

MARCH 2018 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

E-mail: unityhillucc@gmail.com

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

The Reverend M. Todd Shipley, Pastor

Lucille Baver, 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

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Office Hours: Monday – Friday 9:00 a.m. – 3:00 p.m.  
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OUTLOOK DEADLINE ~ We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative! The **APRIL 2018 Outlook** will be published at the end of **MARCH**. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, MARCH 14** will be included.



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

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

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.



**Lenten Poem
by Ann Weems**

Lent is a time to take time to let the power
of our faith story take hold of us,
a time to let the events get up
and walk around in us,
a time to intensify our living unto Christ,
a time to hover over the thoughts of our hearts,
a time to place our feet in the streets of
Jerusalem or to walk along the sea and
listen to his Word,
a time to touch his robe
and feel the healing surge through us,
a time to ponder and a time to wonder....
Lent is a time to allow
a fresh new taste of God!
Perhaps we're afraid to have time to think,
for thoughts come unbidden.
Perhaps we're afraid to face our future
knowing our past.
Give us courage, O God,
to hear your Word
and to read our living into it.
Give us the trust to know we're forgiven
and give us the faith
to take up our lives and walk.

The ancient Romans named March after their god Mars who was both a god of war and the protector of agriculture. Mars therefore protected the harvest of a community if they had given Mars due consideration and proper homage. In much the same way if we give the one true God proper consideration and homage during the season of Lent our lives can be fruitful and abundant. There are obviously many differences between Mars and the real God as revealed to us through Jesus. One of the most relevant differences in this moment is that while Mars seemed to desire adoration for his own sake our living God desires our loyalty and active participation for OUR sake. Since we know these attributes of God because of his human incarnation of Jesus it is appropriate follow him.

But if you're like me it can be a bit confusing or complicated just HOW we relate to Jesus or how we understand him. The study of just who Jesus is in relation to your faith is called Christology and even though that seems a fancy word all of us have a 'Christology', a way we understand Jesus. If this way of understanding is a bit murky, or worse, a hindrance to following Jesus in a meaningful way, Lent is a perfect time to work on clarifying who Jesus is for you and just HOW it is you will follow him. Because follow him we must.

As always, as your pastor I am here to assist you in this endeavor.

Yours,
Pastor Todd

CHURCH UPDATES



ANNUAL CONGREGATIONAL MEETING ~ Sunday, March 25 at 11:30 am.

All members plan on attending to approve and accept the annual reports of the committees for 2017 and vote on the report of the Nominating Committee for 2018.

PALM SUNDAY ~ Sunday, March 25

HOLY THURSDAY SERVICE ~ March 29 at 7:00 pm at Trumbull Congregational Church. Unity Hill UCC members have been invited to join them in worship at 3115 Reservoir Avenue.

GOOD FRIDAY ~ March 30 – Office is closed.

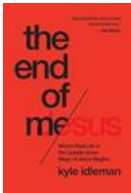
ANNUAL GOOD FRIDAY SERVICE ~ March 30 ~ 12:00 pm at Grace Episcopal Church, 5958 Main Street, Trumbull. Sponsored by Trumbull Interfaith Council. The offering will be donated to Trumbull Social Services.



EASTER SUNDAY ~ Sunday, April 1

BIBLE BRUNCH ~ Sundays, February 18 - March 25

Every Sunday in Lent we will be holding a Bible Study focused on the Beatitudes in Matthew and the book "The End of Me" by Kyle Idleman. Brunch, Child care and a journal will be provided. We will start at 11:45 and go about 45 minutes to an hour.



STAFF VACATIONS

PASTOR TODD SHIPLEY – away Monday, Feb 26 - Sunday, Mar 4; returning Monday, Mar 5.

JOANNE WICKSON – away Tuesday, March 27 – Sunday, April 8; returning Monday, April 9. There will be office coverage while Joanne is gone.

2018 ALTAR FLOWER SIGN UP ~ Please contact the office if you would like to register for the 2018 Flower calendar list to have flowers placed on the altar in memory or celebration of your loved ones - \$30.00 for 1 and \$50.00 for 2 arrangements. It will be up to you to remit payment directly to Langanke's. Thank you so much. Any questions, call Joanne in the office at 203-374-8822.



GEORGE'S HILL

Thursday, March 8 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

CHURCH COUNCIL MEETING ~ Monday, March 12 at 7:00 pm.

COMMITTEE REPORTS TO COUNCIL are due in the office by Monday, March 5.

