

JUNE 2018 OUTLOOK

Unity Hill United Church of Christ "Where God's Love Grows a Family"

364 White Plains Road, Trumbull, CT 06611

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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 **SUMMER 2018 Outlook** which will cover July and August will be published at the end of **JUNE**.

All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, JUNE 13** 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.

SABBATICAL PROMISES

As I prepare for my month of sabbatical leave I wanted to make sure to tell you all how much I will miss you and leave you with a few promises. While sabbatical is a break from the routine responsibilities of being a pastor like: sermon writing, worship planning, denominational meetings, committee meetings, hospital visits, pastoral care visits, home visits, program planning, and program events, it's purpose is not relaxation alone. I will be doing things that re-energize me spiritually, so I can come back with enthusiasm and a revitalized outlook on the years to come.

This is an especially important endeavor right now as the Church Council and Diaconate plan for new growth efforts spanning the next 3 years.

I guess what I am saying is: I AM EXCITED ABOUT OUR FUTURE.

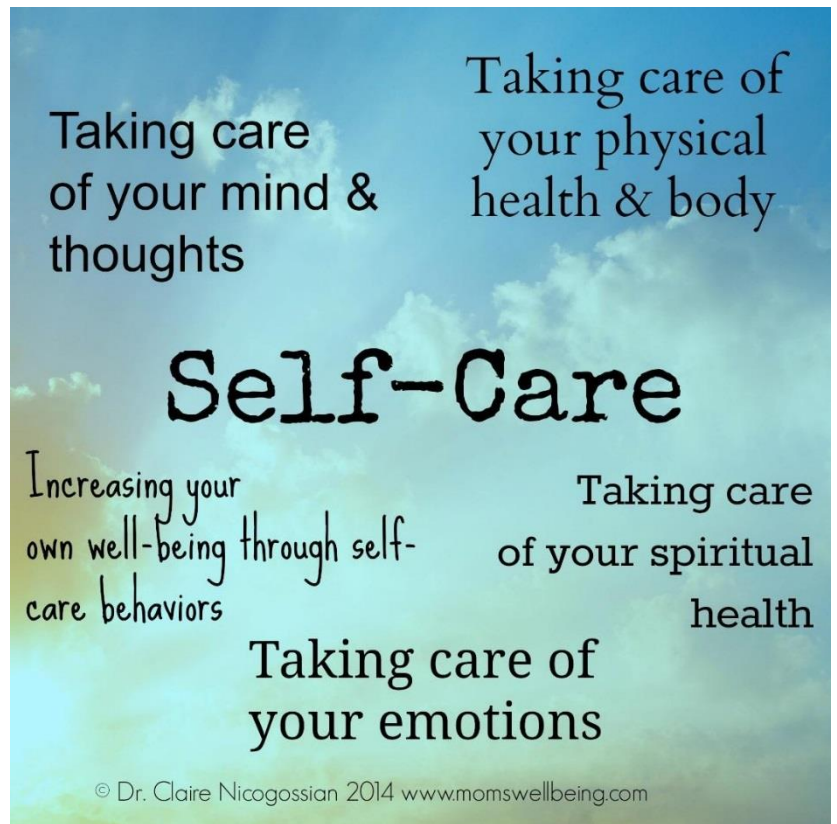
So here are the promises I will fulfill over my month of sabbatical:

1. Every day I will look for something beautiful in God's creation and pray thankfully that I was blessed to experience it.
2. I will remember that self-care is a whole person effort and will keep my body's health in mind while planning my day.
3. As a proponent of spiritual growth that centers on 'mindfulness meditation' I will include this as a daily practice and lead a Christian Mindfulness program this Fall.
4. I will be on the lookout for 'treasures of the Spirit' that I can bring back to you in the sermon series upon my return.
5. I will spend time away in Spain visiting churches and museums but also remember that this is a time to spend with my family and joyfully do so.
6. Finally, I will remember that Jesus supports self-care in his teachings so I will pray that he assists me in not feeling too guilty that I am away and try not to worry every second about how you guys are doing!

