

APRIL 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

Diane Henderson, Moderator

Dawn 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 **MAY 2018 Outlook** will be published at the end of APRIL. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, APRIL 18** 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.



HAPPY EASTER SEASON!

What do you think about the artwork shown here? It's called "Resurrection," sculpted by Pericle Fazzini.

My reaction was to check the title again ... THIS is resurrection? As I studied the history of the piece its troubling nature made more sense. It depicts Jesus rising up out of a nuclear bomb crater.

Installed at the Vatican in 1977 by the presiding pope, it was meant to show Jesus' presence even under the shadow of possible nuclear war. The bent structures around Jesus were inspired by actual photos from Nagasaki and Hiroshima. As unsettling as the image may be, especially because it refers to the Easter miracle of resurrection, it reminds us that this selfsame miracle is NOT a one-time event.

The resurrection of Jesus is NOT a one-time event.

Jesus said to her, *"I am the resurrection and the life. Those who believe in me will live, even*

though they die; and those who live and believe in me will never die. Do you believe this?" (John 11:25)

In every place there is defeat, death and darkness, there is also the potential for resurrection. What a bold and crazy claim ... do you believe it?

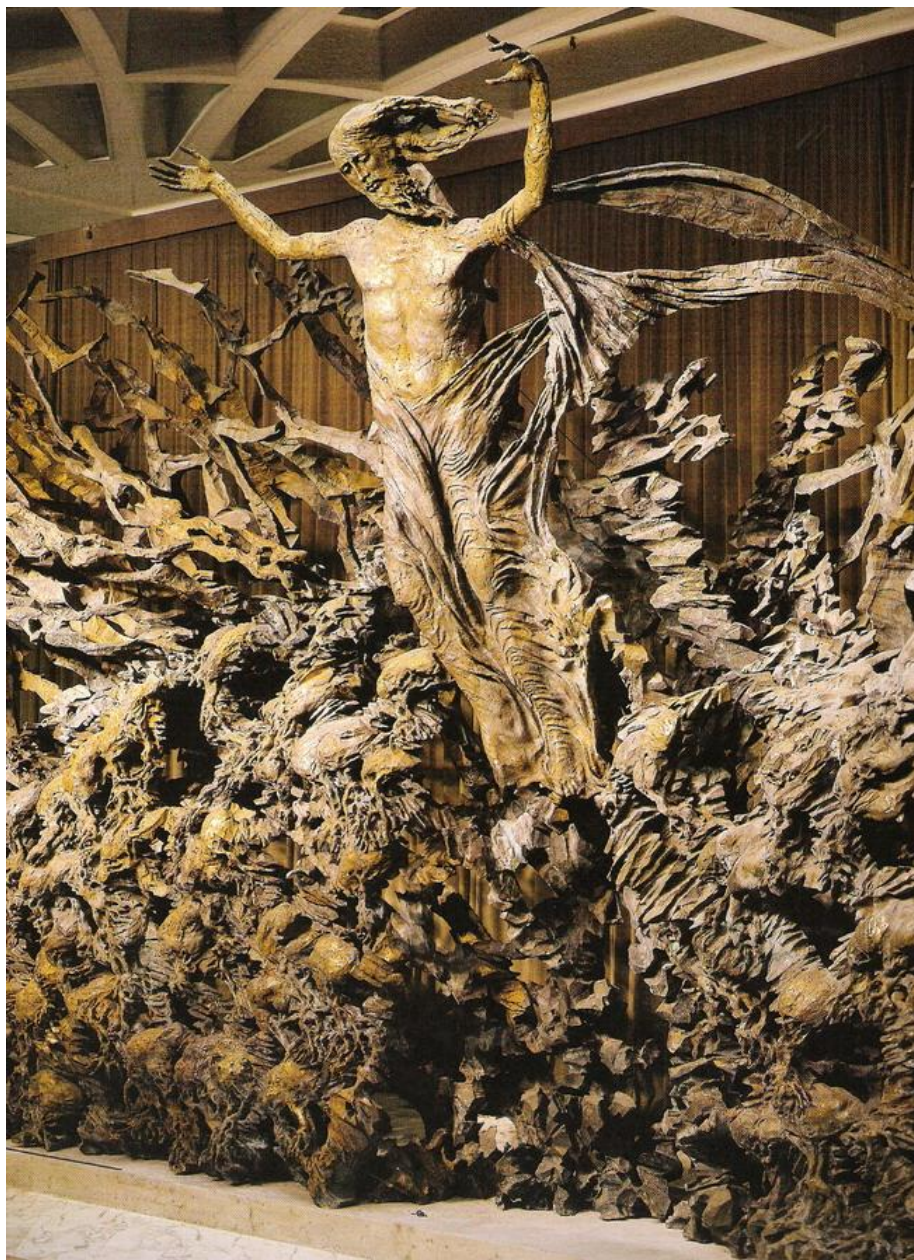
Please pray with me:

