

OUTLOOK ~ SEPTEMBER 2020

Unity Hill United Church of Christ

364 White Plains Road, Trumbull, CT 06611

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

E-mail: unityhillucc@gmail.com

Web site: www.unityhillucc.org

Facebook: www.Facebook.com/Unity-Hill-UCC

The Reverend Dr. M. Todd Shipley, Pastor

Diane Henderson, Moderator

Dawn Brezina, Church Clerk

Jeffrey Stokely, Music Coordinator

Dorothy W. Pickens, Soloist

Joanne Wickson, Office Administrator

Kathleen Miranti, Bookkeeper

Calap Brown, Sexton



OCTOBER 2020 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 October 2020 Outlook by Wednesday, September 16, if possible, and no later than Monday, September 21. Thanks!



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

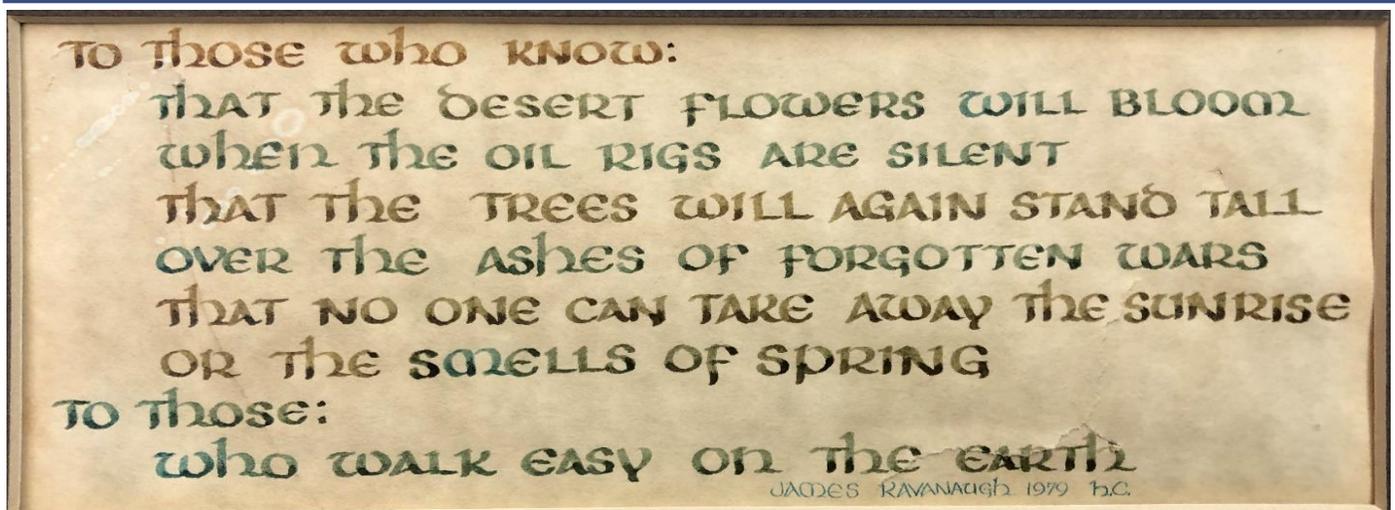
Dorothy Barwick, Lucille Baver, Dolores Colaiacomo,
Katie Schneider and Mitch Wein.



PASTORAL CARE ~ VERY IMPORTANT!

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.





The words above were written as a dedication in James Kavanaugh's book of poetry entitled, "Walk Easy on the Earth." It is written in calligraphy by my uncle Herb Cooper, an artist and art teacher from west Texas. Both men are loving and sensitive souls who have changed my life. I turn to these particular words often. I share them with you now because Kavanaugh saw the world changing in the late 1970s and his description seems to fit our current climate:

"Lately the world seems a more frightening place than before," Kavanaugh writes in the introduction to his book. "Prophets speak ominously of society's doom. It is as if our planet is finally out of fuel and will dissolve in its own anxiety."

