



Outlook

FEBRUARY 2014

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

E-mail: unityhillucc@snet.net

Phone: 203-374-8822

Fax: 203-374-1120

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

The Reverend M. Todd Shipley, Pastor
The Reverend Harold C. Smith D.D., Pastor Emeritus
Carole J. Fanslow, Music/Choir Director
Dorothy W. Pickens, Soloist
Louise Evans, R.N., Parish Nurse
Patricia Bowman, Moderator
Lucille Baver, Vice-Moderator
Bob Krakovich, Treasurer
Dawn Brezina, Financial Secretary
Dorothy Vars, Church Clerk
Joanne Wickson, Office Manager
Calap Brown, Sexton

Baptism & Church Membership

Anyone who is interested in scheduling a baptism,
or who would like information on joining
Unity Hill UCC please contact Pastor Todd Shipley
at 203-374-8822 or unityhill.pastor@snet.net

A SPIRITUAL PERSPECTIVE

By: Pastor Todd Shipley



THAW YOUR HEART

But when they saw him walking on the sea, they thought it was a ghost and cried out; for they all saw him and were terrified. But immediately he spoke to them and said, "Take heart, it is I; do not be afraid." Then he got into the boat with them and the wind ceased. And they were utterly astounded because they did not understand about the loaves, for their hearts were hardened.

Mark 6:49-52

"How many times do I have to ask you to brush your teeth before you actually do it?"

Ah the call of the North American parent. Getting kids to pay attention to the 'task at hand' is tough, and I always get the sense of a frustrated but loving parent in Jesus when he interacts with his disciples. In the Biblical scene illustrated above though, I think Jesus is asking us to do something quite different than paying attention to the mundane chores of everyday life.

Jesus wants his disciples to be open to the extraordinary possibilities God presents to them. Because what was happening before them did not fit into a predictable and established paradigm, they were dazed and confused. The disciples didn't believe that this radically different thing could be happening. Their hearts were too hard to accept the proposition that all things are possible with God: even, and especially, the ones you never imagined or predicted.

If you think you have it all figured out, or you are waiting for the world to conform to your expectations, maybe it is time you found a way to soften your heart so that amazing possibilities of a relationship with God can enter...



Please remember our homebound in your prayers

or with a note: Erika Aanensen, Barbara Bailey, Hazel Berger, Anne Brignolo-Hourclé, Eleanor Dooling, William Osten, Elsie Rapposch, Ruth Schuler and Nellie Wirth.

Weather Disruptions

If you would like to be notified via email or text on your cell phone when there is a weather related cancellation/delay posted for Unity Hill UCC, follow this link to sign up for e-notification:

http://www.unityhillucc.org/site/cpage.asp?sec_id=180012799&cpage_id=180067936

CHURCH UPDATES

PASTORAL CARE

If you, or someone you know, is hospitalized, please call the church office (203-374-8822.) Hospitals **do not** notify us when a parishioner is hospitalized.



To all of our Church Family,
We would like to thank all the wonderful church family who have provided support for us during this time of grief following the death of my husband and Bob's dad George. He finally succumbed to the complications of Alzheimer's following a twelve year battle with it. Your thoughtfulness, phone calls, food, and compassion over this time since we have been a part of Unity Hill is greatly appreciated beyond words. We would especially love to thank Pastor Todd for being with us for George's final evening, and for getting us in contact with Vitas. That organization made things so relaxed and they expressed genuine interest in George's comfort. Thank you all again for your love and caring at this difficult time.
In Christian love,
Renate and Bob Krakovich

UNITY IN LOSS GROUPS

Meetings at 12 noon on February 27 ~ the last Thursday of the month (small group)
And on February 23 ~ the last Sunday of the month (large group)

BOOK CLUB GET TOGETHER

Friday, January 31st at 7:00 pm

We will be getting together at Lou Evans house to discuss the book
"Me, Before You" by Jojo Moyes.

It's a great book and perfect for discussion. Let us know who can join us.
Brenda Finizio at 203-536-1010 or Louise Evans at 203-261-9002



Congregational Meeting

CONGREGATIONAL ANNUAL MEETING

on Sunday, March 9 following worship.



