

# DECEMBER 2017 OUTLOOK

## Unity Hill United Church of Christ

*“Where God’s Love Grows a Family”*

364 White Plains Road, Trumbull, CT 06611

Web site: [www.unityhillucc.org](http://www.unityhillucc.org)

E-mail: [unityhillucc@gmail.com](mailto:unityhillucc@gmail.com)

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



**The Reverend M. Todd Shipley, Pastor**

Lucille Bayer, Moderator

Diane Henderson, Vice-Moderator

Dawn Brezina, Financial Secretary

David Brezina, Church Clerk

Shari Herman, Bookkeeper

Dorothy W. Pickens, Soloist

Joanne Wickson, Office Administrator

Louise Evans, R.N., Parish Nurse

Calap Brown, Sexton

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

**OUTLOOK DEADLINE** ~ We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative! The **JANUARY 2018 Outlook** will be published at the end of DECEMBER. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Monday, DECEMBER 18** will be included.



**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.



*Pastoral Care*

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

Hazel Berger, Dolores Colaiacomo,  
Katie Schneider, Mitch Wein and Nellie Wirth

**O Oriens** by Madeleine L'Engle

O come, O come Emmanuel  
within this fragile vessel here to dwell.  
O Child conceived by heaven's power  
give me thy strength: it is the hour.  
O come, thou Wisdom from on high;  
like any babe at life you cry;  
for me, like any mother, birth  
was hard, O light of earth.

O come, O come, thou Lord of might,  
whose birth came hastily at night,  
born in a stable, in blood and pain  
is this the king who comes to reign?

O come, thou Rod of Jesse's stem,  
the stars will be thy diadem.  
How can the infinite finite be?  
Why choose, child, to be born of me?

O come, thou key of David, come,  
open the door to my heart-home.  
I cannot love thee as a king—  
so fragile and so small a thing.

O come, thou Day-spring from on high:  
I saw the signs that marked the sky.  
I heard the beat of angels' wings

I saw the shepherds and the kings.

O come, Desire of nations, be  
simply a human child to me.  
Let me not weep that you are born.  
The night is gone. Now gleams the  
morn.

Rejoice, rejoice, Emmanuel,  
God's Son, God's Self, with us to dwell

*Madelieine L'Engle is one of my very favorite Christian Poets. She beautifully, but powerfully invites the reader on to the path of Christ in almost every poem she writes.*

*Oriens means 'Dayspring' which is another word for the dawn, or beginning of the day. For us, however, the Dayspring is Christ, the dawning of new life. We hear the amazement and confusion over the mystery of God (the power of all love, light, and life) being born into the human world of flesh as a helpless infant.*

*That child gestates within you right this very moment ... "IT IS THE HOUR." Will you feed him? Will you allow the very best part of you to grow beyond the barriers of your fear, and burst out into the light of Christmas morning?*

*As many of you know when you become a parent you live for something, someone, else. Can you be the caregiver of something greater that God is growing within you? Say yes to this new creation, prepare for its birth throughout the month of December that we call: ADVENT.*

Peace,  
Todd

---

# CHURCH UPDATES

---



## CONGREGATIONAL BUDGET MEETING TO VOTE ON 2018 BUDGET

Sunday, December 3 following Worship Service.  
All members please plan on attending.

## CHRISTMAS EVE SERVICES AT UNITY HILL UCC

Christmas Eve is on Sunday, December 24.  
We will have 3 services: Morning Service at 10:30 am;  
5:00 pm will be our Family Christmas Service; and 11:00 pm  
We'll have a candlelight service at both the  
5:00 and 11:00 service - due to popular demand.



**CHRISTMAS CARD FROM UNITY HILL UCC MEMBERS** ~ Instead of sending out individual Christmas cards you can choose to sign the "Blanket Fund of Church World Service" card, and send your Christmas Blessings to everyone. Your \$10 will be donated to CWS Blanket Fund, to help people all around the world in times of disaster. Sign the card on the Missions bulletin board in December and put your envelope in the box provided, or call the church office to add your name and you can mail a donation.



**CONDOLENCES** ~ It is with sadness we announce the death of long-time church member Elsie Emma Rapposch on September 28 in North Windham, CT. Elsie and her parents were members of First E & R; Trinity; and Unity Hill. She celebrated her 90<sup>th</sup> birthday in December 2016. Our deepest sympathy to her family and friends.