His words help me in times of anxiety because the poem points to 'the long game.' The lines about "the trees standing tall again over the ashes of forgotten wars" remind me how small and petty our human problems can be. The pandemic is not a small problem, but it takes on a petulant air when you realize that this, and so many other problems, can be addressed by making different choices. Not some huge evil force but human choice.

When Paul talks about "that can guard our minds and our hearts in Christ, I am reminded of 'those who walk easy on the earth.' Kavanaugh is not claiming to be one of them, he is dedicating his book to people such as those. Jesus is one of those that walk easy on the earth. His path was not free of trouble, but it is a path of peace. This seems contradictory and this is probably why Paul describes it the way he does: it passes all human understanding.

We will see God 'face to face.' When we do, I think She will ask us if we noticed the incredible beauty of her creation, and the next question will be: 'Did you help others to see it too?' Friends, the flowers will bloom again when the greed of man is silent. Turn your face to the sunrise.

Yours,
Pastor Todd

CHURCH UPDATES

LABOR DAY ~ Monday, September 7. Office is closed.



BOOK SHELF CLEARANCE SALE!

All books in Fellowship Hall will be on sale for \$ 0.50 until the end of September, when all books will be given to a good cause.

**WE WILL BE
CLOSED ON
LABOR DAY**



Katie Schneider celebrated her 100th birthday on July 14.

Katie wants to thank everyone for all the cards and greetings she received from so many for her 100th birthday.



WITH DEEPEST SYMPATHY ... It is with sadness that we announce the passing of Arthur C. Dritenbas, 91, of Shelton (formerly Stratford), husband of Dorothy Pruzinsky Dritenbas. He died on March 24, 2020 at Bridgeport Hospital, surrounded by his loving family. He was the son of Arthur and Martha Dritenbas, Sr. – active members of Trinity UCC. His father was on the first building committee for the new church. His memorial service was held on August 22 at St. Jude Church in Monroe.

DIACONATE COMMITTEE ~ By: Patty Bowman, Chair of Diaconate



Sunday worship service will be at 10:30 am in Lynch Hall through Labor Day Sunday. Come and experience the multimedia with sight and sound! While we are not singing, we have many other musical offerings. Dancing and clapping are encouraged.

The current plan, endorsed by Church Council, is to have outdoor worship in the parking lot starting again September 13th. This allows more folks to safely attend. And we will be working to ready the sanctuary for distanced use as an indoor alternative in case of bad weather.

Blessings to all as we navigate these new ways to praise our Lord.

MESSAGE FROM THE MODERATOR ~ By: Diane Henderson

Good day Unity Hill members and friends. As the days grow shorter and we look forward to cooler temperatures, we will again have some outside worship services starting on Sunday, September 13, weather permitting. If there's bad weather, we will have inside service in the Sanctuary.

It has been a great experience with the summer heat to meet in Lynch Hall. Our new projector system has been a great addition and Pastor Todd has become quite adept at using it. Love the visual effects.

The Church Council met on August 19 discussing plans for worship services, Church school, and ways to get the word out to the community that Unity Hill is here for them.

Our next Council meeting will be on Wednesday, September 16.

Some quotes for this month:

"Keep calm and stay positive. Good things will happen."

"It's ok to fall apart sometimes. Tacos fall apart and we still love them." Carly's Confessionals

"One day this will be over and we will be grateful for life in ways we never felt possible before." Matt Haig

“If I cannot do great things, I can do small things in a great way.” Martin Luther King, Jr.
Blessings of grace and peace be with you today and everyday. Diane

MISSIONS COMMITTEE ~ By: Brenda Finizio, Chair

“For there will never cease to be poor in the land. Therefore, I command you, ‘You shall open wide your hand to your brother, to the needy and to the poor, in your land.’” - Deuteronomy 15:11

There are more than 2000 verses in the Bible that mention helping the poor and God commanding us to give to the needy. During these challenging times, we need to reach out to those in need more than ever.

