

JUNE 2019 OUTLOOK

Unity Hill United Church of Christ

364 White Plains Road, Trumbull, CT 06611

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

The Reverend Dr. M. Todd Shipley, Pastor

Diane Henderson, Moderator

Dawn Brezina, Church Clerk

Dorothy W. Pickens, Soloist

Jeffrey Stokely, Music Coordinator

Joanne Wickson, Office Administrator

Kathleen Miranti, Bookkeeper

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 (JULY/AUGUST) 2019 Outlook** will be published at the end of JUNE.

All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of WEDNESDAY, JUNE 19** will be included.



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

Dorothy Barwick, Dolores Colaiacomo,
Gail Gorlo, Katie Schneider and Mitch Wein.

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.



“But the **Advocate**, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” - John 14:26 NIV



In the scripture above you see that the word ‘**Advocate**’ is emboldened and in red. Many of you may recognize these words as descriptive of the events of Pentecost. The Holy Spirit descends upon all people gathered in the square as they are hearing the gospel preached by his disciples. This is considered the birth of the church. But you may not have given the word ‘Advocate’ much thought. I want to focus on this word. In different translations this word has also been Helper, Comforter, and Paraclete. Although the word is different it’s capitalized in every version. This is one of the reasons that a few hundred years later the Church fathers formulated the Trinity. Even though that word is not in the Bible, the capitalization of the word in John means that the gospel writer was referring to a specific entity...not ‘a helper’ but ‘THE Helper.’ This is the moment in the Biblical narrative we are introduced to the true nature of The Holy Spirit.

The Holy Spirit advocates for us, comforts us, helps us and teaches us. Throughout my ministry, and the ministry of countless others, God has been characterized as ‘ever-present.’ When Jesus is quoted as saying he will be with us always, I believe the Holy Spirit is how He accomplishes this promise. How does this introduction relate to the birth of the church? After all this is what Pentecost is understood to represent ... Jesus died to introduce us to the Holy Spirit, the Living God. The presence of God is spread over the whole earth like nourishing rain. If the death and resurrection of Jesus Christ scattered the seeds of salvation, then the Holy Spirit is the nourishment those seeds need to take root and produce fruit. You have heard that the good news of Jesus can transform your individual lives and the life of the world. Has it taken root in you enough that you can introduce the sun, rain, and soil of the Holy Spirit to others? The face of the earth is covered with people isolated from the goodness of God by their own fear. How will YOU comfort, help, and advocate for them? The time of Pentecost is upon us.

Pax Christi

Pastor Todd

CHURCH UPDATES

AN AFTERNOON TEA AND PERFORMANCE BY THE "EDWARDIAN LADY"

Sunday, June 2 ~ Tea + served at 2 pm; performance at 2:30 pm.

Adults: \$15.00; Children under 10: \$10.00

You are all invited to come and enjoy ... and please invite your friends too!

Performance artist Kandie Carle will become a Lady from the “Edwardian Period”

(Downton Abbey TV Show) For more information call 203-374-8822.



SUNDAY, JUNE 9 ~ Wear Red! It’s Pentecost!



PASTOR TODD WILL BE ON SABBATICAL

Monday, June 24 through Monday, September 2;
returning on Tuesday, September 3.

sabbatical (*noun*)

a period of time during which one does not work at his or her regular job and is able to rest, travel, do research, etc.

INDEPENDENCE DAY ~ Thursday, July 4

Office will be closed!



TO ALL THE WOMEN OF UNITY HILL UCC ... A MESSAGE FROM DOT PICKENS

I want to thank all the women of the church for honoring me on April 27th at the United Church of Christ Women Spring Gathering at Huntington Congregational Church. Unity Hill UCC is very special to me and I feel very proud to be a part of the congregation. To be recognized by the United Church of Christ Women was truly a wonderful honor. I know people think that I have a heavy load to carry, but I know the Good Lord only gives me what I can handle and so far, he is correct.

CONGRATULATIONS ...

To **Alicia Pickens** who graduated from UCONN on Sunday, May 12.

To our graduating high school seniors ... **Kaelyn "KJ" Brezina and Laura Buttress.**



To **Pastor Todd** for graduating on May 18 from New York Theological Seminary, with his Doctor of Ministry degree. ***Congratulations to The Rev. Dr. M. Todd Shipley!!!***

SAD NEWS – OUR DEEPEST SYMPATHY TO FAMILY AND FRIENDS ...

William (Bill) Stephen Csire, 80, passed away peacefully on April 26, 2019. His family wishes to express their sincere thanks for the many kind words, expressions of love, your continued prayers and your generous presence during their time of bereavement. He lived in Bridgeport and Stratford until 2011, when he relocated with his wife Eleanor to Georgia to be closer to the family he loved so dearly. Bill was a long-time member of Unity Hill UCC, a very active member of the Church Council and the Fellowship of Unity Hill, and after his retirement he spent several years as deacon and trustee for Unity Hill. He will be greatly missed. In lieu of flowers, donations can be made to Unity Hill United Church of Christ, 364 White Plains Rd., Trumbull, CT 06611. Our thoughts and prayers are with Eleanor and his family.