DIACONATE ~ By: Patricia Bowman, Chair

Diaconate will be meeting on Tuesday, March 6 at 1:00 p.m.

MISSIONS ~ By: Brenda Finizio, Chair

"And don't forget to **do good** and to **share** with those in need."
— Hebrews 13:16



One person gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous person will prosper; whoever refreshes others will be refreshed. ~ Proverbs 11:24-25

ONE GREAT HOUR OF SHARING – our next UCC Mission collection. **How can one person change the world?** Donate. Pray. Sponsor a child. Teach. Serve a meal. Plant a tree. Rebuild a home. Visit a

prisoner. Be a mentor. Bring water to the desert. . . . the opportunities are endless. They're all right here. What part of our world is waiting for you to make a difference? Please look for offering envelopes in a basket by the Missions bulletin board in the hall and in the church pews. **The collection will be until Sunday, March 25th.**

Missions Trip Opportunity with Silver Lake – Looking for teenagers to volunteer for Hammer and a Nail conference through Silver Lake. The week trip will help H.O.M.E Co-op in rural Orland, Maine by building homes, doing farm work and cooking at soup kitchen. Missions will sponsor two volunteers who are interested. Please contact Brenda Finizio for more information. 203-536-1010.

Additional Recent Mission Donations – Duke Medical Center – TBD;
Bridgeport Needy Families Fund - \$350 for educational services;
Haitian Helping Hands – quarterly funding of \$500

Thanks for your support. Brenda Finizio, Chair, Marsha Piper, Carole Fanslow, Committee

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Spring yet????

Well, the kids are ready to go outside!!!! So are the teachers!

We have started lessons on the Beatitudes (Matthew 5:3-12) – working alongside Pastor's Lessons. Our mascot for these lessons is a Bee – so you will be seeing many forms of bee-creations over the next few weeks.

Our motto is: Be-Attitudes not Me-Attitudes! Can't wait to see what the program brings to our children.

The job position for a CE director has been posted as has one for the nursery care worker.

Pray that God brings to us caring, enthusiastic and knowledgeable teachers for our kids!

Have a great one, Sharon ;)

Whoever wrote the phrase "Easy Like Sunday Morning" obviously never had to get a child ready for Church.

Credit: Candas Graham Freeman

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user card



FELLOWSHIP GROUPS

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

~ The next meeting of the **Executive Board** will be on Thursday, March 1 at 12:00 pm.



~ On Thursday, March 15 at 12:00 noon our meeting will feature a demonstration on making Ukrainian Easter Eggs with Joan Parzyck. Hostesses for the covered dish luncheon are Marsha Piper, Dorothy Vars and Rose Vars; with devotions led by Renate Krakovich. Luncheon is \$7.50 per person or bring your favorite covered dish to share. Hope to see many of you. Sign up on the bulletin board or call the office.

FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President 2018



HUNGER AWARENESS LUNCHEON - Sunday, March 4 at 12:30pm.

Adults \$6 and children under 12 \$3. Profits from this luncheon help defray the costs of preparing meals for Golden Hill Community Suppers 6 times per year. The meal will be the chicken casserole with salad and dessert that we will serve at Community Suppers on Wednesday, February 28. Everyone is welcome, but if you can't attend, a donation would be greatly appreciated.

Any questions, please see Dot Pickens or Allen Fanslow.

~ FUH is very thankful to our faithful volunteers who will be helping to feed our homeless friends on Wednesday, February 28 at **Golden Hill Community Suppers**.

~ We will also be at **Golden Hill Community Suppers** on Wednesday, April 25 – we are always very grateful to those that help out! Come to cook at Bpt. Golden Hill United Methodist Church at 2 pm or to help 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 Thursday, March 1 at 2 pm with Holy Communion offered to the residents by Pastor Todd.

TRUMBULL INTERFAITH COUNCIL

~ **Monthly Meeting** of TIC will be Wednesday, March 7 at 7:00 pm at the Armenian Church of the Holy Ascension, 1460 Huntington Tpke, Trumbull.

~ **Annual Good Friday Service** on Friday, March 30 at 12 noon at Grace Episcopal Church, 5958 Main Street, Trumbull sponsored by TIC. The offering will be donated to Trumbull Social Services.