Billions of people around the world live in extreme poverty (living on \$1.90 a day). That is nearly 10 percent of the world's population. Money isn't a complete measure of poverty. Other dimensions of poverty include access (or lack thereof) to work, health, nutrition, education, sanitation, housing, etc. Below are the top causes of poverty:

- Inequality, marginalization, conflict and violence
- Poor healthcare, especially for mothers and children
- Little or no access to clean water, sanitation and hygiene
- Climate Change impact to farming, hunting, gathering food
- Lack of reserves – no means of support in case of a disaster
- Poor public works and infrastructure affects ability to travel
- Hunger, malnutrition and stunting
- Lack of education
- Lack of government support
- Lack of jobs or livelihood

Therefore, I am launching an initiative to raise money for Missions. The fundraiser is called **“Treat of the Week Challenge”**. Our goal is to raise \$1000 by the beginning of November. Starting this month, please consider giving up one treat a week and put the money that you would have spent toward Missions. Please look for a communication in the mail with more details.

The summer may be a slow time for church life, but giving to the needy never stops so Missions has provided funding for the following this summer:

- UCC's Other Church's Wider Mission
- Council of Churches of Greater Bridgeport
- Haitian Helping Hands
- Bridgeport Rescue Mission for food to needy
- Support for medical and food needs in Haiti
- St. Joseph's Native American Indian School

Food Drive: Details to follow. One item every week you attend church and/or send money. Food will be delivered to Trumbull Services and Bridgeport area food banks. We are also working on a drive-through food drive similar to what we did on Mother's Day.

Thank you for all your support.
Brenda Finizio, Mission Chair

CHRISTIAN EDUCATION ~ By: Sharon Brezina, Chair

August and September are usually the months where we prepare the kids to start school. We go clothes shopping, get in that last gathering of friends and begin filling out all that paperwork and signing all those checks for sports or extra activities. The start of this school year is probably dramatically different than what you imagined it would be just a few months ago. It's OK to feel sad about it, confused about it and question where it is going. The good thing is we are living it together ... we are living it with our friends.

Some good news is - our first day of Sunday School will be September 13th. We will have some new rules in place for a while that I need all the children to abide by and for parents to help encourage. Though these may sound trivial to a kid - they are currently essential with our situation. Soon you will receive a letter from me with more in depth details. Please share the information with your child so we are all on the same page. I will do my best to make it fun and interesting and will pray this is only temporary.



- 1st - Temperatures will be taken before class.
- 2nd - hand sanitizer will be provided and used at the beginning and end of every class.
- 3rd - masks are to be worn.
- 4th - social distancing - 6 ft apart.
- 5th - if you don't feel well - please stay home and get better.

I can't wait to see the kids - hear about their adventures through all of this. If you think your child will not want to participate or if you have some reservations - please feel free to let me know. This is new to all of us ... we are learning together ... but we have God on our side ;) Thanks for your help and understanding.

"But the Lord stood with me and gave me strength". - 2 Timothy 4:17

FELLOWSHIP GROUPS

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

We still haven't met in person to plan the 2020-2021 programs but watch the weekly bulletins or Outlook for more info about when we can start meeting again.

Save the date! Our **Christmas Tea** is scheduled for Thurs, Dec. 3 at 1:00 pm. Entertainment by "Matinee."

FELLOWSHIP OF UNITY HILL ~ Dorothy Pickens, President

COMMUNITY SUPPERS ~ We served 49 meals curbside on August 26 at Golden Hill UMC Community Suppers. Cost was \$96.00 for 4 trays of Italian chicken casserole. Many thanks to Dot Pickens and her helpers from Unity Hill: Chef Phyllis Bachinski, Chef Dave Panula and Carole Fanslow.

Dot, Carole and Phyllis prepared the meal at church on Sunday, August 23.

Our next turn for **Community Suppers** will be on Wednesday, October 28; cooking at 2:00 pm and serving at 5:00 pm at Golden Hill UMC.