**IN CASE OF BAD WEATHER** ~ Listen on the Radio to WICC (600 AM) or WEBE-108 (107.9 FM) or watch WTNH-TV Ch. 8 for church cancellation notices or go to [www.ctweather.com](http://www.ctweather.com) to sign up to be notified instantly of any cancellations. If Trumbull schools are closed or dismissed early, our office will be closed also.

Here's how you can sign up to get free e-notifications via text and/or email when we post a cancellation on [www.ctweather.com](http://www.ctweather.com) (Ct Weather Inc. – local, tri-state & national weather) Go to [www.ctweather.com](http://www.ctweather.com); Hover over **CLOSINGS & ALERTS** button (middle of the page – to right of HOME button) Hover over **IAN CANCELLATIONS**. On drop down menu pick **IAN RELIGIOUS GROUP NOTIFICATIONS**. Our message should pop up if we are closed or delayed.

Fill out bottom of the form to sign up. Any questions, call our office - 203-374-8822.

---

## GEORGE'S HILL

---

Thursday, December 14 from 11:30 am until 1 pm, *including lunch*.

George's Hill is a social engagement group for persons with memory problems or early dementia, and their caregivers, where they can meet with other people with similar problems, for a fun program and lunch, which is provided. To register, please call the church office at 203-374-8822 or sign up on our web site. We meet on the second Thursday of every month.

Our motto is: **YOU ARE NOT ALONE!**

---

**CHURCH COUNCIL ~ By: Moderator, Lucille Baver**

---

**NO CHURCH COUNCIL MEETING IN DECEMBER.**



---

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

---

Merry Christmas Everyone! It's the most wonderful time of the year as Andy Williams would say. We know all the kids are excited.

We will be taking the journey with Mary and Joseph this December and help the kids get a better understanding of what they went through and the wonderful arrival of Jesus. We'll be making gifts and surprises along the way.

CE children are gathering on Thanksgiving Eve for Pizza and to go see the new animated movie called "The Star."

It is about a small but brave donkey named Bo who yearns for a life beyond his daily grind at the village mill. One day he finds the courage to break free, and

finally goes on the adventure of his dreams. On his journey, he teams up with Ruth, a loveable sheep who has lost her flock and Dave, a dove with lofty aspirations. Along with three wisecracking camels and some eccentric stable animals, Bo and his new friends follow the Star and become accidental heroes in the greatest story ever told - the first Christmas. We are all very excited to see it.

We may have some other surprises up our sleeve this month .... we definitely will be busy.

Wishing everyone a very blessed and Merry Christmas! Your friends in CE.



*You two quit it or I'm turning  
this caravan right around!*

---

## **BUILDING AND GROUNDS COMMITTEE ~ By: Carol Dunn**

---

**B&G Committee:** Henry Parker - Chair, John Rossi and Carol Dunn

Building & Grounds is starting to prepare the Church for the Holiday Season. Calap will strip and wax the Fellowship floor, Kitchen floor and buff up the Sanctuary on December 15<sup>th</sup>.

The hood over the kitchen stove will be cleaned on Tuesday November 21<sup>st</sup>.

The Committee has worked out new Contracts with our Contractors for 2018.

The Committee is currently working on a new Facility Use Contract/Agreement and Policies. Hoping to streamline the process.

### **BUILDING & GROUNDS NEW SECURITY PROCEDURES**

As Building & Grounds implements new security procedures for UHUC, beginning Sunday, December 19<sup>th</sup>, the back door to Unity Hill will be locked during Church Service. You may enter through this door before Service begins at 10:30, but once Service starts the door will be locked and you must enter through the front door. If there is an emergency, you will be able to exit through the back door. This is being done for your safety.

---

## **DIACONATE ~ By: Patricia Bowman, Chair**

---

Diaconate will be meeting on Tuesday, December 5 at 1:00 p.m.

---

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

---

Thank you for your special offerings for Strengthen the Church and Neighbors in Need. Strengthen the Church supports church growth, pastoral and lay leadership development, youth and young adult ministries within conferences and administered by Local Church Ministries. The Neighbors in Need collection helps supports the Council for American Indian Ministry (CAIM) and two-thirds is administered by Justice and Witness Ministries to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Through your generous donations and the Missions budget, \$950.00 was sent.

