

# OUTLOOK ~ APRIL 2021

## Unity Hill United Church of Christ

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

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



**MAY OUTLOOK DEADLINE** ~ We welcome contributions to our monthly newsletter and invite you to share information, or even something more creative!

***Please submit all articles, events or special announcements for the  
May 2021 Outlook by Monday, April 19.*** Thanks!



***PLEASE REMEMBER OUR HOMEBOUND*** in your prayers or with a note:

Dorothy Barwick, Lucille Baver, Dolores Colaiacomo,  
Ilse Plitt and Katie Schneider.



**PASTORAL CARE ~ VERY IMPORTANT!** If you, or someone you know, is hospitalized, please call the church office to let us know. Hospitals **do not** notify us when a parishioner is hospitalized.



**HOLY WEEK SERVICES** at Unity Hill UCC  
(in-person and socially distanced)

**MAUNDY THURSDAY** April 1 at 7 pm

**EASTER SUNDAY** April 4 at 10:30 am

We hope to be back in our beautiful sanctuary with an altar full of Easter flowers.

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## **A SPIRITUAL PERSPECTIVE ~ The Rev. Dr. Todd Shipley, Pastor**

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~ Acts 1: 8~ *“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”* 9 *Now when He had spoken these things, while they watched, He was taken up, and a cloud received Him out of their sight.”*

Easter Season (the 40 days between the crucifixion and ascension) is perhaps the least understood of the 6 major seasons in the Christian year. It has that ‘day after Christmas’ feel. We have already waved palms, broken bread, mourned at the cross, and shouted with joy on Easter morning, probably through a mouth full of chocolate. So, the 40 days following Easter may feel like a spiritually fallow time. But if we use this time as a break we miss out on a powerful and final lesson from Jesus before he departs to the right hand of God.

His actual last words are quoted in the scripture above but if I can be indulged a summary it would be:

### ***“Receive and Go”***

As in you will receive the Holy Spirit THEN go spread the good news. But your reception of the Spirit is not guaranteed. One of the overarching lessons of the Bible regarding the grace of God is that it is freely given but NOT force fed. We can say no to God in many ways. In fact, someone does say no to God during the 40 days of Easter. ‘Doubting Thomas’ says he will not believe in God’s triumph over death in the risen Christ unless he puts his hand in the wounds of Jesus.

There is no account of the state of Thomas’ faith during his ministry after Jesus ascended, but there is evidence that he HAD a ministry. He received enough Spirit to ‘go’ to southern India and establish churches. Like Thomas there are times when you doubt. Notice I did not say ‘probably’ doubt. I am certain that you doubt. We must be like Thomas in our faith as well as our doubt. We must receive and go.

But what is your ‘no’ to God like? When do you say ‘no’? No doubt (*pun intended*) there are many answers, but I want you to consider one. During times of crisis, we doubt. Times like these. In the valleys of death and sickness. We doubt. But it is in these times we desperately need to be recharged by the Spirit. Saying yes to God isn’t like ordering something on Amazon, even clicking ‘buy now’ means you have to wait a day or two. But God is right outside the door. The rain of the Holy Spirit is drenching the top of your umbrella right now! The Advocate (another name for the Holy Spirit) has come for us, we don’t have to wait until Easter or Pentecost. Listen for the knock at the door and go play outside in the rain. One way to go beyond the metaphor is to

remember you are just a baby in the hand of God and there are other worlds than these.

Happy Easter Season

Pastor Todd

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## CHURCH UPDATES

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**ANNUAL CONGREGATIONAL MEETING** ~ Sun, April 11 after worship service. All members are asked to attend to approve and accept the 2020 annual reports and to vote on the 2021 Nominating Report.

Annual  
Congregational  
Meeting

### Church Council

**NEXT CHURCH COUNCIL MEETING** – Wednesday, April 14 at 7 pm  
**COMMITTEE REPORTS TO COUNCIL** ~ Due by Friday, April 9

**WITH OUR DEEPEST SYMPATHY** ~ It is with sadness that we announce the death of Kathy Rose (Vars) Yalof, age 61, on March 14 in Yale New Haven Hospital after a four-year battle with cancer. Kathy was a life-long member of Unity Hill UCC and will be greatly missed. Her ability to make someone feel welcomed was unmatched with a smile that could light up a room. She wanted to be remembered as sweet and kind and there are no two better words to describe Kathy – she will be



missed by so many. We send our love and support to her family and friends.