COMMUNITY GROUPS AND HAPPENINGS

TRUMBULL INTERFAITH COUNCIL

~ Our **Monthly Meeting** will be a phone conference call on Wednesday, September 2 at 7:00 pm to make plans for the Fall. Call our office or Carole Fanslow for the access information.

~ The Annual Clergy Supper is cancelled for this year. Holy Trinity Lutheran has not reopened as of yet.

~ The Annual Thanksgiving Service is on hold for now.

SOUTHERN NEW ENGLAND CONFERENCE UCC (SNEUCC)

FIRST ANNUAL MEETING of the **Southern New England Conference of the United Church of Christ** will be an online gathering on the Zoom webinar platform on Saturday, September 26, 8:30am–12:30pm. **Visit the Annual Meeting page at sneucc.org/2020AM for details, delegate materials and online registration.**

The deadline for those who wish to participate in the Networking Breakout Groups is **September 18th**.

The Meeting will be woven through with vibrant worship, include small group break-out sessions focused on shared ministry interests, and the election of the Conference's first Executive Conference Minister.

In response to much feedback about our commitment to environmental justice, **Delegate Materials will be distributed electronically this year.** There will be no automatic paper mailing of materials to any church or registrant. Those who need paper materials are invited to request them when they register – see the Accessibility section of the Registration form. In order to receive paper materials, you must register and request them no later than **September 15th**.

If you are new to on-line meetings, do not fear! You will have an opportunity to attend a practice Zoom session, and technical help will be available during the meeting. It is possible to attend a Zoom meeting by computer, tablet, smartphone, or to listen in by dialing in on any kind of phone.

Zoom Practice Sessions will be held at the following times. **You must register for a practice session** in order to receive the Zoom link to attend it. Please register at your chosen link below.

Sunday, Sept 20, 1-2 PM https://us02web.zoom.us/webinar/register/WN_qnwKb6AsT_aN-bZ24gJHvQ

Monday, Sept. 21, 7-8 PM https://us02web.zoom.us/webinar/register/WN_0xbMZJJcRHi_xjW5wCbRsQ

Wednesday, Sept. 23, 7-8 PM https://us02web.zoom.us/webinar/register/WN_-5xw182cQqqg_zr7ZXg9hQ

The Bridge Conference Ministers have announced that **the offices of the Southern New England Conference will remain closed until at least January 1, 2021.** This does not apply to retreat and outdoor ministry sites and facilities. **Contact Southern New England Conference, United Church of Christ ~ Hartford, CT office: 866-367-2822 or Framingham, MA office: 508-875-5233**

46th ANNUAL CROP HUNGER WALK RALLY AND WALK

The **46th ANNUAL CROP HUNGER VIRTUAL WALK** will be held on Sunday, October 18 **VIRTUALLY!** Groups of 10 or more may walk in their neighborhood or your favorite walking spot.

~ WALK ANYWHERE, ANYTIME ~ More info will be available at www.crophungerwalk.org

Materials will be available on Sunday, September 13 beginning at 2:00 pm at Unity Hill United Church of Christ, 364 White Plains Road, Trumbull. Unity Hill has always had a good response to the walk.

Any questions, call Carole Fanslow at 203-375-1284.

FAIRFIELD EAST ASSOCIATION

Save the Date! Fairfield East Association Fall Meeting will be on Wednesday, October 28 at 7:00 p.m.

(Due to COVID19, this will be a virtual meeting using the ZOOM platform.)

Additional details and information, including the meeting link, will be distributed in September.

SILVER LAKE CONFERENCE CENTER

Greetings from the Lake! Though it's been a quiet, strange summer here at camp, your year-round staff are working hard on what comes next. We are putting procedures and policies in place to allow us to safely welcome you back.