MARDI GRAS/CHILI COOK-OFF FAMILY NIGHT

Tuesday, March 4 at 6:00 pm
Get your favorite recipes for chili ...
There will be a prize for the winner!
Bring the family! Come join the fun!



Outlook Deadline

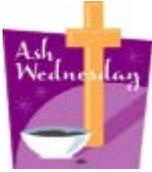
We welcome contributions to our monthly newsletter and invite you to share information or something more creative! The March, 2014 issue of the Outlook will be published at the end of February. All submissions, special announcements, articles or events provided by the deadline of Friday, February 14, 2014 will be included in the publication.





Please contact the office if you would like to register for the 2014 Flower calendar list to have flowers placed on the altar in memory or celebration of your loved ones. Arrangements are \$30 for 1; \$50 for 2. Make checks payable to Unity Hill UCC and note "flowers" in the memo. You can mail the check or drop it off in the office.

LENTEN SCHEDULE



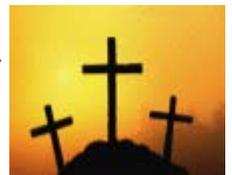
Ash Wednesday is March 5.

SPIRITUAL GYMNASIUM

During Lent, on Sunday at 9:00 am there will be a Spiritual Gymnasium in Pastor Todd's office
"The Spiritual Prescription"
Come and get your medicine for Lent.

Good Friday Service

April 18 at 12 noon Nichols United Methodist Church will host the annual Good Friday Service sponsored by Trumbull Interfaith Committee. The offering will benefit the Pastoral Counseling Center of Trumbull.



Lenten Meal

Lenten Pot Luck followed by Worship Service
on Wednesdays during Lent
sponsored by Trumbull Interfaith Committee.
See the bulletin or call for further information.

MUSIC MINISTRY

By: Carole Fanslow

News of our Choirs ... The Handbell Choir will rehearse on Tuesday, February 4 at 7:00 pm. Rehearsals for the Senior Choir will remain on Sundays for a while. We still need you! The Children's Choir will meet in the sanctuary on the 4th Sunday of every month following worship: on January 26, February 23, March 23 and April 27.

HEALTH CORNER

By: Louise Evans, R.N.

MAKING SENSE OUT OF CHOLESTEROL VALUES

The average cholesterol test will give numbers for four tests.

- Total blood cholesterol
- HDL or good cholesterol
- LDL or bad cholesterol
- Triglycerides

Total blood cholesterol is desirable at less than 200 mg/dl. This would normally show that there is little risk for heart disease and stroke. However, it is still smart to eat a heart-healthy diet, get regular physical activity and avoid tobacco smoke. A total blood cholesterol of over 200 means that the HDL, LDL and Triglyceride amounts need to be reviewed by a physician. Life style changes and medication might be recommended.

With HDL (good) cholesterol, high levels are better. Less than 40 for men or less than 50 for women puts the person at higher risk for heart disease. The HDL can be raised by maintaining a healthy weight and getting at least 30 minutes of physical activity on most days.

With LDL (bad) cholesterol, low numbers are better. LDL levels under 100 are optimal.

Over 130 is borderline high and over 160 are high. The level and treatment options need to be discussed with the physician.

Triglyceride is a form of fat. People with high numbers often have high total cholesterol levels, including high LDL and low HDL numbers. Normal triglyceride is less than 150. Borderline high if over 150 and high levels are over 200. Common reasons for an elevated triglyceride level: if overweight, low physical activity, excessive alcohol consumption, diet high in carbohydrates or it may be the genetic or inherited factors present.

Since February is designated as Heart Month, much interesting information can be gotten from www.americanheart.org

CHURCH COUNCIL



The next Council Meeting is at 7:00 pm on Monday, February 10.
Committee reports to council are due in the office by Monday, February 3.

Committee reports due



BUILDING AND GROUNDS COMMITTEE

By: Henry Parker

The installation of our new roofs and security system are now complete.
Preparations for painting the offices are underway.
We have received estimates for new handicap bathrooms.