### **THE CHRISTMAS FUND: Remembering Our Veterans of the Cross ~ Those Who Serve Our Church**

~ Provides financial aid to retired and active ministers and their surviving spouses and children who face overwhelming financial demands, a ministry carried out by the Pension Boards.



We collect the envelopes for this mission during the month of December ending on Christmas Eve.

### **CHRISTMAS CARD FROM UNITY HILL UCC MEMBERS**

~ Instead of sending out individual Christmas cards you can choose to sign the “Blanket Fund of Church World Service” card, and send your Christmas Blessings to everyone. Your \$10 will be donated to the Blanket Fund of Church World Service, which helps people in times of disaster. Sign the card on the bulletin board in December, or call the church office to add your name and you can mail a donation.



Thank you for all your donations to the Thanksgiving Food Baskets, which provided a Thanksgiving meal for 5 needy families. Your help is greatly appreciated.

Brenda Finizio, Missions Chair, Marsha Piper, Carole Fanslow, Mission Committee Members

---

## **FELLOWSHIP GROUPS**

---

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

---

~ Our annual Christmas Tea will be on Thursday, December 7 at 1:00 pm. Entertainment will be by the singing group “Matinee” – 4-part harmony singers. Donations will be accepted for the Center for Family Justice. Finger foods – desserts and sandwiches for the tea would be gratefully accepted. SIGN UP TODAY on the bulletin board!



- ~ The next meeting of the **Executive Board** will be on Thursday, January 4 at 12:00 pm. Snow date is Thursday, February 1. Hostess is Louise Evans.
- ~ On Thursday, January 18 at 12:00 noon we will have an afternoon of cards and games. Bring a sandwich – dessert and beverage provided. Cost is \$5.00. Snow date is Thursday, February 15. Sign up will be on the bulletin board or call the office.

---

## **FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President 2016**

---

- ~ Our annual Christmas Party will be on Sunday, December 10 at 5:00 pm, at the Blue Goose Restaurant in Stratford. Cost is \$30.00 per person. **Deadline December 3!** Complete details and sign-up sheet on bulletin board or RSVP with Dot Pickens or Carole Fanslow. Don't forget a grab bag gift! The more the merrier!
- ~ Community Suppers update – Many thanks to the following people that helped serve more than 100 first-time clients on Wednesday, October 25: Wally & Ed Yeager; Chef Ron Finizio; Marsha Piper; Marie Seavey; Renate Krakovich; and Carole and Allen Fanslow. Helping to prepare the entrée on Sunday, October 22 were: Chef Andrew Pickens; Marie Seavey; Marsha Piper; Rose Vars and Amanda; and Carole and Allen Fanslow. The cost of the meal was \$240. We served 7 trays at Golden Hill.
- ~ Thanks to those who supported our Hunger Luncheon on Sunday, October 29. We appreciate the support that Unity Hill gives to FUH. Your donations help fund the Community Suppers.
- ~ Our next turn at **Golden Hill Community Suppers** will be on Wednesday, December 27 - additional help is always needed and appreciated! Come to cook at Golden Hill United Methodist Church at 2 pm or to serve at 5 pm. Questions, contact Dot Pickens or Allen Fanslow.

---

## **COMMUNITY GROUPS AND HAPPENINGS**

---

---

### **MIDDLEBROOK FARMS WORSHIP SERVICE**

---

Worship service for the residents at Middlebrook Farms in Trumbull will be on Friday, December 1 at 2 pm led by Deacons Waltraud Yeager and Carole Fanslow.

---

### **TRUMBULL INTERFAITH COUNCIL**

---

- ~ **Monthly Meeting** will be Wednesday, December 6 at 7:00 pm at Congregation B'nai Torah, 5700 Main Street, Trumbull. The 2017 Thanksgiving Service will be on the agenda for review.

---

### **COUNCIL OF CHURCHES OF GREATER BRIDGEPORT**

---

- ~ **Annual Angel gift catalogue**, sponsored by the Council of Churches, is available for your Christmas gift giving. [www.ccgb.org](http://www.ccgb.org) Please support this annual appeal.



