

SEPTEMBER 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

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 **OCTOBER 2018 Outlook** will be published at the end of SEPTEMBER. All submissions, special announcements, articles or events **provided on, or before, the DEADLINE of Wednesday, SEPTEMBER 19** will be included.

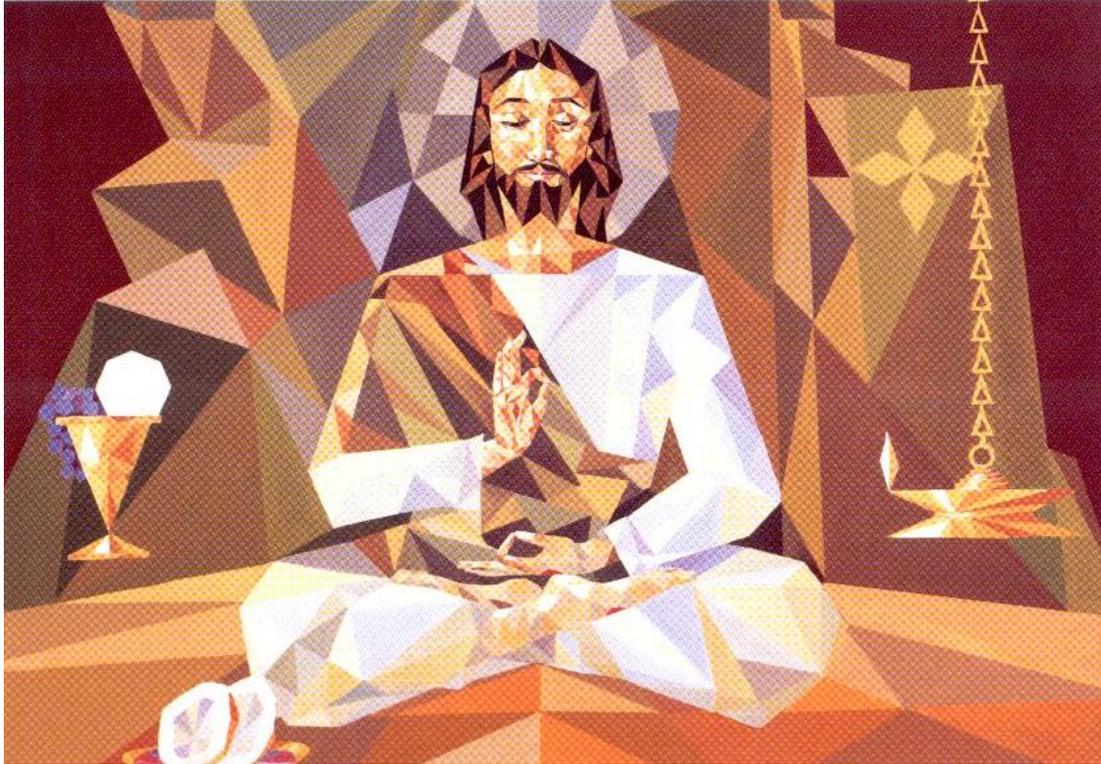


Please remember our homebound in your prayers or with a note:

Hazel Berger, Dolores Colaiacomo, Gail Gorlo,
Katie Schneider 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.





**“When you look for God,
God is in the look of your eyes
In the thought of looking, nearer to you than your self,
or things that have happened to you
There’s no need to go outside.
Be melting snow.
Wash yourself of yourself.
A white flower grows in the quietness.
Let your tongue become that flower.” - Rumi**

**Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God’s will is—his good, pleasing and perfect
will. - Romans 12:2 - New International Version (NIV)**

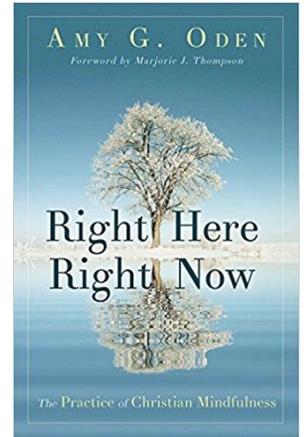
The words above are challenging. Rumi’s poem speaks of experiencing God by reflecting on your own ability to experience. He wants us to feel and hear God in the moment before we add our anxiety and opinion to what we are seeing or hearing. The apostle Paul’s words imply something very similar using words with which we are more familiar. Paul wants us to let God renew our mind, but the perennial question is ‘How?’