She was predeceased by her father Roger Vars. Survivors include her beloved husband for 38 years, Clay; two loving daughters, Samantha and Ashley; her mother, Rose (Kucsera) Vars; her brother, David Vars and his wife, Radhi; her sister, Sherri Miller and her husband, Alan; and several nieces and nephews. Funeral services were private. Arrangements in care of Cyril F. Mullins Funeral Home. [www.mullinsfh.com](http://www.mullinsfh.com))



### DRIVE-UP - FRESH PRODUCE DRIVE

Saturday, April 17~ 11am-1pm at Unity Hill UCC



Help us provide fresh fruits and vegetables to families through local food programs. Fresh produce is an essential part of healthy eating. Can you help us with some oranges, apples or potatoes, fresh carrots, pineapple or perhaps bagged salad? Any vegetable or fruit that can last a few days or more is needed by local programs. Bring your contribution to Unity Hill UCC and we will deliver it to a local food program for distribution. Each person who donates will be entered in a drawing to win a gardener's gift basket to help get your outdoor area ready for the growing season.

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## **MESSAGE FROM THE MODERATOR ~ By: Diane Henderson**

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Good day Unity Hill UCC Members and Friends,  
Wishing everyone a Joyous Easter and Happy Spring! It's such a wonderful time of the year – more daylight, warmer temperatures, the crocus are blooming. I'm looking forward to seeing all of the Daffodils, Tulips and Lilies beautifying our sanctuary on Easter Sunday. Hopefully, I will be seeing many of you, too. I pray for the day when everyone feels safe enough to come to church in person again.

A quote from Sitting Bull:

“Behold, my friends, the Spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love.”

I wish you all a sense of renewal, rebirth hope and faith during this most holy time of Easter.

Love and Blessings, Diane

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## **FELLOWSHIP GROUPS**

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

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**GOLDEN HILL COMMUNITY SUPPERS** – We'll prepare the meal at church on Sunday, April 25 for our next turn at Golden Hill UMC, Bridgeport on Wed, April 28. Meals are still being distributed curbside & extra help is always needed & appreciated.

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

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Events are still on hold at this point. When everyone feels safe to come indoors, we will begin to plan for a meeting, etc.

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### ***CHURCH WORLD SERVICE KITS ~ Responding to 2020's Natural Disasters***

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**CWS KITS** - We will dedicate the kits on **SUNDAY, APRIL 11** during worship. You still have time to prepare a school or hygiene kit or, if you are unable to shop, the cost of kits is \$15, plus \$2 for processing fee (needed for all kits); or you can purchase a gift card for \$15 + \$2 postage. Thank you! Please do not enclose money or extra items inside the kits! There are copies of the CWS KIT LISTS on the table in Fellowship Hall. They are always needed during times of disasters and much appreciated. Thank you!

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## **COMMUNITY GROUPS AND HAPPENINGS**

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### ***TRUMBULL INTERFAITH COUNCIL***

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**GOOD FRIDAY SERVICE** has been cancelled for this year.

**What is allergic rhinitis?** Allergic rhinitis, often called allergies or hay fever, occurs when your **immune system** overreacts to particles in the air that you breathe—you are allergic to them. Your immune system attacks the particles in your body, causing symptoms such as sneezing and a runny nose. The particles are called **allergens**, which simply means they can cause an allergic reaction.

People with allergies usually have symptoms for many years. You may have symptoms often during the year, or just at certain times. You also may get other problems such as **sinusitis** and ear infections as a result of your allergies. Over time, allergens may begin to affect you less, and your symptoms may not be as severe as they had been.

**What are the symptoms of allergic rhinitis?** In most cases when you have allergic rhinitis:

- You sneeze again and again, especially after you wake up in the morning.
- You have a runny nose and **postnasal drip**. The drainage from a runny nose caused by allergies is usually clear and thin. But it may become thicker and cloudy or yellowish if you get a nasal or sinus infection.
- Your eyes are watery and itchy.
- Itchy ears, nose, and throat.