I will miss you and I thank you for this opportunity to relax and recharge!

Yours

Pastor Todd



CHURCH UPDATES

PASTOR TODD SHIPLEY ON SABBATICAL May 30 – July 1. He'll be back on Monday, July 2. The Rev. Susan Pfeil will be our Guest Pastor on Sundays from June 3 through July 1.

NEW DEACON INSTALLED

Ronald Finizio was installed as a Deacon on Pentecost Sunday, May 13 by Rev. M. Todd Shipley.

FELLOWSHIP HOUR SIGN UP

Please sign up to provide snacks and drinks for fellowship time after worship. Feel free to pick a Sunday to celebrate a special occasion such as a birthday or anniversary. Money donations also accepted, and we will do the shopping for you. Thank you so much. Any questions, call Joanne in the office at 203-374-8822.



CONGRATULATIONS!



Aurelius Cole is graduating in June from Hillcrest Middle School in Trumbull. Jeremy Cole Jr. is graduating from Trumbull High School in June and leaving on June 25 for the Marine Corp Boot Camp in South Carolina for 3 months. Congratulations from his parents Shoran Piper and Jeremy Cole Sr. and his grandmother Marsha Piper. We join them in wishing both Aurelius and Jeremy all the best in everything they do in the future.



We join Eleanor and Bill Csire, long-time members, in congratulating their granddaughter, Caroline Filan, who just graduated from Dartmouth College in Hanover, NH. Caroline plans on continuing her education at Dartmouth College. We all wish her the best in her future endeavors.



NEW BABY! It's always something special to announce the birth of a new baby into the life of our church. A baby girl, Lillian Katherine, was born to Lauren and John Gagliardi on April 28. Best wishes to the grandparents: Barbara & Bob Schneider, and to Katie Schneider, the proud great-grandmother.

GEORGE'S HILL

Thursday, June 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, Diane Henderson

COMMITTEE REPORTS FOR JUNE COUNCIL MEETING are due in office by Monday, June 4. **CHURCH COUNCIL MEETING** ~ Monday, June 11 at 7:00 pm.

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Welcome sunny skies and warm air!!! Very excited to be outside when we can. Looking forward to some lemonade!!!

This month we donated 7 computers from our Sunday School downstairs to the "Daughters of Charity Preschool and Missions" in Bridgeport. Sister Theresa was crying when I called her and asked if she needed them - and crying again when I delivered them. They have been without a computer for over 3 months. She will be dividing them between her preschool classes and the youth program she runs called "God Rocks Youth Group". When you get a chance look over the wonderful thank you notes we received. They couldn't thank Unity Hill enough.

We are still studying the Bible in the classroom. Both the kid and the teachers are loving the stories and learning about how the bible is presented. Can't wait to learn more!!

Kids' day at church is June 10th. We'll have readers and greeters, singers and more!! Please come and enjoy the service and see what the kids have been working on. Great to have the support!

June 24th will be the last day of Sunday School. Throughout the summer we will not be following a program – instead various teachings on various subjects ... and fun!! More info to follow!



"We learned about the 10 commandments, but I bet my parents will add a few of there own!"

MISSIONS ~ By: Brenda Finizio, Chair

"All you need is Love" - The Beatles - 1967

Current Collections

HEALTHY FOOD DRIVE held until Sunday, June 24. Please review list of healthy items.

STRENGTHEN THE CHURCH OFFERING supports the expansion of ministry and growth of UCC local congregations. Your support of this offering will help the UCC fulfill on its commitment to creating a just world for all by investing in new ministries and practices that meet the emerging needs of local communities.

Current Giving

One Great Hour of Sharing – collection & budgeted amount - \$230

Support of GB Council of Churches, Spring Fling - \$300

Mission Trips

Missions will support two teenagers to attend a Mission Trip Camp this summer through Silver Lake.