FAIRFIELD EAST ASSOCIATION

Save the Date! On Wednesday, May 30, FEA will hold their Annual Meeting in Bethel.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

- ~ Next **Delegates Meeting** is on Thursday, March 15 at 6:30 pm at Bridgeport Islamic Community Center, 877 Park Ave, Bridgeport. (Plenty of parking) "How we can better support and advocate for our youth involved in CT Justice System" Beginning at 6:30 with a Light Supper; 7:00 - Panel Presentation; 7:30 - Q&A; 8:00 - Next Steps; 8:15 – Adjourn.
- ~ **SAVE THE DATE!** Please plan on joining us! **Annual Spring Fling** fundraiser is on Thursday, May 3 featuring the Show "Priscilla, Queen of the Desert" at Downtown Cabaret Theatre, Bpt.
- ~ **Annual Meeting** of CCGB is scheduled for Thursday, June 7.

44th ANNUAL CROP HUNGER WALK

- 44th Annual CROP Walk Rally** – to be held on Saturday, March 24 at 2:00 pm at First Church Congregational, 148 Beach Road, Fairfield.
- The **44th Annual CROP Walk** is Sunday, May 6 at 1:30 – 4:00 pm at Seaside Park, Bridgeport. Unity Hill has always had a great group of walkers and in 2017 we donated \$1,293 to Church World Service. Dot Pickens and Marsha Piper are Unity Hill's very capable coordinators. Just check in with them for details. Bring non-perishable food items for local food banks to the walk with you and thank you. For more info, call 203-375-1284 or visit www.cropwalk.org

CONNECTICUT WOMEN OF THE UCC

- ~ **UCC NEW ENGLAND WOMEN'S CELEBRATION X** ~ Friday, April 6 to Sunday, April 8, 2018 at the Holiday Inn by the Bay, 88 Spring St, Portland, ME. This event takes place every 4 years and its purpose is to reach the 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. See bulletin board for more info. www.uccwomenscelebration.org Contact: Kathy Olmsted kolmsted2@comcast.net
- ~ **90th ANNUAL MEETING OF CT WOMEN OF THE UCC** ~ Saturday, April 28 at Mystic Congregational Church beginning at 9am. Carpooling will be available. Details to follow.

HEALTH CORNER: GET ENOUGH SLEEP

It's important to get enough sleep. It helps keep your mind and body healthy. Make changes to your routine if you can't find enough time to sleep. But, getting enough sleep isn't only about total hours of sleep. It's also important to get good quality sleep on a regular schedule so you feel rested when you wake up. If you often have trouble sleeping – or if you often still feel tired after sleeping – talk with your doctor.

Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night. Kids need even more sleep than adults. Teens need 8-10 hours of sleep each night; School-aged children need 9-12 hours of sleep each night; Preschoolers need to sleep between 10-13 hours a day (including naps); Toddlers need to sleep between 11-14 hours a day (including naps); Babies need to sleep between 12-16 hours a day (including naps).

Your body sets your “biological clock” according to the pattern of daylight where you live. This helps you naturally get sleepy at night and stay alert during the day. If you have to work at night and sleep during the day, you may have trouble getting enough sleep. It can also be hard to sleep when you travel to a different time zone.

Many things can make it harder for you to sleep, including: Stress or anxiety; Pain; Certain health conditions, like heartburn or asthma; Some medicines; Caffeine (usually from coffee, tea, and soda); Alcohol and other drugs; Untreated sleep disorders, like sleep apnea or insomnia. If you are having trouble sleeping, try making changes to your routine to get the sleep you need.

Sleep disorders can cause many different problems. Keep in mind that it’s normal to have trouble sleeping every now and then. People with sleep disorders generally experience these problems on a regular basis. Common signs of sleep disorders include:

- Trouble falling or staying asleep.
- Still feeling tired after a good night's sleep.
- Sleepiness during the day that makes it difficult to do everyday activities, like driving a car or concentrating at work.
- Frequent, loud snoring.
- Pauses in breathing or gasping while sleeping.
- Itchy feelings in your legs or arms at night that feel better when you move or massage the area.
- Trouble moving your arms and legs when you wake up.

If you have any of these signs, talk to a doctor or nurse. You may need to be tested or treated for a sleep disorder.

Making small changes to your daily routine can help you get the sleep you need.

Change what you do during the day.

- Try to spend some time outdoors every day.
- Plan your physical activity for earlier in the day, not right before you go to bed.
- Stay away from caffeine (including coffee, tea, and soda) late in the day.
- If you have trouble sleeping at night, limit daytime naps to 20 minutes or less.
- If you drink alcohol, **drink only in moderation**. This means no more than 1 drink a day for women and no more than 2 drinks a day for men. Alcohol can keep you from sleeping well.
- Don’t eat a big meal close to bedtime.
- **Quit smoking**. The nicotine in cigarettes can make it harder for you to sleep.