CHRISTIAN EDUCATION COMMITTEE

By: Sharon Brezina

Well, the Sunday School is finishing up the teachings of Luke 2:7 celebrating the birth of Jesus. The sessions consisted of messages to both Mary and Joseph and spreading the Good News.

In the middle of February we will study Luke 2:52 - : "Jesus matured in wisdom and years and in favor of God and with people."

The children will spend time learning how to grow their faith as they grow! The classes will be talking about the Three Wise Men and Jesus' Baptism. So it will be a wonderful journey for the children this month.

The older kids will be spending more time learning about the workings of the Bible. They spent a lot of time in January working on memorizing Psalm 23 and the books of the Bible. In February we are going to spend time on Spiritual Disciplines: Studying, Worshiping and what service really means. It should be a lot of fun and very enlightening.



CE will be holding a **Family Game night in February** – hope you can join us!!

YOUTH GROUP

Youth Group meets the 1st and 3rd Sunday of the month ~ So Meetings are on February 2 and 16.

Junior Youth Group meet from 5-6:30 pm and the older Youth Group from 6:30-8 pm.

Remember to keep in touch with the Youth Group! Watch the Facebook pages and your emails.

Congratulations to Laura Buttress for beating her own swim records in her latest competition.... And we heard there was a First Place in there somewhere too! Congratulations!

Celebration

Corner
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Well how about a picnic at home? Why not? The kids are filled with adventure and wonderful ideas – just bring them to the inside. How about a beach party (without the sand) or a nice picnic with burgers and hotdogs and games? Nothing better than feeling like it is summertime in the winter!

For something fun and indoors there’s the “Billion Bricks: Lego T-Rex, Turtles and Trains” exhibit at the Stamford Museum and Nature Center. They are creating a Lego subterranean world of the Teenage Mutant Ninja Turtles and a prehistoric park with T-Rex and velociraptors. Subways, trains, roller coasters, and mine trams will chug, spin, whirl and speed across a multi-level imaginary world built completely of LEGO® bricks. Peek into the new underground portals as subway cars whiz by before your eyes.

The Bendel Mansion Museum Galleries are open, Monday–Saturday 9 am–5 pm; Sunday 11 am–5 pm. Members: Free /Non-Members: Free with gate admission. *Stay warm!!*

Valentine

Here is a valentine.
 I made it just for you.
 With paper and ribbons
 And lots of Elmer's glue!
 I cut it with my scissors
 And designed it with my paint.
 If I tell you that I love you,
 Do you promise not to faint?

MISSIONS COMMITTEE

By: Wally Yeager

Four major UCC Collections in 2013

<u>March</u> -	One Great Hour of Sharing	\$789
<u>June</u> -	Strengthen the Church	\$472
<u>October</u> -	Neighbors in Need	\$725
<u>December</u> -	Christmas Fund	\$869

Special Collections

April - Helped Women’s Fellowship with Health, Baby Care and School Kits for Church World Service.

Summer - Project Learn -Council of Churches of Greater Bridgeport — We collected school supplies for our local schools. The response from our members and friends was wonderful.

October - We gave \$100.00 to a needy school. Money was collected from our revolving book sales. (Monies collected from our book sale is earmarked only for needy children.)

November - Thanksgiving Baskets - we collected food for five needy families of our church. The response was truly great ~ and thanks to all contributors, we gave the best baskets ever. (Thank you and God bless all contributors.)

December – Unity Hill UCC Christmas Card Blanket Fund- collected \$180 to purchase Blankets of Hope.

Also, Missions had \$1000.00 for Disaster Relief. We donated \$500.00 to our U.C.C. Ministry to help CT victims hurt by Hurricane Sandy. We also gave \$500.00 to the U.C.C. Church in Haiti, which was destroyed by hurricanes and is being rebuilt.

The Missions Committee is most grateful to the congregation for their support. Many people will benefit from your generosity. Remember you are the hands who give—we are only the messengers. Again, thank you and God bless you!

