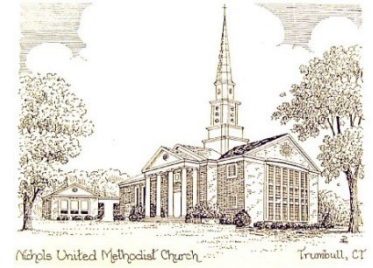


# The Carillon

Nichols UMC

Volume Number 45, Issue Number 7

July-August 2022



## **What Relationships are Most Important? – by Pastor David Piscatelli**

*NRS Philippians 1:3-6 I thank my God every time I remember you, <sup>4</sup> constantly praying with joy in every one of my prayers for all of you, <sup>5</sup> because of your sharing in the gospel from the first day until now. <sup>6</sup> I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ.*

*NRS Philemon 1:4-7 When I remember you in my prayers, I always thank my God <sup>5</sup> because I hear of your love for all the saints and your faith toward the Lord Jesus. <sup>6</sup> I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. <sup>7</sup> I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother.*

What relationships were most important to your faith journey? This is a question that was discussed at our last Administrative Board meeting. While the administrative affairs of the church are important, so is discussing how each of us is growing as a disciple of Jesus Christ. If we, the leaders of the church, are continuing to develop as followers of Jesus, we help set the example for the rest of the congregation. While I won't share what individuals shared, many spoke about how spouses, family and friends were key to their faith journey.

For me, it was my parents, my wife Holly, several colleagues, and several United Methodist congregations. My parents guided those early years by actively participating in the life and ministry of the local churches we attended. They insisted that worship, Sunday School, and youth group be priorities ahead of sports and part-time jobs. Holly has always been a faith partner since we attended youth group as teens. God knew I needed a strong spiritual force in my life when He brought us together. From youth group to pastor, she has been as important to my faith journey as anyone. My baptism, confirmation, wedding, call to ministry, and ordination have all taken place through the United Methodist Church – even though most were different congregations. Along the way, too many people to count have prayed for me, guided my journey, and helped me grow in faith and service to Jesus Christ. God has brought numerous people into my life at critical times to set examples and hold me accountable. That process continues in my life today.

The two scripture passages above paint pictures of the importance of relationships. Both Philemon and the believers in Philippi have much more growth still necessary in their faith journeys. God, who began to work in them, is still helping them be better disciples each day. So are the people around them. Both passages describe prayer, sharing stories, encouraging words, and faithful living as ways to help one another grow in faith. They are clear that being a follower of Jesus goes beyond the basics of just belief; it requires commitment, growth, and more importantly support from others that God puts in our path.

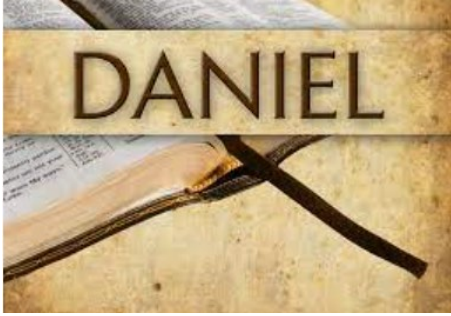
This summer, I invite you to consider what relationships were and are most important to your faith journey. Who helped get you to this place and who nourishes your soul when it needs refreshing? I also invite you to consider how you are supporting others by your prayers, guidance, and example. Your co-workers, family, friends, and fellow members of Nichols UMC are the people that God has put in your life. Sometimes we are called to lift them up and sometimes they are helping us through those important aspects of our lives. May God send us the right person at the right time so the work He began among us will be brought to completion through Christ Jesus.

~Grace & peace, *Pastor David*



## Sunday School Continues through July

The Sunday School program will continue through July! It will run from 10-11am to go along with the worship service hour. For those who wish, we will also have nursery care for younger children throughout the entire summer.