Please check Missions Board for other events and activities for June.

Thank you for all your support. Brenda Finizio, Mission Chair, Carole Fanslow and Marsha Piper.

FELLOWSHIP GROUPS

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

~ We held our annual program planning session on Thursday, May 17, so look for lots of good programs for the upcoming year. Following the meeting, members and friends enjoyed our Annual Luncheon out at Stonebridge Restaurant in Milford.

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

~ Our next meal at **Golden Hill Community Suppers** will be on Wednesday, June 27. We will cook at church either June 23rd or June 24th. Anyone that would like to help either cooking at church or cooking at 2pm or serving at 5pm at Golden Hill UMC, please contact Dot Pickens or Allen Fanslow. Many hands make light work and we appreciate the help.

~ Many thanks to those who helped at **Golden Hill Community Suppers** at Golden Hill United Methodist Church on Wednesday, April 25. Seven trays were prepared at Unity Hill on Sunday, April 22 by Dot Pickens, Rose Vars & Amanda, Carole & Allen Fanslow, Renate Krakovich and Marie Seavey. Cost was \$175.

Two trays were given to Prospect House following the dinner on April 25. Many thanks to Chef Ron Finizio and his colleague, Hend Hafez, Ed & Wally Yeager, Marsha Piper, Marie Seavey, Renate Krakovich and Carole & Allen Fanslow. We served 85 first timers.

COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS

Worship Service will be on Thursday, June 7 at 2:00 pm
with Deacons Wally Yeager and Carole Fanslow.

44th ANNUAL CROP HUNGER WALK

The 44th Annual CROP Walk is now history. We had over 200 walkers on Sunday, May 6 at Seaside Park, Bridgeport. Our star walker was Ruth DeNomme and her son, Richard. Others working that day included: Carole & Allen Fanslow, Linda Polito, Bob Coulson and Marsha Piper. Unity Hill UCC collected \$893. A big thank you to the helpers, walkers, donors and sponsors of this walk!!! In any language, we say "Thank You!"



TRUMBULL INTERFAITH COUNCIL

The final meeting of the year was held at Unity Hill on May 2. Plans were updated for the Clergy Supper to kick off the year on Wednesday, September 12 at Holy Trinity Lutheran Church, and also this year's Thanksgiving Service to be held at Holy Trinity Lutheran Church. Watch for details.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

~ A COMMUNITY INTERFAITH IFTAR, "Come Learn Together and Eat Together," will take place on Monday, June 4, from 7 to 9 p.m. at the Bridgeport Islamic Community Center (BICC), 877 Park Ave, Bridgeport. Iftar (Arabic: إفتار 'iftār 'break fast') is the evening meal with which Muslims end their daily Ramadan fast at sunset.



This event is sponsored by the Tent of Abraham and hosted by BICC (Bridgeport Islamic Community Center.) It will be a celebration and conversation about the beauty and strength of the calling within each of our faith traditions to be in fellowship with people of other faiths. Everyone is invited to come and observe Iftar with our Muslim brothers and sisters at BICC. We will enjoy a wonderful evening of prayer, great food and dialogue.

~ 73rd CCGB ANNUAL MEETING on Thursday, June 7th from 7:00 to 8:30pm at First Church Congregational, Fairfield, 148 Beach Road, Fairfield. All are invited to our Annual Meeting. Dessert and Coffee/Tea will be served. We will elect Board Members, look at the year in review and celebrate all we've done together as well as what lies ahead! The Rev. Herron Gaston, pastor at Summerfield United Methodist Church and Director of Admissions at Yale Divinity School, will preach! Awards will be presented to individuals and agencies which have made significant contributions to our ministry. * RSVP to The Council @ 203-334-1121 or email [Helen Yeotsas](mailto:Helen.Yeotsas@ccgb.org), CCGB's new Administrative Coordinator. Admission is free, and all are invited. Pastors & Delegates are strongly encouraged to come! We hope to see you there.