Create a good sleep environment.

- Make sure your bedroom is dark. If there are streetlights near your window, try putting up light-blocking curtains.
- Keep your bedroom quiet.
- Consider keeping electronic devices – like TVs, computers, and smart phones – out of the bedroom.

Set a bedtime routine.

- Go to bed at the same time every night.
- Get the same amount of sleep each night.
- Avoid eating, talking on the phone, or reading in bed.
- Avoid using computers or smart phones, watching TV, or playing video games at bedtime.
- If you find yourself up at night worrying about things, **relax with deep breathing or meditation**. If you are still awake after staying in bed for more than 20 minutes, get up. Do something relaxing, like reading or meditating, until you feel sleepy.

If you are concerned about your sleep, see a doctor. Talk with a doctor or nurse if you have any of the following signs of a sleep disorder:






- Frequent, loud snoring
- Pauses in breathing during sleep
- Trouble waking up in the morning
- Pain or itchy feelings in your legs or arms at night that feel better when you move or massage the area
- Trouble staying awake during the day

Even if you aren't aware of problems like these, talk with a doctor if you feel like you often have trouble sleeping.

AND ... For those of us struggling with the question ... **IS IT THE FLU OR A COLD?**

Sick but you don't know what it is?

The best way to tell a cold from the flu is with a simple test at MinuteClinic. In general, here are some differences:

Cold	or	Flu
Sometimes _____	 Fever	_____ Often
Often _____	 Sneezing/Congestion	_____ Sometimes
Often _____	 Cough	_____ Often
Mild _____	 Headache / Body Aches / Chills	_____ Severe
Often _____	 Sore Throat	_____ Sometimes

CHURCH WORLD SERVICE KITS

It is CWS Kit time again. If you are unable to shop, the cost of kits is \$15 plus \$2 for the processing fee; or ask a member of the Women's Fellowship Executive Board to shop for you. This is an all-church project, so we hope when the kits are dedicated on Sunday, April 15, the altar will be completely covered! Thank you!

CHURCH WORLD SERVICE KITS are small packages of supplies assembled by volunteers and shipped to families and communities in need around the world. ***Please do not enclose money or extra items inside the kits!***

CWS HYGIENE KITS can mean the difference between sickness and health for struggling families in the face of natural disasters, violence, or grinding poverty. All items need to fit inside a one-gallon plastic zipper closure bag. Remove the excess air from the bag and seal before boxing. Do not add any extra items or toothpaste. A tube of extended expiration date toothpaste will be added to each Kit just prior to its journey. Value: \$15; Processing fee: \$2 per Kit *
*Do not enclose money inside the kits or in the shipping boxes.



Supplies needed: <http://cwskits.org/assemble-kits/hygiene-kits/>

One hand towel measuring approximately 15"x 28" to 16"x 32" (no fingertip, bath, dish towel or micro-fiber) One washcloth One wide-tooth comb (removed from the package) One toothbrush in the original package	One fingernail or toenail clipper removed from the package (either acceptable) One bath size bar of soap in the original wrapper Ten standard size Band-aids
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CWS SCHOOL KITS give to children in impoverished schools, refugee camps, or other difficult settings some of the basic tools for learning. All items must be packed inside of the cloth bag. Value: \$15; Processing fee: \$2 per Kit * *Do not enclose money inside the kits or in the shipping boxes.



Supplies needed: <http://cwskits.org/assemble-kits/school-kits/>

One pair of blunt scissors (removed from the package) (rounded tip, only) Three 70-count bound notebooks or notebooks totaling 200-210 pages (No loose-leaf or filler paper) One 30-centimeter, 12" ruler One hand-held pencil sharpener (removed from the package)	One large eraser (no pencil cap erasers) Six new, unsharpened pencils with erasers (removed from the package) One box of 24 crayons (only 24) One 12"x14" to 14"x17" finished size cotton or lightweight canvas bag with cloth handles (solid color or kid-friendly fabric; no logos; no reusable shopping bags or backpacks)
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CWS EMERGENCY CLEANUP BUCKETS provide assistance to families and communities affected by flooding, tornados and other disasters.

All cleaning items must be new— all liquid items must be capped and securely tightened. Place all items into the bucket, making sure they are packed securely to avoid damage during shipment. Snap the lid on tight and seal with packing tape. Value: \$75; Processing fee: \$3 per Kit * *Do not enclose money inside the kits or in the shipping boxes.