God, I DO believe Jesus is the resurrection. I invite him into the place I feel most defeated.

This place is called _____insert place of defeat_____. Please help me to see and live into the new life Jesus is bringing to this area of my life. Amen.

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.

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**

STAFF VACATIONS

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, April 12 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, Diane Henderson*

CHURCH COUNCIL MEETING ~ Monday, April 9 at 7:00 pm.

COMMITTEE REPORTS TO COUNCIL are due in the office by Monday, March 26, or Joanne can make copies on Monday, April 9 to hand out at the Council Meeting.

DIACONATE ~ By: Patricia Bowman, Chair

Diaconate will be meeting on Tuesday, April 3 at 1:00 p.m.

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

What a great time we are having studying the Beatitudes! The kids are getting involved and love spreading our time between teachings, games and crafts. This seems to keep their interests and I have discovered we have some very good artists in the group!

In the past few weeks we have discussed the definitions for: Hunger and thirst for righteousness, what it is to be merciful and the Greatness of the pure at heart. Our discussions are meaningful, and I hope the kids come to coffee hour with stories to tell and crafts to share.

We have a couple more weeks of Beatitudes then it's on to the next project!

We will be having an egg hunt on Easter Sunday – maybe with some story telling ... so come join the fun.

Christian Ed was very happy to be able to donate our old computers to a rescue mission in Bridgeport that ministers to children. Sister Theresa was so excited! – they had just lost their only computer about a month ago and stated she was using books to teach the children stories. I will update you more on this next month – but please send prayers to Sister Theresa and her staff – that they may get great use out of this donation.



MISSIONS ~ By: Brenda Finizio, Chair

Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then righteous will answer him, 'LORD, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' ~ Matthew 25:34-40

Current Collections ~ One Great Hour of Sharing: continues till end of March.

Current Giving ~ \$2,500 to Council of Churches, Greater Bridgeport.

What's happening with CCGB:

FEED Center - free culinary courses for low income residents, incubator kitchens for new food-based businesses, and a network of 40 food pantries and community meals serving 20,000 people every month.

JANUS Center for Youth in Crisis - supporting youth 11-17 years old through a 24 hr. hot line, respite care, mobile crisis services, and partnerships with 8 public schools.

Projecto Nueva Vida - for citizens returning from incarceration.

Project Learn, after-school program for underserved elementary school students.

Bridge Building - ecumenical and interfaith services and events building respect, understanding and relationships across barriers of race, religion, and more.

Medical and Education ~ Missions continue to support Medical and Education needs for poor in an effort to break cycle of poverty.

Mission Trips ~ Missions will support any teenager willing to go to Silver Lake Mission Trip Camp this summer. Also, for adults, SMILES mission trip to support Native Americans. Please contact me if interested.

Please check Missions Board for events and activities this month.

Thanks for your support.