Since July, we have been offering day visits for families/households to reserve a day to enjoy the site. We will continue to offer these visits at least through September. Sign up for your day at <https://www.eventbrite.com/e/silver-lake-day-visit-tickets-109553906684>

Starting in September, we will offer overnight retreats for families/households. We are finalizing those details, but more information will be coming soon!

This fall, we will also offer adventure programming to day groups. Youth groups, school groups, and others will be able to come to Silver Lake for a day of teambuilding activities, adapted to allow for social distancing while still meeting the group's goals. Stay tuned for more details.

Join us for the **14th Annual Silver Lake Golf Tournament** on Tuesday, September 22, at the Country Club of Waterbury. ***THE LAST DAY TO REGISTER is Tuesday, September 1.*** Details and registration at <https://www.silverlakect.org/golf>

The 2020 Silver Lake Award Celebration, originally scheduled for November, has been moved to April, 2021. Date, time, and location are still being determined. Details will be announced closer to the date.

The Silver Lake Pride Retreat (a weekend for LGBTQIAP+ identifying youth and their allies), originally scheduled for November 2020, has been cancelled. We are hopeful we will be able to offer this wonderful youth retreat opportunity in 2021.

Silver Lake Conference Center 223 Low Road, Sharon, CT 06069 | 860.364.5526 slcc@silverlakect.org

COUNCIL OF CHURCHES OF GREATER BRIDGEPORT

This year, the Council of Churches is celebrating their 75th year anniversary. Our church is one of the founding churches. The Council of Churches can be reached by emailing info@ccgb.org, going to website at WWW.CCGB.ORG or calling (203) 334-1121.

CELEBRATE "AN ANGEL IN YOUR LIFE" by donating to The Council of Churches in their honor. A gift in their honor to help support the work of the Council of Churches will be acknowledged by a personalized card from us notifying them of your special recognition. Whether it is a birthday, anniversary, Graduation or Confirmation, in these difficult and uncertain times the ways in which we normally would acknowledge special occasions such as these may not be possible.

Would you like to honor a first responder..... a nurse, doctor, care giver, hospital chaplain, firefighter, police officer? In the midst of the current pandemic, the list of current day heroes is endless.

Through our FEED Center, Janus Center for Youth in Crisis, and Bridge Building programs your gift in honor of an "Angel in Your Life" will help us impact the lives of people who need our help more than ever! Our clients are among the hardest hit by this pandemic -- those who were already economically vulnerable, those who depend on our food pantries, those living in halfway houses, youth already struggling with poverty and violence. Donate at www.ccgb.org/angel or call our office to have a form mailed to you.

Thank you for honoring and thanking your "Angels" by paying it forward and helping others!

KITS FOR CHURCH WORLD SERVICE

We were finally able to deliver our kits to the Depot at the end of August. We prepared 42 School kits and 20 Hygiene Kits. Many thanks to the following people for their support of this annual project: Dorothy Vars and her daughter, Joy Evers, Marilyn DeJoseph (in honor of her mother, Hazel Berger), Marie Seavey, Lucille Baver, Renate Krakovich, Louise Evans, Marsha Piper and Carole Fanslow.

HEALTH CORNER ~ Coronavirus Burnout and Pandemic Fatigue

How to Deal with Coronavirus Burnout and Pandemic Fatigue ~ Posted August 11, 2020 at <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/how-to-deal-with-coronavirus-burnout-and-pandemic-fatigue>

We've been living with the new coronavirus for months, and the spread of COVID-19 is still going strong in many areas around the U.S. and the world. As the pandemic wears on, it's understandable that some people are getting tired of taking [coronavirus precautions](#).

[Psychologist Carisa Parrish, M.A., Ph.D.](#) provides tips you can use to keep up these effective practices, avoid coronavirus "safety fatigue" or "burnout," and protect yourself, your family and others from COVID-19.

Why It's Hard to Stick to Coronavirus Precautions ~ Before 2020, the general population was not wearing face masks in public, maintaining physical distancing or washing their hands frequently. Now health experts are recommending these precautions to everyone to prevent the spread of the SARS-CoV-2 coronavirus, which causes COVID-19. And keeping up with it all can be overwhelming.