Allen Woodward Fanslow, MD, age 90, of Stratford, passed away peacefully on May 7, 2019 at Milford Hospital after a long illness. He was a very active member of the Unity Hill United Church of Christ where he served as Deacon, member of the Investment, Building and Grounds Committee and founding member, along with his wife Carole, of the Fellowship of Unity Hill UCC. In addition to his beloved wife, Carole Foehrenbach Fanslow, of 60 years he is survived by his sister-in-law Jane Ellen Bitzer of Shelton; two nieces Pamela and Dan Harrison of Wethersfield and Deborah and Albert Riess III of Aldan, PA; special nephew Parker and several cousins. His funeral service was held on May 11 at Unity Hill UCC with the Rev. Dr. M. Todd Shipley officiating. Interment will be on Friday, May 24 at 12 noon at Milford Cemetery, Cherry Street entrance. Friends and cordially invited. Our thoughts and prayers are with Carole, his family and all his many friends. A Memorial Fund has been established in his name. Carole sends special thanks for the outpouring of support during his illness. *"There are now 2 additional stars in the heavens."* Carole Fanslow

GEORGE'S HILL

George's Hill Support Group ~ Thursday, June 13 ~ 11:30 am – 1:00 pm, *including lunch.*

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**

Next Council Meeting is Monday, June 10 at 7:00 pm.

Committee reports to Council are due in office by Monday, June 3.

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Well, the year is winding down and the kids are preparing for their service takeover on June 2. The last couple of weeks of May we will be preparing for Kids' day ... can't wait. We hope you all come!

The kids did a great job preparing the Mother's Day gifts and the flowers for all the ladies ... they looked beautiful!

We would like to congratulate Alicia Pickens for graduating from UCONN on May 12th. May God bless you on the next wonderful journey of your life.



Congratulations are also in order for our two rising Seniors

Laura Buttress who is going into the nursing program at Widener University and Kaelyn Brezina who is having a college reveal after high school graduation and hasn't quite determined what she'll major in since she has so many interests.

Laura and KJ have grown up in Unity Hill and it's amazing that it is time for them to take the next step in their journey.....wishing you both the best as you venture out into the college world. May God keep you both under his care as you take your next steps in life.

There will be no planned Sunday School classes during the summer - there will be some planned activities though so parents keep an eye out for an email.

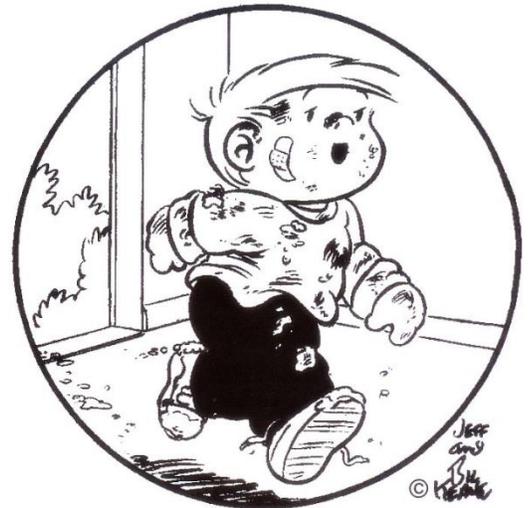
We have children that are very excited to attend Silver Lake Camp this summer ... can't wait to hear their stories when they get back.

Athan Cavaleri is making his confirmation on Kids Day.

Congratulations on this accomplishment!!! We are so proud of you and you should be too!!

Everyone have a safe and fun summer!!! Sharon Brezina

THE FAMILY CIRCUS



"My Guardian Angel had a busy day today, but we had FUN!"

from JoyfulNoiseletter.com
Reprinted with permission of Bil Keane

MISSIONS COMMITTEE ~ By: Brenda Finizio, Past Chair

We would like to announce Mabel Buttress as the new Mission Chair. Brenda is working with Mabel to transition our Missions Program into her care.

Thank you so much for your great efforts these past several years, Brenda.

FELLOWSHIP GROUPS

FELLOWSHIP OF UNITY HILL ~ By: Dot Pickens, President

~ Our next turn at **Golden Hill Community Suppers** is Wednesday, August 28 (changed from June 26); cook at 2pm and serve at 5pm at Golden Hill UMC, Bridgeport. The same faithful crew always shows up. We need extra people to help if we are to continue this important Mission project. Our numbers are dwindling, and we could really use the assistance. See Dot Pickens for info and thank you!