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

FELLOWSHIP GROUPS

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

- ~ The next meeting of the **Executive Board** will be on Thursday, April 5 at 12:00 pm.
- ~ On Thursday, April 19 at 12:00 noon our program will feature Trish Manfredi with "Snipped-Floral Design Challenge." Hostesses for the covered dish luncheon are Lucille Baver and Carole Fanslow; with devotions led by Lucille Baver. Luncheon is \$7.50 per person or bring your favorite covered dish to share. RSVP by signing up on the bulletin board or call the office.
- ~ Save Thursday, May 17 for our Annual Luncheon out at Stonebridge Restaurant in Milford at 12:30 pm. Program planning for 2018-2019 will be before the luncheon at 10:00 am. Please let us know of any programs you would like to see.



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

- ~ Many thanks to those that stayed for our Hunger Luncheon on Sunday, March 4 and to the special people that supported the luncheon financially. On February 28, we served 100+ clients our delicious chicken casserole at **Golden Hill Community Suppers** and many favorable comments were received. Cost of the meal was \$230. Thank you to our cooks that prepared the meal on Saturday, February 24: Renate Krakovich, Marsha Piper and her cousin Jacqueline, Andrew Pickens, Marie Seavey and Dot Pickens. And thank you to our February 28 volunteers: Wally and Ed Yeager, Carole and Allen Fanslow, Marie Seavey, Marsha Piper and Renate Krakovich. (And a belated thank you to Wally Yeager for preparing the salad in December!) Seven trays of lots of good food makes for happy diners at Golden Hill United Methodist Church.
- ~ Our next turn at **Golden Hill Community Suppers** will be on Wednesday, April 25. No formal invitation is needed – just come down and give us a hand - we are always very grateful to those that help out! Come to cook at 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, April 5 at 2 pm with Holy Communion offered to the residents by Pastor Todd.

TRUMBULL INTERFAITH COUNCIL

- ~ **Monthly Meeting** of TIC will be Wednesday, April 4 at 7:00 pm at Trumbull Congegational Church, 3115 Reservoir Avenue, Trumbull. On Wednesday, May 2 meeting at Unity Hill UCC.
- ~ **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.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

- ~ You are invited to join The Council of Churches as we observe Good Friday by walking through downtown Bridgeport and praying for our city on **FRIDAY, March 30, 2018 - 5:00 to 6:30 PM**. We are moving out into the community to bear witness to our faith story with an **Ecumenical Walking Witness**. Our walk will begin and end at Golden Hill United Methodist Church, 210 Elm Street, Bridgeport. Join us as we observe a modern day "Stations of the Cross," stopping and praying at key public locations throughout the Downtown Bridgeport area. Transportation will be available for those who are differently abled. Please call The Council of Churches at 203-334-1121 to reserve a space.
- ~ **Janus Center Open House on Monday, April 16 from 6-7 PM at Burroughs Community Center**
This is a great way to spend an hour! Come learn about our work with at-risk youth, how we are growing and strengthening our services, and what you can do to help. Dinner is on us :) Please RSVP to rachelexavier@ccgb.org.
- ~ **SAVE THE DATE! Annual Spring Fling** fundraiser is on Thursday, May 3 featuring the Show "Priscilla, Queen of the Desert" at Downtown Cabaret Theatre, Bridgeport.
- ~ **Annual Meeting** of CCGB is scheduled for Thursday, June 7.
- ~ **WE NEED YOUR HELP!** The Council is looking for volunteers to help out in the office. If you have a couple of hours to give, once in a while or on a regular schedule, please contact Lynn at lynnhudler@ccgb.org

44th ANNUAL CROP HUNGER WALK

The **44th Annual CROP Walk** will take place on Sunday, May 6 beginning at 1:30 at Seaside Park, Bridgeport. Take a walk in the park with lots of church people on that day. Unity Hill always has a great group of walkers and in 2017 we donated \$1,293 to Church World Service. Check in with Dot Pickens and Marsha Piper, Unity Hill's very capable coordinators. Get your sponsors. Bring healthy non-perishable food items for local food banks to the walk with you and thank you. For info, see the bulletin board, 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. Dot Pickens and Carole Fanslow will attend this celebration organized by women from UCC congregations across New England. See bulletin board or www.uccwomenscelebration.org or Kathy Olmsted kolmsted2@comcast.net
- ~ **90th ANNIVERSARY OF THE CT WOMEN UCC** ~ is on Saturday, April 28 from 8:30 – 3 pm at Mystic Congregational Church. Cost for the luncheon is \$20 by April 16 – see bulletin board for details or ask Carole Fanslow, and RSVP with her for the lunch. Carpooling from church. The theme of the day is "I was in prison and you visited me" with a 5-member panel representing different aspects of Prison Ministry.