FELLOWSHIP PROGRAMS

Fellowship of Unity Hill

By: Dot Pickens

We met on Sunday, January 5th after church and discussed upcoming events. My thanks to all who helped cook and serve on Christmas Day at Golden Hill Community Suppers and the meal was provided by the generosity of the Buttress Family. Our New Year's Day Party on January 1st at the home of Carole and Allen Fanslow was attended by both members and friends of the Fellowship. Our thanks to both Carole and Al for having us. Our next Golden Hill Community Suppers Program will be on Wednesday, February 26th. We will provide the meal. As always, help is needed to both cook and serve. We will be sponsoring another Hunger Awareness Luncheon during Lent. Our next meeting will be on Sunday, February 2nd, following worship.

Women's Fellowship

By: Betty Vida

- ~ Executive Board meeting is Thursday, February 6 at 12 noon. Hostess is Louise Evans.
- ~ The next luncheon will be a pizza party on Thursday, February 20 at 12 noon. Cost \$5. Program will be The Art of Flower Arranging with Trish Manfredi. Hostesses are Louise Evans and Renate Krakovich. Devotions by Lucille Bayer.
- ~ Looking ahead, on Maundy Thursday, April 17, the Women's Fellowship has invited the women of Unity Hill, plus other UCC women and women in our community, to gather for a Communion Service at 10:00 a.m. followed by a continental breakfast.
- ~ CT Women UCC Annual Meeting is Saturday, April 12 at the Congregational Church of Plainville. Watch the bulletin board for details.



UCC New England Women's Celebration IX

By: Carole Fanslow

UCC New England Women's Celebration IX is coming—March 28—30, 2014 in Portland, Maine. Sponsored by the New England's Leadership Conference. The theme: "Together We Can." Registration at \$125. There is a bus going to Portland (\$63.00) Please see Carole Fanslow if you need info or see their web site www.uccwomenscelebration.org. It's always a great weekend.

CHURCH WORLD SERVICE KITS

We will be collecting Church World Service Kits again in April. Here's the list ...

School Kits give children in impoverished schools, refugee camps, or other difficult settings some of the basic tools for learning.

To assemble a School Kit you will need:

- One pair of blunt metal scissors (rounded tip)
- Three 70-count spiral notebooks or notebooks totaling 200-210 pages (**no loose-leaf or filler paper**)
- One 30-centimeter ruler (12 inches)
- One hand-held pencil sharpener
- One large eraser
- Six new pencils with erasers
- One box of 24 crayons (only 24)

- One 12" x 14" to 14" x 17" finished size cotton or lightweight canvas bag with cloth handles. (Please, no reusable shopping bags or backpacks.)

Pack all items inside the cloth bag.

School Kit value: \$15

Processing/Shipping Cost: \$2 per Kit

Children in the Dominican Republic using their CWS School Kits that were distributed through SSID Social Service of the Dominican Churches/Servicio Social de Iglesias Dominicanas. Photo: CWS



In the face of natural disasters, violence, or grinding poverty, **Hygiene Kits** can mean the difference between sickness and health for struggling families.

To assemble a Hygiene Kit you will need:

- One hand towel measuring approximately 16" x 28" (no fingertip or bath towels)
- One washcloth
- One wide-tooth comb
- One nail clipper
- One bar of soap (bath size in wrapper)
- One toothbrush (in original packaging)
- Six standard size Band-Aids®

Place all items in a one-gallon plastic bag with a zipper closure, remove excess air from bag, and seal. Please do not add toothpaste to the Hygiene Kit. Cartons of toothpaste that have an extended expiration date will be added to Hygiene Kit shipments just prior to shipment.

Hygiene Kit value: \$10

Processing/Shipping Cost: \$2 per Kit

Brushing teeth is a daily routine most of us take for granted--but not seven-year-old Mohammed, who has been living in a tent city where water can be scarce. After the October 2005 earthquake that flattened Mohammed's hometown, CWS provided refugees with shelter, water, sanitation, schooling, CWS Health and School Kits, and medicine. Photo: Annie Griffiths for CWS



In areas of extreme poverty or following a natural disaster, **Baby Care Kits** help young mothers care for their newborn babies.