**Which allergens commonly cause allergic rhinitis?** You probably know that pollens from trees, grasses, and weeds cause allergic rhinitis. Many people have allergies to **dust mites**, **animal dander**, cockroaches, and mold as well. Things in the workplace, such as cereal grain, wood dust, chemicals, or lab animals, can also cause allergic rhinitis.

If you are allergic to pollens, you may have symptoms only at certain times of the year. If you are allergic to dust mites and indoor allergens, you may have symptoms all the time.

**How is allergic rhinitis diagnosed?** To find out if you have allergies, your doctor will ask about your symptoms and examine you. Knowing what symptoms you have, when you get them, and what makes them worse or better can help your doctor know whether you have allergies or another problem.

If you have severe symptoms, you may need to have allergy tests to find out what you are allergic to.

- Your doctor may do a skin test. In this test your doctor puts a small amount of an allergen into your skin to see if it causes an allergic reaction.
- Your doctor may order lab tests. These tests look for substances that put you at risk for allergies.

**How is it treated?** There is no cure for allergic rhinitis. One of the best things you can do is to avoid the things that cause your allergies. You may need to clean your house often to get rid of dust, animal dander, or molds. Or you may need to stay indoors when pollen counts are high.

Unless you have another health problem, such as asthma, you may take over-the-counter medicines to treat your symptoms at home. If you do have another problem, talk to your doctor first. Others who also should talk to their doctor before starting self-treatment include older adults, children, and women who are pregnant or breastfeeding.

If your allergies bother you a lot and you cannot avoid the things you are allergic to, immunotherapy (such as [allergy shots](#)) may help prevent or reduce your symptoms. To have this treatment, you first need to know what you are allergic to.

Finding the treatment that works best for you may take a little time.



### **EASTER MEMORIAL FLOWERS - April 4, 2021**

IN REMEMBRANCE OF:	PRESENTED BY:
Thomas P. Acri	Mary Acri
Philip, Doris & Ron Truncone	Phyllis Bachinski
Loved Ones	Pamela Barnum
Barry Bowman	Patty Bowman
George Brezina	Florence, Dawn & Lori Brezina
Loved Ones	Sue Colangelo
Frank & Alice Coulson; Anthony & Josephine Merly	Robert & Janice Coulson
Hazel Berger	Marylin DeJoseph
Allen Dunn	Carol Dunn & John Rossi
Eleanor Sitlinger; Florence Nelson	Arline Dzialo
My Husband, Allen & My Parents, Charlotte & Frank Foehrenbach	Carole J. Fanslow
Edward & Richard Barber; Elwood Plitt; Gail Gorlo	Diane, Cindy & Shari Henderson & Ilse Plitt
My Husband, Frederick Osten	Sandra Osten
Walter & Mary Schwartz & George James	Ann Myrece James

Frank Morrissey; Amalia Nelle	Gayle Robles & Linda Polito
Helen Shipley; Leonard Shipley; Carrie Cooper	Todd, Eden & Cooper Shipley
William C. Vars, Jr. & Janice Lee Vars	Dorothy Vars

April 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00pm Maundy Thursday Service at Unity Hill	2 <b>GOOD FRIDAY</b> 12-3 & 5-7pm Do-it-yourself Stations of the Cross at Trumbull Congregational Church	3
4 10:30am Worship Service 	5	6	7	8	9	10
11 10:30am Worship Service 11:30am Annual Congregational Meeting	12	13	14 7pm Church Council Meeting	15	16 Info for May newsletter due by today	17 11am- 1pm Drive-Up Fresh Produce Drive
18 10:30am Worship Service	19	20	21	22	23	24
25 10:30am Worship Service	26	27	28 Golden Hill Community Suppers	29	30	

***Birthdays in April ~ HAPPY BIRTHDAY!***

1	Shoran Piper Baez	14	Darryl Gaetano	21	William Hayward
8	Christina Finizio	14	David Gaetano	30	Calap Brown
9	Betty Heffelfinger	16	Jeremy Cole, Jr.		
13	Ronnie Schneider	20	Bobby Santos		



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