baskets for Basket Bonanza	17 Info for December newsletter due by today 9am-3pm Bring in Baskets for Basket Bonanza	18 9am-3pm Bring in Baskets for Basket Bonanza	19 9am-3pm Bring in Baskets for Basket Bonanza	20 10am-5pm Open House and Basket Bonanza
21 10:30am Worship Service 3:00pm Trumbull Interfaith Council Thanksgiving Service	22 10:30-2:30 Kennedy Center – Explorers Group	23	24	25 <u>THANKSGIVING DAY</u> Office closed	26 Office closed	27
28 10:30am Worship Service	29	30 6:30-8pm Council of Churches Delegate Zoom Meeting				

NOVEMBER ~ HAPPY ANNIVERSARY!

November 8, 1997 ~ Sharon and David Brezina



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 Sarah Hayward
4 Amy Aanensen	23 Madison Tetreault	29 Jachin Pickens
6 Danielle Paolozzi	23 Mason Tetreault	



**Photos from
Unity Hill UCC's
Harvest Fair
on
Saturday,
October 16**

Hootenanny with
Pastor Todd Shipley
leading the group in
a sing-along and
accompanied by our
Music Director Jeff
Stokely.



**Our Junk-in-a-Trunk Sale
was a lot of fun once again.**

Memorial Sunday, November 7, 2021 ~ Unity Hill UCC will be honoring our brothers and sisters in Christ whose earthly lives have ended. **If you would like a loved one who has died to be remembered during worship, please complete the information below and submit it to the church office or call the office with the information by Monday, Nov 1.** You are invited to bring in a holder for a tea light candle or bring in your own candle in a holder on Nov 7, to be placed on the communion table in memory of your loved ones. (All candles must be in holders.) The names of those who have been entered into the Book of Remembrance during the past year (Nov 1, 2020 - Nov 7, 2021) will also be read out loud. If your loved one's name is already in the Book of Remembrance, you do not have to hand in their name again. Feel free to make donations. Use the bottom of section or call the office for a Book of Remembrance form and return it to the church office by Monday, Nov 1. (**Note from Joanne:** Call in names of loved one(s), your name and relationship to get on the bulletin insert for Memorial Sunday, then you can mail your donation to Unity Hill UCC, 364 White Plains Rd., Trumbull, CT 06611.)

Name(s) of Person Being Honored _____

Your Name _____

Your Relationship _____

“Book of Remembrance” Memorial Sunday Contribution 2021 ~ (**Note from Joanne:** Call in names of loved one(s), your name and relationship to get on the bulletin insert for Memorial Sunday, then you can mail your donation to Unity Hill UCC, 364 White Plains Rd., Trumbull, CT 06611.) Make donations payable to “Unity Hill UCC” with a notation for: “Book of Remembrance” on the check. Please complete this form and return it, with your check, to the office. **Be sure to write your loved ones’ name exactly how you want it inscribed in the "Book of Remembrance."** Thanks!

Donor's Name: _____

Address: _____

In Loving Memory of _____

Book of Remembrance Donation: \$ _____

Office Use Only

Check number		Date received	
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