To assemble a Baby Care Kit you will need:

- Six cloth diapers
- Two T-shirts or undershirts (no onesies)
- Two washcloths
- Two gowns or sleepers
- Two diaper pins
- One sweater or sweatshirt (Can be hand-knitted or crocheted)
- Two receiving blankets (one can be a hand-knitted or crocheted baby blanket)

Items must be new and under 12 months in size. Wrap items inside one of the receiving blankets and secure with both diaper pins.

Baby Care Kit value: \$39

Processing/Shipping Cost: \$2 per Kit

A Roma woman holds her baby inside a shipping container that has been converted into a house in Makis, a village outside of Belgrade, Serbia. These Roma families were evicted from an urban squatter settlement in 2012 to make way for construction of new apartments and office buildings. The shipping containers they now call home, which were provided at no cost by local authorities, are far from the city center. Photo: Paul Jeffrey/ACT Alliance



COMMUNITY GROUPS

Middlebrook Farms Worship Service

Worship Service with Holy Communion will be on Thursday, February 6, 2014 at 2:00 pm

World Day of Prayer

World Day of Prayer will be celebrated on Friday, March 7 at 11:00 a.m. at the Stratford United Methodist Church, 2600 Main Street, Stratford. Those attending are asked to bring a sandwich – dessert and beverage provided. The service has been prepared by the women of Egypt.



Trumbull Interfaith Committee

The next meeting will be on Wednesday, February 5 at 7:30 p.m. at Holy Trinity Lutheran Church, 406 White Plains Road, Trumbull. Guest speaker will be the Rev. Cass L. Shaw, newly-elected CEO and President of the Council of Churches of Greater Bridgeport. Plans will also be discussed for this year's Good Friday Service at Nichols United Methodist Church on April 18 at 12 noon. The offering on Good Friday will benefit the Pastoral Counseling Center of Trumbull located at Unity Hill UCC.



CROP Hunger Walk

The 40th Annual CROP Hunger Walk is fast approaching, and the kickoff rally will be on Sunday, April 6 beginning at 2:00 p.m. at Long Hill United Methodist Church, 6358 Main Street, Trumbull. The walk will take place on Sunday, May 4 beginning at 1:30 p.m. at the United Congregational Church. Those walking or working are asked to bring non-perishable food items for the designated agencies. We hope to see lots of our youth and church members participating this year. Last year's walk raised almost \$30,000 and we can always count on Unity Hill to step up to the plate.

Golden Hill Community Suppers Program

Our next turn will be on Wednesday, February 26 and your help is always needed and appreciated.

Council of Churches of Greater Bridgeport

Save the Date!

Saturday, March 29, 2014 from 6:30 to 9:30 pm ~ Broadway Comes to Bridgeport! The New Paradigm Theater (with real Broadway performers!) will present a musical tribute to Broadway in a cabaret-style format.

United Congregational Church, 877 Park Avenue, Bridgeport

Honoring Salem Lutheran Church with CCGB's 2014 Faith and Community Award

Invitations to Follow! Need more information? pattyjensen@ddgb.org or 334.1121 x 243

Youth Services

Needed: **HOST HOMES!** A Host Home is a family, household or individual who opens their home to a youth between the ages of 11-17 years old who needs temporary shelter, board and care. They offer a stable and caring environment; the average stay is less than 10 days. Certified Host Homes will receive a monthly stipend for child care. If you would like to know more information, please contact Dale Holder, Youth Services Director, at 203 367-8441 x 221 or daleholder@ccgb.org.

Adult Services needs any of the following hygiene items (in quantities of 50): Soap, Deodorant, Toothpaste, Toothbrush, Shampoo, and Feminine Hygiene Pads. Please contact Dan Braccio at danbraccio@ccg.org or 203 367-8441 x 231

Hunger Outreach ~ *Coordinating Area Feeding Initiatives*

Needed: Non Perishable FOOD! The 32 feeding programs in CCGB's Hunger Outreach Network served over 2.5 million meals to hungry people a year for the past three years, accomplished with the help of private and foundation grants, as well as Federal Emergency Management Agency (FEMA) funds. Please consider renewed efforts in collecting non-perishable food items ~ If you'd like information on what kinds of food to collect or a list of feeding programs, call Byron Crosdale at 334.1121 x 249 or byroncrosdale@ccgb.org.