### Summer Bible Study: Story of Daniel

**Tuesdays June 28<sup>th</sup> - August 2<sup>nd</sup> from 7 - 8:15pm**

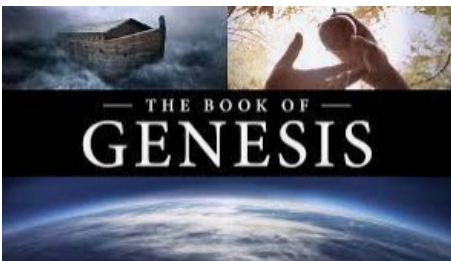
There is much more to the story of Daniel than a den of hungry lions! In the first 6 chapters alone, covering the life of Daniel, there is captivity and deportation, despotic rulers, troubling dreams, treachery, and betrayal, the "handwriting on the wall," and much more. Ultimately it is a story of steadfast faith and the absolute sovereignty of God. We will meet in the lounge for six consecutive Tuesday evenings. The study is participatory

and includes readings and questions for discussion, biblical and historic context, and relevance to our current day. There is no homework or preparation required. Just come with a bible in whatever translation and format you prefer. All are welcome and please bring a friend. The study will be led by David Preusch ([dpreusch@yahoo.com](mailto:dpreusch@yahoo.com)).



### Peace & Prayer: Mid-Week Time of Devotion - Zoom

Wednesdays 11:30-11:45am - Judy Lang hosts a brief time of devotion and prayer via Zoom. This will be an opportunity to spend about 15 minutes centering ourselves in reflective thought and prayer. The link for this mid-week centering time can be accessed by clicking here: [Peace & Prayer Midweek Time of Devotion](#) OR Dial in: (646)-876-9923, Meeting ID: 366 149 7977, Password: 35#.



### Word & Coffee 9-10:00am - Zoom

Pastor David leads this study on the book Genesis. Come and learn how it all began as we discuss these first stories of God interacting with the created world. Each week we will open in prayer, read the passage, and discuss what we have learned/questioned during our reading and reflection. All are welcome, and you may drop in (via Zoom) any week. If you would like to attend, please email Pastor David [pastordavidnumc@snet.net](mailto:pastordavidnumc@snet.net). NOTE: a recorded video version will also be available upon request for those who cannot attend the live session.

## Memorial Service

A memorial service for **Henry E.S. (Hank) Owen**, who died on January 27<sup>th</sup>, 2021, will be held on Saturday, July 9<sup>th</sup> at 11am at Nichols UMC. It will also be livestreamed on Zoom. A reception will follow in fellowship hall.



Hello Sunday School Families, happy 4th of July everyone! This month we have a 4-week series from the Old Testament on Elisha entitled "Up in the Air". We learn about so many incredible humans, past and present who have changed the world using their influence, their voice, their dreams, and their passion. In "Up in the Air", the kids will learn through the stories of Elisha that we can dream big with God, have faith in God, count on God's promises, ask God for what we need and be used by God. The sky isn't the limit anymore.... not with God's promises at work in our lives. *"Set your minds on things above, not on earthly things."* Colossians 3:2 \*Please note: Sunday school will not be meeting July 3<sup>rd</sup> or for the month of August but will be back in September! Please check your emails for the July lesson outline and all other announcements. ~Blessings Debbie Redin

## NUMC Youth Group



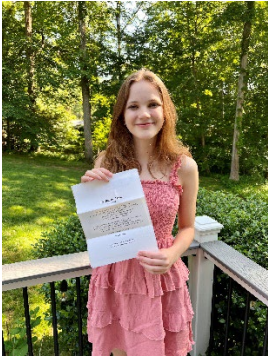
AHHH SUMMER! My most favorite time of the year. A time to slow down and refresh your mind, body and soul. Thank you, Lord, for the summer season. In June we had a gathering at the Gerard home, went to a concert, and had lunch together. June is such a busy month for so many that we are thankful for any time we get to spend together. I will keep you updated about summer gatherings through email and texts. If you would like to be included in the communications, PLEASE, let me know. My e-mail and cell phone number are below. If you have a child in 6<sup>th</sup> grade through 12<sup>th</sup> grade, I would love to include you in my updates. Our summer gatherings are always so much fun and it is the perfect time to introduce kids to youth group.