"Trying to adhere to anything extra is always a challenge," says Parrish. "You can add extra steps to your routine for a few days, but sustained behavior change is hard. Especially when no one around you is sick, and you just don't feel like wearing a mask or saying no to things you like to do. But the fact is, the precautions work."

COVID-19 Risks and Consequences ~ It can feel strange to reorganize your life around a risk that doesn't seem real, Parrish says. "Right now, most people are still removed from the consequences of getting COVID-19," Parrish explains. "The risk might not feel real to them if they don't know anyone who's sick with COVID-19. And, unfortunately, some people get a bit of a thrill from doing something risky and escaping consequences."

TIPS TO MAKE CORONAVIRUS SAFETY MEASURES EASIER

Make a commitment. ~ Behavior changes can start with having a clear intention and making a promise. Wearing a helmet when you bike ride, stopping at traffic lights and many other lifesaving habits begin with a decision: You want to do the right thing to keep yourself and others safe, even if that means a slight inconvenience. The same principle can apply to washing hands, maintaining physical distance and wearing a mask in public.

Stay flexible as recommendations change. ~ New scientific insights about the virus that causes COVID-19 change experts' recommendations day by day, which causes confusion. You might be asking yourself: Do I still need to disinfect my groceries? Do I need to wear a mask in my car? Is my child safe playing in our yard? It's hard — but important — to keep up. "Sticking with reliable, trustworthy information is essential," says Parrish. "New facts are emerging as we learn more and more about this virus. In the meantime, it makes sense to use the understanding we have."

Practice precautions until they're second nature. ~ "The key is repeating that new step until it becomes a habit," Parrish says. "When you first start flossing or putting your child in a safety seat, it might seem like a

chore, even though you know it's the right thing to do. So, when it comes to COVID-19 protection, you just commit to it, and then over time, you find you're putting your mask on or washing your hands without thinking." Kids in particular, she notes, thrive with routine and structure.

Keep necessary supplies handy. ~ She also recommends making sure it's easy to find a mask — and use it — when you need it. "If I can't find one, it's an extra step to have to go looking, so to reduce barriers to wearing one, I have several masks and keep them in various places," she says. The same idea can apply to hand hygiene. Keeping small bottles of hand sanitizer (with at least 60% alcohol) in several spots can encourage frequent use.

Use stories to understand risks and consequences. ~ For a lot of people, getting sick with COVID-19 is an abstract idea, something that happens to other people in different parts of the country. But the reality is that the coronavirus can affect anyone. "Read a story about someone who's gone through COVID-19 so it becomes personal to you," Parrish recommends.

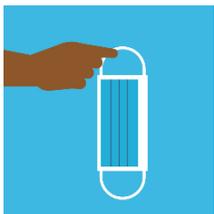
Give kids some choices. ~ When encouraging her kids to wear masks, Parrish says she let her own children customize them. "As more of a variety in patterns became available, I let them pick colors and fabrics they liked." Kids can also choose their favorite scent of hand sanitizer or a fun virtual game to enjoy remotely with their friends.

Involve children in keeping families consistent. ~ Parents can give kids permission to remind other family members to maintain physical distance, wear a mask and keep their hands clean. Giving them that level of involvement helps keep them engaged in safer practices.

Adapting to Life During COVID-19 ~ The most important thing is not to give up. [The coronavirus pandemic isn't going away anytime soon.](#) Preventive practices are needed until there's a treatment or vaccine, which could be months away. Adapting to life with the coronavirus is possible, says Parrish. "Years ago, no one was concerned about secondhand smoke. We didn't have car seats for children and didn't put babies on their backs to sleep. "Accepting this new reality and staying committed to good habits can prevent COVID-19."

FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK

1. Wash your hands for 20 seconds before and after touching the mask.
(Sing "Happy Birthday" song to time washing your hands.)