~ Thank you all who contributed to our annual fundraiser! We are grateful to all those who came to our **SPRING FLING** on May 3rd. We raised over \$30,000 to support our programs and initiatives, honored two amazing congregations, and had a lot of fun doing so. We are aware that some of those who attended thought the show crossed the line a number of times and was too raunchy and vulgar at points. We agree and apologize to all who felt that way. Those who saw the show on Broadway, and enthusiastically encouraged us to book it, remember the show quite differently, and believe that it has changed quite a bit after leaving Broadway and hitting the road. They wouldn't have recommended it so highly otherwise. In any case, please forgive us and be aware that we, too, were disappointed that the show was so edgy and included such questionable language.

NEW ENGLAND WOMEN OF THE UCC

Celebration X took place in Portland, Maine April 6-8. More than 400 women attended this event. We were asked to bring hygiene kits for Church World Service – 283 were shipped off after the meeting. The offering given to UCC Disaster Response Fund and Preble Street Resource Center in Portland totaled \$3,100. Dot Pickens and Carole Fanslow had the opportunity to attend. Next one is in 2022!

FAIRFIELD EAST ASSOCIATION

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

CT CONFERENCE OF UCC

- ~ It was reported that kits shipped to New Windsor, MD in April totaled: 4326 hygiene kits, 3915 school kits and 293 emergency buckets. These were from the New England states.
- ~ Second Tri-Conference Annual Meeting will be held on June 15 - 16, 2018 at Mass Mutual Center, Springfield, MA. *The registration deadline for the meeting is June 1st.*

The meeting will be the second time that the Connecticut, Massachusetts and Rhode Island conferences will meet jointly. Delegates of the three conferences will be asked to officially create a new, unified conference by approving a covenant agreement, set of new bylaws, establishing a unified Board of Directors, electing officers, and making minor changes to their existing bylaws. The meeting will also feature dynamic worship and a keynote address by the Rev. Traci Blackmon, Executive Minister of Justice and Witness Ministries of the United Church of Christ. *More info and registration can be found at <https://www.ctucc.org/eventdetail/8909660>*

HEALTH CORNER: How to Practice Self-Care

HOW YOU CAN PRACTICE SELF-CARE DURING YOUR BUSY DAY

1. Identify what activities help you feel your best. Self-care is individual. Self-care for one person will mean something completely different for someone else. One person may need more alone time, for example, while another may nurture them self by spending more time out with friends.

2. Put it on your calendar — in ink! Take a close look at your calendar and carve out one or two hours for self-care and stick to it. This may take extra prep, but it's worth it.

Keep an eye out for special events, too. When you see information about a cultural event that you would enjoy, make a reservation or purchase tickets so that you have something pleasurable on your calendar ... something to look forward to in the future.

3. Sneak in self-care where you can. If you don't have huge chunks of time, you can still fit in little moments of relaxation. Don't wait to add self-care to your life until your schedule frees up. (You might be waiting a while to forever.) Even if you take just five minutes to close your eyes and take a few deep breaths, it can help your stress level. A 10-minute walk can make a big difference. Some other suggestions: mindfulness meditation (on your own and with a group); yoga; exercise; personal therapy; going on retreats/holidays; making healthy meals and bringing them to work; laughing; going for walks around the block; looking for beauty to connect with; and breathing deeply. Highly recommended ... eating dark chocolate with a cup of hot tea and only doing that ... No multitasking, just enjoying that. Don't hesitate to get creative either. Maybe listen to music and dance.

If you're crunched for time, gradually increase your self-care each month by a few minutes.

4. Take care of yourself physically. This means getting enough sleep, eating nutritious foods and exercising. When you physically take care of yourself, you will reap the benefits emotionally, psychologically, health-wise, and in your relationships.