Supplies needed: <http://cwskits.org/assemble-kits/emergency-cleanup-buckets/>

One five-gallon bucket with resealable lid (If bucket has been used, clean well ... but do not use if it has held chemicals of any kind.) Four scouring pads Seven sponges, including one large One scrub brush Two pairs non-surgical latex gloves Eighteen reusable cleaning towels (e.g. Easy Wipes) One 50 oz. or two 25 oz. bottle(s) of liquid laundry detergent One 16-28 oz. bottle of liquid disinfectant dish soap	One 12-16 oz. bottle of household cleaner that can be mixed with water (no spray bottles) One package of 48-50 clothespins Clothesline, two 50 ft. or one 100 ft. Five dust masks One pair work gloves, cotton with leather palm or all leather 24-28 heavy duty or contractor type 30-45 gallon trash bags on a roll and removed from carton One 6-9 oz. bottle of non-aerosol insect repellent
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March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12pm Women's Fellowship Executive Board 2pm Middlebrook Farms	2	3 12-4pm Alcoholics Anonymous Big Book 12 Step Study
4 11:45am Bible Brunch "The End of Me" 12:30pm FUH Hunger Luncheon	5 Committee Reports to Council Due in Office by Today 7pm AA 12 step meeting	6	7 9:30am Meditation 7:00pm Trumbull Interfaith Council Meeting	8 11:30-1pm George's Hill Support Group	9 10am Assemble CROP Packets	10
11 11:45am Bible Brunch "The End of Me"	12 7pm Church Council Meeting 7pm AA 12 step meeting	13	14 9:30am Meditation 11:30-2:30 Kennedy Center -crafts OUTLOOK INFO DEADLINE	15 12pm Women's Fellowship Covered Dish Luncheon- 6:30pm Council of Churches Delegates' Meeting	16	17 2-3:30pm Overeaters' Anonymous Intergroup Meeting
18 11:45am Bible Brunch "The End of Me"	19 7pm AA 12 step meeting 7pm CROP Board Meeting	20	21 9:30am Meditation	22	23	24 2pm 44 th Annual CROP Walk Rally
25 11:30 am Annual Congregational Meeting 11:45am Bible Brunch "The End of Me"	26 7pm AA 12 step meeting	27 Joanne-vacation	28 9:30am Meditation Joanne-vacation	29 Joanne-vacation	30 Good Friday office closed 12pm TIC Good Friday Service	31

HAPPY BIRTHDAY IN MARCH!

6 Bert Ruys	14 Bob Coulson
10 Maddy Rondon	18 Roseann Giordanella
10 Michael Wheeler	30 Linda Polito
13 Trisha Tetreault	



EASTER FLOWERS 2018

Choice of Lilies, Daffodils or Tulips at \$12.00 each. Payment and order MUST be submitted to Church Office by MONDAY, MARCH 19 **HAPPY EASTER!**

QUANTITY	PLANT	COST EACH	TOTAL EACH
	Lily	\$12	\$
	Tulips	\$12	\$
	Daffodils	\$12	\$
<i>TOTAL</i>			\$



Cash () Check ()

**Mail to: Unity Hill UCC
Attn: Easter Flowers
364 White Plains Road
Trumbull, CT 06611**

**or put in the mail slot of the office door
or call office at 203-374-8822.**

DO NOT INCLUDE OTHER PAYMENTS OR PLEDGES IN THE SAME CHECK.

(Please print) Your name as you would like it to appear on the memorial list.

Your name _____

In Memory of _____

In Honor of _____

In Celebration of _____

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



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

Please don't take your plant until you check with Carol Dunn or John Rossi or one of their helpers.



Office Use Only

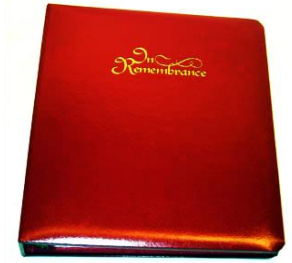
Check number	
Date received	
Amount	



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

UNITY HILL UNITED CHURCH OF CHRIST

Easter Memorial Contribution to the “Book of Remembrance”



If you would like to make an Easter Memorial Contribution to the

“Book of Remembrance” in addition to, or in place of, an Easter Plant,

please complete this form and return it, with your check, **to the office no later than Monday, March 19th** so we can prepare the list of memorials for the Easter bulletin.

Donations should be made payable to “Unity Hill UCC” with a notation for: “Book of Remembrance” on the check.

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 _____

Unity Hill United Church of Christ
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