To those who serve in community suppers and pantries all year long, our hearty thanks.

Pastoral Counseling Center of Trumbull

Pastoral Counseling Center of Trumbull at Unity Hill UCC ~ The Rev. Dr. John Sandel is in his office at Unity Hill UCC usually from 3-9 on Thursdays and 8-12 on Fridays. He can be reached at 203-386-9345.

OUR TREASURER'S CHECKBOOK

By: Bob Krakovich

Income	<u>As of 12/31/13</u>	<u>As of 12/31/12</u>
Offerings	\$ 66,453.00	\$ 86,497.00
Investments	29,595.65	26,968.35
Designated	79,949.70	15,065.15
Miscellaneous	4,907.63	40,306.70
Investment Draw	120,000.00	85,000.00
Total Income	\$300,905.98	\$ 253,837.20
 Expense		
Building & Grounds	\$ 74,792.97	\$ 69,700.00
Christian Education	6,080.78	6,022.89
Church Council	31,973.71	31,828.10
Diaconate	103,663.34	93,813.11
Mission & Outreach	11,385.90	21,700.00
Stewardship	89.30	265.37
Designated	78,725.48	13,067.91
Total Expense	\$306,711.48	\$ 236,397.38
 (Shortage)/Overage	\$ (5,805.50)	17,439.82



Celebrating a birthday in February ... HAPPY BIRTHDAY!!

6 Lori Brezina	8 Robert Forgette	9 Robert Schneider	11 Little Eagle Piper
13 Cooper Shipley	16 William Vars, Jr.	18 Ilse Plitt	18 Marion Gaetano
20 Carol Dunn	20 Lauren Parker	21 Marilyn Foehrenbach	24 Carole Fanslow
25 Dorothy Vars	26 Marsha Piper	27 Cynthia Henderson	



~ February 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Remember to bring in non-perishable food for the Food Pantry</p>						<p>1 New Member Initiative Training</p>
<p>2 Groundhog Day</p> <p>FUH meeting after worship</p> <p>YOUTH GROUP 5-6:30 Junior Group 6:30-8 Senior Group</p>	<p>3</p>	<p>4 10am Women's Meeting</p> <p>7pm Handbells rehearsal</p>	<p>5 7:30pm Trumbull Interfaith Committee @ Holy Trinity Lutheran</p>	<p>6 12noon Women's Fellowship Executive Board Meeting</p> <p>2:00pm Middlebrook Farms Worship Service</p> <p>3-9pm John Sandel here</p>	<p>7 8-12am John Sandel here</p>	<p>8</p>
<p>9</p>	<p>10 7:00pm Church Council</p>	<p>11 10am Women's Meeting</p>	<p>12</p>	<p>13 3-9pm John Sandel here</p>	<p>14 Valentine's Day</p> <p>OUTLOOK info due</p> <p>8-12am John Sandel here</p>	<p>15</p>
<p>16 YOUTH GROUP 5-6:30pm Junior Group 6:30-8pm Senior Group</p>	<p>17</p>	<p>18 9:30am AAUW</p> <p>10am Women's Meeting</p>	<p>19</p>	<p>20 12 noon Women's Fellowship Pizza Party</p> <p>3-9pm John Sandel here</p>	<p>21 8-12am John Sandel here</p>	<p>22</p>
<p>23 Children's Choir Practice after worship</p> <p>12noon Unity in Loss Large Group</p>	<p>24</p>	<p>25 10am Women's Meeting</p>	<p>26 Golden Hill Community Suppers Program 2pm Cook; 5pm Serve</p>	<p>27 12noon Unity in Loss Small Group</p> <p>3-9pm John Sandel here</p>	<p>28 8-12am John Sandel here</p>	