5. Know when to say no. Your health and well-being should come first. It is suggested to nix anything that doesn't feel fulfilling. If you have a hard time saying no, get some advice for [building and preserving better boundaries](#).

6. Check in with yourself regularly. Ask yourself the following critical questions: “Are you working too much? Do you feel tapped out? What do you need to take away, and what would you like to add?”

7. Surround yourself with great people. Make sure that the people in your life are upbeat, positive and know how to enjoy life.

8. Consider the quality of self-care. Go for quality, especially when the quantity is lacking. For instance, rather than getting sucked into channel surfing for hours, only watch the shows you’ve recorded. By minimizing your TV time, you have more time for other, better things.

9. Remember that self-care is non-negotiable. In order to live a healthy, productive and rewarding life, self-care is a necessity. With that attitude, it becomes very natural and easy to do.

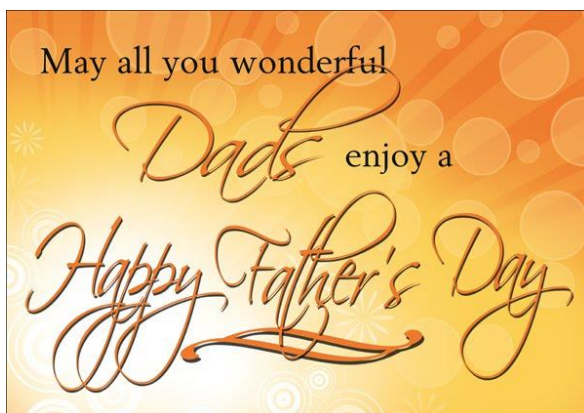
From <https://psychcentral.com/lib/how-clinicians-practice-self-care-9-tips-for-readers/>

See article for more tips on self-care.

HAPPY ANNIVERSARY IN JUNE!	
6/19/1948	Dorothy & William C. Vars, Jr.
6/7/1958	Carole & Allen Fanslow
6/22/1968	Robert & Janice Coulson



HAPPY BIRTHDAY IN JUNE!	
3 Nellie Wirth	28 Frank Heffelfinger
9 Florence Brezina	29 Duane Bailey
12 Eden Shipley	30 Gayle Morrissey Robles
12 Hayden Acri/Cavaleri	30 Aurielus Cole
16 Shakira Marrero	30 Mandi Rondon



June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pastor Todd Shipley on sabbatical leave from Wednesday, May 30 through Sunday, July 1. He returns on Monday, July 2.					1	2
3	4 Committee Reports to Council Due in Office by Today	5	6	7 7-8:30pm Council of Churches Annual Meeting	8	9
10	11 7:00pm Church Council Meeting	12	13 DEADLINE FOR SUMMER OUTLOOK INFO 11:30-2:30 Kennedy Center-crafts	 11:30am George's Hill	15	16 2-3:30pm Overeaters' Anonymous Intergroup Meeting
17 	18	19	20	21 Summer begins 	22	23
24 Today or yesterday – FUH cooking for Golden Hill Community Suppers	25	26	27 Golden Hill Community Suppers 2pm Cook; 5pm Serve	28	29	30

WHILE PASTOR TODD IS ON SABBATICAL ~ The Rev. Susan Pfeil will be Guest Pastor.

EMERGENCY COVERAGE - Please contact Unity Hill's office between 9am - 3pm Monday-Friday
After office hours, Monday-Friday call the following for emergency coverage:

(CHECK THE DATE BEFORE CALLING)

MAY 30 - JUNE 9 ~ Rev. Lucille Fritz from Huntington Congregational Church 203-232-7973

**JUNE 10 – JUNE 20 ~ Rev. Tim Hare at Trumbull Congregational Church 860-307-9679
or email him at tim.hare@trumbullcc.org**

**JUNE 21 – JULY 1 ~ Rev. Jeff Lukens at Lordship Community Church 203-377-6568
or email him at pastor@thelordshipchurch.org**

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

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