I want you to consider that the answer is simply ‘prayer.’ BUT:

Even if you pray often, is it mostly you doing the talking? Probably. This is because that's what we practice in the post-Enlightenment Christian Church. We ARE what we practice. I wonder if God experiences us just like we experience a person in a social situation that won't let us get a word in edge-wise. You've all been there (unless you ARE that person.) You are making small talk and you attempt to comment on the topic but the person just **KEEPS. ON. TALKING.**

We can liken the terms 'meditation' or 'contemplation' to the ability or practice of just sitting quietly letting go of our thoughts. In the stillness, you will hear God speaking. You'll remember that Jesus' experience in the garden of Gethsemane (Matthew 25 and Mark 14) included him vocalizing a prayer to God and his silent waiting for his Father's reply.

I invite you into a contemplative practice this Fall that involves quieting the mind. One way to do that is to attend our Autumn Bible Brunch based on this book: 

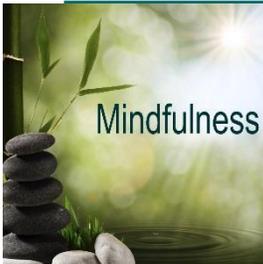


At 11am Sundays in September and October, call 203-374-8822 and sign up.

Yours,
Pastor Todd



CHURCH UPDATES



LABOR DAY ~ OFFICE IS CLOSED! Monday, September 3

AUTUMN BIBLE BRUNCH At 12pm Sundays in September and October
You're invited into a contemplative practice that involves quieting the mind.
Based on Amy G. Oden's book "Right Here, Right Now - The Practice of Christian Mindfulness" ~ Call the office at 203-374-8822 to sign up.

INTRODUCING OUR NEWEST EMPLOYEE, Kathleen Miranti, who has replaced Shari Herman as Bookkeeper of Unity Hill. Kathleen's first day was August 6. She will usually be in the finance office on Wednesday mornings.

If you are in the Church, please stop in and welcome her.



A PERSONAL NOTE OF THANKS FROM CAROLE AND ALLEN FANSLAW
Many thanks to members of Unity Hill for their cards and visits to Allen while recovering from major surgery and rehab. You're a great group!

GEORGE'S HILL

Thursday, September 13 from 11:30 am until 1 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

NEXT CHURCH COUNCIL MEETING ~ Monday, September 10 at 7:00 pm.

COMMITTEE REPORTS TO COUNCIL are due into the office by Tuesday, September 4th.

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

Well, just like that ... Summer is over and it's back to school!!!
Sunday School picks back up on September 9th with a little kickoff party.

It seems though the children went on lots of adventures from soccer camp to Aruba.....from Texas to the Grand Canyon!!

SUNDAY SCHOOL HELPERS NEEDED!

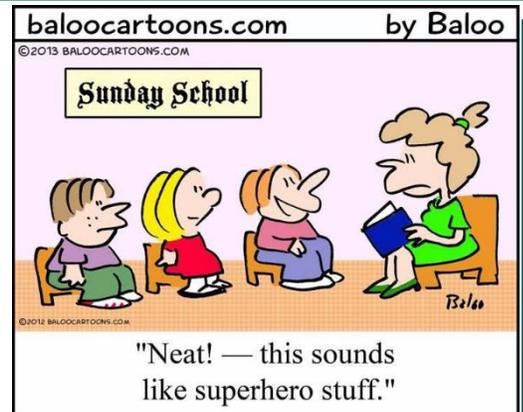


I can't wait to hear all about their adventures and all the memories they have created!!!

If there are any Sunday School Volunteers out there they will be greatly appreciated.

We are also looking for a Nursery care worker and a person to lead CE. Keep all the kids in your prayers as they head off to their next grade in Elementary School, Middle School, High School and College!!