FAIRFIELD EAST ASSOCIATION

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

CT CONFERENCE OF UCC

Annual Meeting is in Springfield, Massachusetts on June 15 and 16.

HEALTH CORNER: Arthritis Pain: Do's and don'ts - *By Mayo Clinic Staff*

Arthritis is a leading cause of pain and disability worldwide.

Whatever your condition, it will be easier to stay ahead of your pain if you: Learn all you can about your condition, including what type of arthritis you have and whether any of your joints are already damaged; Enlist your doctor, friends and family in managing your pain and Tell your doctor if your pain changes.

When you have arthritis, movement can decrease your pain and stiffness, improve your range of motion, strengthen your muscles, and increase your endurance.

What to do: Choose the right kinds of activities — those that build the muscles around your joints but don't damage the joints themselves. A physical or occupational therapist can help you develop an exercise program that's right for you.

Focus on stretching, range-of-motion exercises and gradual progressive strength training. Include low-impact aerobic exercise, such as walking, cycling or water exercises, to improve your mood and help control your weight.

What to avoid: Avoid activities that involve high impact and repetitive motion, such as: Running, Jumping, Tennis, High-impact aerobics, or Repeating the same movement, such as a tennis serve, again and again.

Medications Many types of medications are available for arthritis pain relief. Most are relatively safe, but no medication is completely free of side effects. Talk with your doctor to formulate a medication plan for your specific pain symptoms.

What to do: Over-the-counter pain medications, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve) can help relieve occasional pain triggered by activity your muscles and joints aren't used to — such as gardening after a winter indoors. Cream containing capsaicin may be applied to skin over a painful joint to relieve pain. Use alone or with oral medication. Consult your doctor if over-the-counter medications don't relieve your pain.

What to avoid: Don't try to ignore severe and prolonged arthritis pain. You might have joint inflammation or damage requiring daily medication.

Avoid focusing only on pain. Depression is more common in people with arthritis. Doctors have found that treating depression with antidepressants and other therapies reduces not only depression symptoms but also arthritis pain.

<https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/ART-20046440?pg=2>

IT IS CHURCH WORLD SERVICE KIT TIME AGAIN. This is an all-church project, so we hope when the kits are dedicated on Sunday, April 15, the altar will be completely covered! 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. It's not too late to make up a kit and make a difference in the lives of some very grateful people. 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/>

<p>One hand towel measuring approximately 15"x 28" to 16"x 32" (no fingertip, bath, dish towel or micro-fiber)</p> <p>One washcloth</p> <p>One wide-tooth comb (removed from the package)</p> <p>One toothbrush in the original package</p>	<p>One fingernail or toenail clipper removed from the package (either acceptable)</p> <p>One bath size bar of soap in the original wrapper</p> <p>Ten standard size Band-aids</p>
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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/>

<p>One pair of blunt scissors (removed from the package) (rounded tip, only)</p> <p>Three 70-count bound notebooks or notebooks totaling 200-210 pages (No loose-leaf or filler paper)</p> <p>One 30-centimeter, 12" ruler</p> <p>One hand-held pencil sharpener (removed from the package)</p>	<p>One large eraser (no pencil cap erasers)</p> <p>Six new, unsharpened pencils with erasers (removed from the package)</p> <p>One box of 24 crayons (only 24)</p> <p>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)</p>
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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/>