---

### **UCC NEW ENGLAND WOMEN'S CELEBRATION X**

---

**SAVE THE DATE!** A SEAT AT THE TABLE *"Come, for all things are now ready. ~ Luke 14:17b*  
Friday, April 6, 2018 to Sunday, April 8, 2018  
at the Holiday Inn by the Bay, 88 Spring Street, Portland, ME

<http://www.uccwomenscelebration.org/> Contact: Kathy Olmsted [kolmsted2@comcast.net](mailto:kolmsted2@comcast.net)

The New England Women's Celebration takes place every 4 years at various locations in New England. It is held over (or near) the weekend of Mothering Sunday, the 4th Sunday of Lent, which is traditionally a time when the strict observances of Lent were relaxed for a day so church folks could return to the Mother Church of their roots.

The purpose of the Celebrations is to reach women in the pews and to involve them in learning and sharing their faith beyond the local church and Conference setting. It is organized by women from **United Church of Christ** (UCC) congregations across New England, however women from all denominations and religious traditions are welcome to attend.

---

## **RED CROSS BLOOD DRIVES NEED YOUR HELP!**

---

### **GIVE THE GIFT OF LIFE FOR THE HOLIDAYS**

The **American Red Cross** needs your help this **holiday season**. The Red Cross says donations typically drop off this time of year because people are busy with holiday activities and travel. However, the Red Cross reports that every two seconds someone in the U.S. needs blood. The Red Cross is encouraging donors to find the time to **give blood** or platelets this holiday season so that patients in need may also have more time and more holidays. To make an appointment to give blood, download the free Red Cross Blood Donor App, or go to [www.redcrossblood.org](http://www.redcrossblood.org). You can also call 1-800-RED CROSS (1-800-733-2767).

Huntington Congregational Church, 41 Church Street, Huntington ~ Tues, Nov 28, 2017 1 – 6 PM

Nichols United Methodist Church, 35 Shelton Road, Trumbull ~ Sat, Dec 16, 2017 8 AM – 1 PM

Bridgeport Hospital, 267 Grant Street, Bridgeport ~ Wednesday, Dec 20, 2017 7:30 AM – 5:30 PM

Grace Episcopal Church, 5958 Main Street, Trumbull ~ Friday, Jan 5, 2018 1:30 – 6:30 PM

---

## **HEALTH CORNER: Caregiver Stress**

---

A caregiver is someone who helps a family member, friend, or neighbor who is sick or has a disability. An informal or family caregiver often helps a loved one with basic daily tasks, such as: grocery shopping, housework, getting dressed, taking and keeping track of medicine, medical care (like keeping wounds clean or giving shots,) cooking food, transportation (like car rides to appointments,) and managing services (like talking to doctors or paying bills.) About 1 in 3 Americans are caregivers. Most caregivers also have other jobs and spend an average of 24 hours a week caring for a loved one. When you are taking care of a loved one, make time to care for yourself, too. The emotional and physical stress of caregiving can cause health problems and it can be hard to take care of your own health. Caregivers are more at risk for colds and the flu. They are also more likely to have long-term health problems, like arthritis, diabetes, or depression. Caregiving can be stressful. Stress can lead to problems like back pain and trouble sleeping. Taking care of yourself will give you the energy and strength to handle the demands of caregiving. The good news is that you can lower your risk for health problems if you take care of yourself and get support.

Here are some signs you may have caregiver stress: feeling angry or sad, feeling like it's more than you can handle, feeling like you don't have time to care for yourself, sleeping too much or too little, having trouble eating, or eating too much and losing interest in things you used to enjoy.

### ***Take care of your body.***

- Eat healthy to keep your body strong. Making smart food choices will help protect you from heart disease, bone loss, and high blood pressure.
- Get active to help you make it through the day. Aim for 2 hours and 30 minutes a week of moderate aerobic activity, like walking fast or dancing.
- Take steps to prevent back pain, like keeping your back straight and bending your knees when you lift something heavy.
- Make sure you get enough sleep. Most adults need 7 to 8 hours of sleep each night.

### ***Take care of your mental health.***

- Find ways to manage stress. Start by taking a few slow, deep breaths.
- Do something for yourself. Set aside time each day to do something you enjoy. Try reading, listening to music, or talking to a friend.
- Ask a neighbor to visit with your loved one while you take a walk.