May God bless you all on this new adventure – study hard, learn well and have fun!!
Stay safe, Sharon



MISSIONS ~ By: Brenda Finizio, Chair



We delivered food to the Daughters of Charity Rescue Mission on North Ave, Bridgeport. See the notes of appreciation from the Director, Sister Theresa Tremblay on the bulletin board. Thank you to Daniel Finizio for assisting.

Our Church's Wider Mission (OCWM) Next OCWM collection is in October for **Neighbors in Need (NIN)** ~ a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the [Council for American Indian Ministry](#) (CAIM). Two-thirds of this offering is used by the UCC's Justice and

Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Neighbors in Need grants are awarded to UCC churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. This year, special consideration will be given to projects focusing on serving our immigrant neighbors and communities.

We have added an envelope for your convenience and more envelopes will be available in the church pews in September. Additional information will be provided next month. Thank you!

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

FELLOWSHIP GROUPS

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

~ Marie Seavey hosted FUH's Summer Gathering on Saturday, August 11 – despite lousy weather, an afternoon of good food and fellowship was enjoyed by all.

~ Our next meal at **Golden Hill Community Suppers** will be on Wednesday, October 24. Anyone that would like to help either 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.

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

- ~ The **Executive Board** will meet on Thursday, September 20 at 11 am before our trip.
- ~ Our Fall kickoff meeting is Thursday, September 20 at 1:00 pm with a **tour at the Trumbull Historical Society**, 1856 Huntington Tpke, Trumbull. Sign up on the bulletin board at church. As always, friends are especially welcome.
- ~ **OPEN INVITATION FROM WOMEN'S FELLOWSHIP ... TO ALL MEMBERS OF UNITY HILL.** We need the congregation's support to help continue Women's Fellowship. You can help by attending the monthly luncheons and programs or by a donation to our organization. Our total budget is \$675 with anticipation of \$250 in donations and income from our luncheons. We hope to see you at one of our programs, usually on the third Thursday of every month. Try us – you might like us! Thanks!

COMMUNITY GROUPS AND HAPPENINGS

MIDDLEBROOK FARMS

WORSHIP SERVICE will be on Thursday, September 6 at 2:00 pm. The Rev. Todd Shipley will offer Communion, assisted by Deacons Waltraud Yeager and Carole Fanslow.

FAIRFIELD EAST ASSOCIATION

A **SERVICE OF INSTALLATION** for the Rev. Vern Swett will be at 10:15 am on Sunday, Sept 9 at First Church Congregational, Fairfield during the regular service. A special luncheon will follow.

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

- ~ **DELEGATES' FALL MEETING** is Tues, Sept. 11- 6pm at Salem Lutheran Church, Park Ave, Bpt.
- ~ **DISCOVER OUR IMPACT – SAVE THE DATE!** Join us for **Cocktails and Canapes** on Wednesday, October 10 – 6:00-8:00 pm at the Discovery Museum, 4450 Park Ave. Bridgeport

TRUMBULL INTERFAITH COUNCIL

- ~ The next meeting will be at Unity Hill UCC on Wednesday, September 5 at 7:00 pm.
- ~ **ANNUAL CLERGY SUPPER** on Wed, Sept. 12 at 6:30 pm at Holy Trinity Lutheran Church.

CHURCH WOMEN UNITED

The Women's Fellowship of Unity Hill will be hosting the **STATE MEETING OF CHURCH WOMEN UNITED** on Saturday, October 20 from 9 am – 2 pm here at Unity Hill UCC. Cost is \$20. Details on the bulletin board. Open to all women of the church.

SILVER LAKE CONFERENCE CENTER

~ **YOU ARE INVITED TO A GARDEN PARTY, honoring the Rev. Davida Foy Crabtree** – Recipient of the 2nd Annual Silver Lake Award, being held on Sunday, October 4 at the Farmington Gardens in Farmington from 2:00 – 5:00 pm. Hors d’oeuvres, cash bar, silent auction. Tickets are \$75 and available at www.silverlakeect.org All proceeds from this fundraiser will benefit Silver Lake Conference Center.