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

There will be a new look for our Women's Fellowship Meetings beginning this fall. Watch for more details.

COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS WORSHIP SERVICE

WORSHIP SERVICE at Middlebrooks Farms Health Care Center will be on Thursday, June 6 at 2:00 pm with Deacons Waltraud Yeager and Carole Fanslow.

GOLDEN HILL UNITED METHODIST CHURCH COMMUNITY SUPPERS

Our turn for Golden Hill Community Suppers has been changed from June 26 to August 28 ... cook at 2pm and serve at 5pm. Extra help is always needed and appreciated.

TRUMBULL INTERFAITH COUNCIL

The **next meeting** of TIC will be on Wednesday, September 4 at 7:00 pm here at Unity Hill United Church of Christ, 364 White Plains Road, Trumbull.

45th ANNUAL C.R.O.P. HUNGER WALK

The **45th Annual CROP Walk** is history! What a terribly rainy day for a walk in the park. But the following put on slickers and walked ... Dot Pickens, Amy Aanensen, Katie Santiago and Cooper Shipley. Bob Coulson worked in typhoon conditions! Linda Polito and Carole Fanslow were at the walk handling the crowd. We had about 75 faithful people that walked in the rain. Unable to walk but raised monies were Marsha Piper and Mabel Buttress. Many thanks to our sponsors and to everyone who walked and helped for this year's CROP Walk.



Marsha Piper and Dot Pickens were co-chairs for Unity Hill UCC. *We were able to raise \$988!*

FAIRFIELD EAST ASSOCIATION

Fairfield East Association will hold a Service of Ordination and Installation on Sunday, June 2 at 3:00 pm in New Fairfield. The FEA Ordaining Council will meet on Sunday, June 9 at 4:00 pm in Bethel.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

Annual Meeting will be on Thursday, June 13 – 7:00-8:30 pm at Holy Trinity Lutheran Church in Trumbull.

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety. (there are some Safety Check lists and booklets on the table in Fellowship Hall for more info.) <https://www.nia.nih.gov/health/fall-proofing-your-home>

Four things YOU can do to prevent falls:

1. **BEGIN A REGULAR EXERCISE PROGRAM** Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.
2. **HAVE YOUR HEALTH CARE PROVIDER REVIEW YOUR MEDICINES** Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.
3. **HAVE YOUR VISION CHECKED BY AN EYE DOCTOR AT LEAST ONCE A YEAR.** You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
4. **MAKE YOUR HOME SAFER** Learn how to fall-proof your home.

In Stairways, Hallways, and Pathways

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

In Bathrooms and Powder Rooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.

- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.

If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home's safety and advise you about making changes to prevent falls.

Your Own Medical Alarm If you're concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it is not usually covered by insurance.

Home Improvements Prevent Falls Many State and local governments have education and/or home modification programs to help older people prevent falls. Check with your local health department, or local [Area Agency on Aging](#) to see if there is a program near you.

FOR MORE INFORMATION ABOUT FALLS AND FALLS PREVENTION

Centers for Disease Control and Prevention (CDC) 1-800-232-4636 (toll-free) cdcinfo@cdc.gov
www.cdc.gov 1-888-232-6348 (TTY/toll-free)

National Resource Center on Supportive Housing and Home Modifications 1-213-740-1364
homemods@usc.edu www.homemods.org

Rebuilding Together 1-800-473-4229 (toll-free) info@rebuildingtogether.org www.rebuildingtogether.org

National Falls Prevention Resource Center 1-571-527-3900
www.ncoa.org/center-for-healthy-aging/falls-resource-center/

HAPPY ANNIVERSARY IN JUNE!

June 22, 1968 Bob & Janice Coulson

June 19, 1948 Dorothy & William C. (Courty) Vars, Jr.



HAPPY BIRTHDAY IN JUNE!

9	Florence Brezina	29	Duane Bailey
12	Eden Shipley	30	Gayle Morrissey Robles
12	Hayden Cavaleri	30	Aurielus Cole
28	Frank Heffelfinger	30	Mandi Rondon

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Youth Sunday 2pm Victorian Tea + 2:30 Edwardian Lady performance	3 Committee Reports to Council due today	4	5 9:30am Meditation	6	7	8
9	10 7:00pm Church Council Meeting	11	12 9:30am Meditation 11:30am Kennedy Center - crafts	13 11:30am George's Hill 7-8:30pm Council of Churches Annual Mtg.	14	15 1:30-3:30pm Overeaters' Anonymous Intergroup
16 <u>Father's Day</u>	17	18	19 9:30am Meditation INFO FOR SUMMER (JULY/AUG) OUTLOOK DEADLINE	20	21	22
23	24 Pastor Todd's Sabbatical starts today; returns Tues. September 3	25	26	27	28	29
30						



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

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