- Get support from others to help you cope with the emotional stress of caregiving. Read these stories from other caregivers – their experiences may be similar to yours.
  - If you are feeling overwhelmed, talk with a doctor about depression.
- You don't need to do it all yourself. Ask family members, friends, and neighbors to share caregiving tasks. It's also a good idea to find out about professional and volunteer services that can help. Use these links to find:
- Resources for caregivers.
  - Services and support groups for caregivers of veterans.
  - Community-based services for older adults and caregivers – like transportation, meals, and caregiver support programs.
  - Respite services near you that can give you a break from caretaking.
  - Information about caring for someone with Alzheimer's disease.



**Christmas Poinsettias 2017**

Choice of White or Red potted poinsettias at \$12.00 each. Payment and order MUST be submitted to the Church Office by **Monday, December 4, 2017.**

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

**Please check off one of these options:**      ( ) I will pick up my plant(s).  
 ( ) I will help deliver the plants.      ( ) I wish to donate the plant(s) to a shut-in.

If you **do not** check off a choice, your plant(s) will be donated.

**Please do not take your plant until you check with John Rossi or Carol Dunn.**

You can either give the form to Carol Dunn or John Rossi or submit form to church office or Mail to: Unity Hill UCC, 364 White Plains Road, Trumbull, CT 06611 **Attention: Christmas Poinsettias**

QUANTITY	PLANT	COST EACH	TOTAL
	Red Poinsettia	\$12	\$
	White Poinsettia	\$12	\$
<b>TOTAL</b>			\$

Cash ( ) Check ( )  
 Check # \_\_\_\_\_



**Please Print.**

From \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

In Celebration of \_\_\_\_\_

**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, **to the office no later than Monday, December 18<sup>th</sup>** so we can prepare the list of memorials for the Christmas Eve bulletin. Donations should be made payable to "Unity Hill UCC" with a notation for: "Book of Remembrance." Please be sure to write your loved ones' name exactly how you want it inscribed in the Book of Remembrance. Thank you.

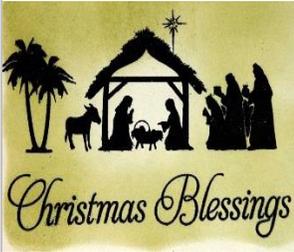
**DONOR'S NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**BOOK OF REMEMBRANCE DONATION: \$** \_\_\_\_\_

**IN LOVING MEMORY OF** \_\_\_\_\_

## December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>2:00pm</b> Middlebrook Farms Service	2
3 <b>11:30am</b> Congregational Budget Meeting	4 <b>7:00pm</b> Alcoholics Anonymous Big Book 12 Step Study	5 <b>1:00pm</b> Diaconate Meeting	6 <b>9:30am</b> Meditation <b>11:30am</b> Kennedy Center-crafts <b>7:00pm</b> Trumbull Interfaith Council Mtg	7 <b>1:00pm</b> Women's Fellowship Christmas Tea	8	9
10 <b>5:00pm</b> Fellowship of Unity Hill Christmas Party	11 <b>7:00pm</b> Alcoholics Anonymous Big Book 12 Step Study	12	13 <b>9:30am</b> Meditation	14 <b>11:30-1:00pm</b> George's Hill Support Group	15	16 <b>2-3:30pm</b> Overeaters' Anonymous Intergroup Meeting
17	18 <b>OUTLOOK INFO DEADLINE</b> <b>7:00pm</b> Alcoholics Anonymous Big Book 12 Step Study	19	20 <b>9:30am</b> Meditation	21	22	23
24 <b>CHRISTMAS EVE</b> <b>10:30am</b> Service <b>5:00pm</b> Family Service <b>11:00pm</b> Midnight Service (Candlelight at 5pm & 11pm)	25 	26	27 <b>9:30am</b> Meditation  Golden Hill Community Suppers <b>2pm</b> Cook <b>5pm</b> Serve	28	29	30
31 						

### HAPPY BIRTHDAY IN DECEMBER!

2 Sandra Osten	9 Brenda Finizio	17 Andrew Pickens
5 Gail Gorlo	10 Lucille Baver	18 David George Brezina
5 Kim Gorlo Hayward	10 Al Paolozzi (Dad)	26 Wally Yeager



### HAPPY ANNIVERSARY IN DECEMBER!

Gail & Donald Gorlo	12/17/1960
---------------------	------------

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



---

***Unity Hill United Church of Christ  
The Rev. M. Todd Shipley, Pastor  
364 White Plains Road  
Trumbull, CT 06611  
203-374-8822  
[www.unityhillucc.org](http://www.unityhillucc.org)***