~ An anonymous donor has stepped up and given Silver Lake a challenge. If they can raise \$15,000 by December 31, the donor will match this amount AND will award Silver Lake a second \$15,000. We hope that you will help them reach their goal by making a gift via mail or on their website. They welcome you to call or visit to see first hand how your financial support is being put to use developing the next generations of leaders. Contact Silver Lake – 860-364-1000 or slcc@ctucc.org

ANNUAL PIPESCREAMS CONCERT

Sunday, October 21 at 4:00 pm at the First Congregational Church, 2301 Main Street, Stratford. Adults \$15; students \$5; free for children 11 and under

READ ALOUD DAY – SCHOOL VOLUNTEER ASSOCIATION

On Thursday, October 18, more than 600 volunteers read to every classroom in the Bridgeport Public Schools. It’s a great experience and you can pick your school.

HEALTH CORNER: MINDFULNESS EXERCISES YOU CAN TRY TODAY ~ by Alfred James

In this busy world of ours, the mind is constantly pulled from pillar to post, scattering our thoughts and emotions and leaving us feeling stressed, highly-strung and at times quite anxious. Most of us don’t have 5 minutes to sit down and relax, let alone 30 minutes or more for a meditation session. But it is essential for our well-being to take a few minutes each day to cultivate mental spaciousness and achieve a positive mind-body balance. These 5 exercises take very little effort and can be done pretty much anywhere at any time to empty your mind and find some much-needed calm amidst the madness of your hectic day.

MINDFUL BREATHING - This can be done standing up or sitting down, and almost anywhere at any time. All you have to do is be still and focus on your breath for just one minute.

1. Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
2. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
3. Let go of your thoughts. Let go of things you must do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
4. Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
5. Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

If you are someone who thought they’d never be able to meditate, guess what? You’re half way there already! If you enjoyed one minute of this mind-calming exercise, why not try two or three?

MINDFUL OBSERVATION - This is simple but incredibly powerful because it helps you notice and appreciate seemingly simple elements of your environment in a more profound way. It’s

designed to connect us with the beauty of the natural environment, something that is easily missed when we are rushing around in the car or running from one thing to the next.

1. Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon. **2.** Don't do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows. **3.** Look at this object as if you are seeing it for the first time. **4.** Visually explore every aspect of its formation and allow yourself to be consumed by its presence. **5.** Allow yourself to connect with its energy and its purpose within the natural world.

MINDFUL AWARENESS - This is designed to cultivate a heightened awareness and appreciation of simple daily tasks and the results they achieve. Think of something that happens every day more than once; something you take for granted, like opening a door, for example. At the very moment you touch the doorknob to open the door, stop for a moment and be mindful of where you are, how you feel in that moment and where the door will lead you. Similarly, the moment you open your computer to start work, take a moment to appreciate the hands that enable this process and the brain that facilitates your understanding of how to use the computer. These 'touch point' cues don't have to be physical ones. For example: Each time you think a negative thought, you might choose to take a moment to stop, label the thought as unhelpful and release the negativity. Or, perhaps each time you smell food, you take a moment to stop and appreciate how lucky you are to have good food to eat and share with your family and friends. Choose a touch point that resonates with you today and, instead of going through your daily motions on autopilot, take occasional moments to stop and cultivate purposeful awareness of what you are doing and the blessings these actions bring to your life.

MINDFUL LISTENING - This is designed to open your ears to sound in a non-judgmental way, and to train your mind to be less swayed by the influence of past experiences and preconception. So much of what we "feel" is influenced by past experience: For example, we may dislike a song because it reminds us of a breakup or another period of life when things felt bad or negative. So, the idea of this exercise is to listen to some music from a neutral standpoint, with a present awareness that is unhindered by preconception. Select a piece of music you have never heard before. You may have something in your own collection that you have never listened to, or you might choose to turn the radio dial until something catches your ear.