2. Touch only the bands or ties when putting on and taking off your mask.



3. Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.



4. Make sure you can breathe and talk comfortably through your mask.

5. Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.



**TO PROTECT YOURSELF AND OTHERS,
AVOID THESE COMMON MASK-WEARING MISTAKES**

1. Do not touch your or your child's mask while it is being worn.



2. Do not wear the mask under your chin with your nose and mouth exposed.

3. Do not leave your nose or mouth uncovered.



4. Do not remove the mask while around others in public.



5. Do not share your mask with family members or friends.

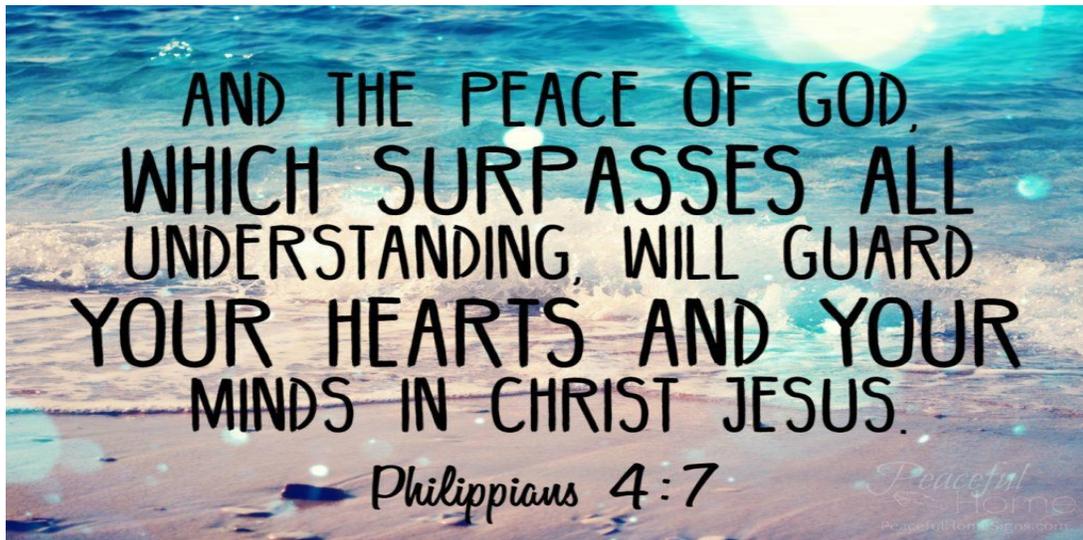
<i>Birthdays in September ~ HAPPY BIRTHDAY!</i>		
6 Anneke Ruys	16 Ron Finizio	27 Marie Seavey
7 Izzy Rondon	18 Ken Ferrara	27 John Rossi
9 Brianna Pickens	18 Al Paolozzi Jr.	30 Tyler Pickens
12 Sarah Buttress	25 Rev. Dr. Todd Shipley	



<i>Anniversaries in September ~ HAPPY ANNIVERSARY!</i>
September 13 ~ Shoran Piper & Jeff Baez
September 30 ~ Frank & Betty Heffelfinger

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 7:00pm Trumbull Interfaith Council Zoom Meeting	3	4	5
6 10:30am Indoor Worship Service	7 WE WILL BE CLOSED ON LABOR DAY	8 9:30am Church Women of UCC Board Meeting	9	10	11	12
13 10:30am Outdoor Worship Service -weather permitting 2:00pm Pick Up CROP HUNGER WALK Materials FIRST DAY OF SUNDAY SCHOOL	14	15 6:30pm Council of Churches Delegates Meeting on Zoom	16 7:00pm Church Council Meeting	17	18	19
20 10:30am Outdoor Worship Service -weather permitting	21	22 14th Annual Silver Lake Golf Tournament	23	24	25	26 8:30am SNECUCC 1 st Annual Meeting on Zoom
27 10:30am Outdoor Worship Service -weather permitting	28	29	30			



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

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