<p>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.)</p> <p>Four scouring pads</p> <p>Seven sponges, including one large</p> <p>One scrub brush</p> <p>Two pairs non-surgical latex gloves</p> <p>Eighteen reusable cleaning towels (e.g. Easy Wipes)</p> <p>One 50 oz. or two 25 oz. bottle(s) of liquid laundry detergent</p> <p>One 16-28 oz. bottle of liquid disinfectant dish soap</p>	<p>One 12-16 oz. bottle of household cleaner that can be mixed with water (no spray bottles)</p> <p>One package of 48-50 clothespins</p> <p>Clothesline, two 50 ft. or one 100 ft.</p> <p>Five dust masks</p> <p>One pair work gloves, cotton with leather palm or all leather</p> <p>24-28 heavy duty or contractor type 30-45 gallon trash bags on a roll and removed from carton</p> <p>One 6-9 oz. bottle of non-aerosol insect repellent</p>
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April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Easter Sunday	2 Committee Reports to Council Due in Office by Today Joanne-vacation	3 1:00pm Diaconate Meeting Joanne-vacation	4 9am Meditation 7pm TIC meeting Joanne-vacation	5 12pm Women's Fellowship Executive Board Meeting Joanne-vacation	6 Joanne-vacation	7
8	9 7pm Church Council Meeting	10	11 9am Meditation 11:30-2:30 Kennedy Center-crafts	12 11:30-1pm George's Hill Support Group	13	14
15 Dedication of CWS Kits	16	17	18 9am Meditation OUTLOOK INFO DEADLINE	19 12pm Women's Fellowship Covered Dish Luncheon	20	21 2-3:30pm Overeaters' Anonymous Intergroup Meeting
22	23	24	25 9am Meditation Golden Hill Community Supper 2pm Cook; 5pm Serve	26	27	28
29	30					

HAPPY BIRTHDAY IN APRIL!

1 Shoran Piper	16 Jeremy Cole, Jr.
1 Janet King	20 Bob Santos
8 Christina Finizio	21 William Hayward
9 Betty Heffelfinger	25 Pedro Castro
13 Ronnie Schneider	25 Sharitza Castro
14 Darryl Gaetano	29 Emma Spencer
14 David Gaetano	30 Calap Brown, Our Sexton



EASTER FLOWERS 2018

GIVEN BY

Lucille A. Baver
Patty, Trevor & Hannah Bowman

The Brezina Family
Robert and Janice Coulson

Ruth DeNomme

Carol Dunn & John Rossi
Arline Dzialo
Carole and Allen Fanslow

Kenneth Ferrara
Diane, Cindy and Shari Henderson
& Ilse Plitt

Ann Myrece and Bill James
Sandra Osten
The Pickens Family
Janet Tanner

Courty & Dot Vars
David & Radhika Vars & Family

GIVEN BY

Patty, Trevor & Hannah Bowman

IN LOVING MEMORY OF

Florence Nelson
Barry Bowman

George Brezina
Frank & Alice Coulson;
Anthony & Josephine Merly
Husband Raymond DeNomme;
Parents Frances & Joseph Zak
Eleanor Dunn; Anita Dupras
Eleanor Sitlinger & Florence Nelson

Our Parents, Elsie & Allen Fanslow;
Charlotte & Frank Foehrenbach;
Our Friend, Margaret L. Dahlgren
Victor Ferrara & Nancy Ferrara
Edward Barber; Richard Barber; Ellwood Plitt

Walter & Mary Schwartz
Frederick Osten
Steve Pickens
Husband, Bob Tanner; Son, Ted Tanner;
Parents, Helen & Frank Demovick
Our Daughter, Janice
Roger W. Vars

IN CELEBRATION OF

The Risen Christ

BOOK OF REMEMBRANCE - EASTER 2018

IN REMEMBRANCE OF

Alton Seavey & Keith Seavey
The Rev. Dr. Harold C. Smith
Roger Vars

PRESENTED BY

Marie Seavey
Carole & Allen Fanslow
The Yalof Family

*“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
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