1. Close your eyes and put on your headphones. **2.** Try not to get drawn into judging the music by its genre, title or artist name before it has begun. Instead, ignore any labels and neutrally allow yourself to get lost in the journey of sound for the duration of the song. **3.** Allow yourself to explore every aspect of the track. Even if the music isn't to your liking at first, let go of your dislike and give your awareness full permission to climb inside the track and dance among the sound waves. **4.** Explore the song by listening to the dynamics of each instrument. Separate each sound in your mind and analyze each, one by one. **5.** Hone in on the vocals: the sound of the voice, its range and tones. If there is more than one voice, separate them out as you did in step 4. The idea is to listen intently, to become fully entwined with the composition without preconception or judgment of the genre, artist, lyrics or instrumentation. Don't think; hear.

MINDFUL IMMERSION - The intention of this exercise is to cultivate contentment in the moment and escape the persistent striving we find ourselves caught up in on a daily basis. Rather than anxiously wanting to finish an everyday routine task in order to get on with doing something else, take that regular routine and fully experience it like never before. For example: if you are cleaning your house, pay attention to every detail of the activity. Rather than treat this as a regular chore, create an entirely new experience by noticing every aspect of your actions: Feel and become the motion when sweeping the floor, sense the muscles you use when scrubbing the dishes, develop a more efficient way of wiping the windows clean. The idea is to get creative and discover new experiences within a familiar routine task. Instead of laboring through and constantly thinking about finishing the task, become aware of every step and fully immerse yourself in the progress. Take the activity beyond a routine by aligning yourself with it physically, mentally and spiritually. Who knows, you might even enjoy the cleaning for once!

For more info see ... <https://mindfulnessexercisec.com/downloads/1-minute-meditation/>
<https://positivepsychologyprogram.com/mindfulness-exercises-techniques-activities/#mindfulness-depression-anxiety-anger-addictions>



HAPPY BIRTHDAY IN SEPTEMBER !			
6	Anneke Ruys	18	Ken Ferrera
7	Izzy Rondon	18	Al Paolozzi Jr
9	Brianna Pickens	20	Hazel Berger
9	Paul Buttress	25	Rev. Todd Shipley!
10	Allen Fanslow	27	Marie Seavey
12	Sarah Buttress	27	John Rossi
16	Ron Finizio	30	Tyler Pickens

HAPPY ANNIVERSARY IN SEPTEMBER!	
9/13	Shoran Piper & Jeff Baez
9/30	Betty & Frank Heffelfinger



September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 HAPPY LABOR DAY OFFICE IS CLOSED	4 Committee Reports to Council due in office	5 9:30am Meditation 7pm Trumbull Interfaith Council at Unity Hill UCC	6 2:00pm Middlebrook Farms Service 4:30pm Council of Churches Board Meeting at Unity Hill UCC	7	8
9	10 7pm Church Council Meeting	11 6:00pm Council of Churches Delegates Meeting at Salem Lutheran	12 9:30am Meditation 11:30 Kennedy Center - crafts 6:30pm Trumbull Interfaith Council Clergy Supper	13 11:30am George's Hill	14	15 2-3:30pm Overeaters' Anonymous Intergroup Meeting
16	17	18	19 OCTOBER OUTLOOK INFO DEADLINE Pastor Todd Away	20 Women's Fellowship 11am Executive Board Mtg & 1pm Tour at Trumbull Historical Society Pastor Todd Away	21 Pastor Todd Away	22 Pastor Todd Away
23 Pastor Todd Away	24 Pastor Todd Away	25 Pastor Todd Away	26 Pastor Todd Away	27	28	29
30						



UNITY HILL UCC'S 2ND HARVEST FAIR
Saturday, November 3 ~ 10:00 am–3:00 pm

The fall season is absolute perfection in New England. We love the crisp cool days. Please join us in this fun event.

The fair will feature a farmer's market, crafts, children's activities, Junk-in-the-trunk, food and many other fun activities. It's the perfect fair for families who want an alternative to the big fairs and commercial midways. If you can help by donating a gift for the raffle or a baked good, it would be helpful.

Pastor's Luncheon ~ Pork Sandwiches, Dessert & Drink ~ \$10.00

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