On Friday, July 8<sup>th</sup>, "Unspoken" will be playing at Black Rock Church in Fairfield. Tickets are \$25. "Unspoken" was my very first Christian concert and they remain one of my favorite Christian bands. If you are available, please consider going. Buy tickets at the following link, you won't be disappointed <https://event.attendstar.com/event/show/the-community-coffeehouse-presents-unspoken/>. On Saturday, July 23<sup>rd</sup>, we are working with Habitat for Humanity. If you are 16 or older, please consider volunteering with us. We are also slated for Saturday, September 24<sup>th</sup>. Sign up at this link for either or both days <http://umc.habitatcfc.volunteerhub.com/>. Also, if you haven't heard yet, "Hillsong United" and Kari Jobe will be performing at the Bridgeport Amphitheatre on Tuesday, July 26<sup>th</sup>. Kari Jobe wrote The Blessing, which was a very popular song during COVID. Get your tickets here: <https://www.ticketmaster.com/hillsong-united-tickets/artist/1120451>. Enjoy every moment of your summer. Safe travels to those traveling. To all my college bound young adults—go be great! ... *Be strong and courageous, do not be afraid, do not be discouraged, for the Lord will be with you wherever you go.* Joshua 1:9 Have fun shopping for your dorms, meeting new friends, and making your own decisions. Remember, I am only a phone call away. You will be missed at youth group and we look forward to your visits when you are home during your breaks.

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*Chrissy Ferrante, Youth Director ~ 203.558.7848 ~ [chrissy842001@comcast.net](mailto:chrissy842001@comcast.net)*

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## Congratulations Peter C. Bliedorn Memorial Award Recipients

### *Sarah Greene & Madison Mascola*

The Peter C. Bliedorn Award was established in 1988 in memory of Peter who was an active Nichols Youth Fellowship member who died just prior to his 27<sup>th</sup> birthday. The award honors the graduating seniors from Nichols Senior Youth Fellowship who meet the following criteria: 1) Citizenship and involvement in the community; 2) Contribution to Nichols Youth Fellowship; 3)



Extracurricular Activities. We are excited to honor Christian in continuance of faithfulness inside and outside the church.

## Congratulations Sarah Koury Scholarship Recipient *Lauren Walsh*



The NUMC Sarah Koury Scholarship was established to honor the life of one of our special youth group members. Sarah Cynthia Koury was an active member of the NUMC Youth Group and demonstrated her great faith everywhere she went. She was a beautiful person - both inside and out - with a heart for God. She had a great passion for life, music (played loudly), ethnic food, cupcakes, clovers and traveling. After a ruptured splenic artery aneurysm, Sarah died suddenly at the age of 19. Sarah believed that people die twice: once when they take their last breath, and a second time, later, when their name is spoken for the last time. It was Sarah's desire to "make an impact on the world to leave behind a legacy" so that she would not be forgotten, but she died too soon. This Scholarship was created to honor Sarah Koury's life, her memory, and her faithfulness. The NUMC Sarah Koury Scholarship will be an annual award given to an individual graduating senior who is a member of NUMC and stands out as an

active member of the NUMC Youth Group, as determined by the Youth Minister and/or Pastor of NUMC. The first award was presented this June at the NUMC Celebration Sunday. The Scholarship Fund will be supported by contributions to the Scholarship Fund, as well as contributions by her parents Mace & Marcy Koury, to ensure that the fund will have sufficient resources to support the scholarship award. The Scholarship Fund will be managed by the NUMC Trustees and invested along with the other NUMC Endowment Funds to provide continued growth in the balance.

## Our 2022 Graduates (Information Received)

### HIGH SCHOOL

*Finn Hall* graduated from Trumbull High School and will be attending the University of Utah in the fall.

*Madison Mascola* graduated from Trumbull High School and will be attending Siena College majoring in education in the fall.

*Bridget Maren Rakoczy* graduated from Trumbull High School and the Agriscience & Biotechnology Center. She was awarded the FFA Star Award and the Sheep Production Award at Agriscience. She will be attending the College of St. Rose in Albany, NY with a major in Forensic Psychology.

### COLLEGE

*Dylan Koury* graduated from William & Mary with a MSBA (Master of Science Business Analytics). He will be working for Celonis in Raleigh, NC.



## Congratulations to Our 2022 Confirmation Class

*From left to right:*



**JANE AVERY HALL**, daughter of Ian & Carrie Hall of Trumbull. Jane is a 9<sup>th</sup> grade student at Trumbull High School. Her mentor was Gail Sawicki. She joins her parents, brother Finn and sister Grace as a member of our Nichols Church Family.

**RYAN JANIK**, son of Tom & Ellen Janik of Shelton. Ryan is a 9<sup>th</sup> grade student at Shelton High School. His mentor is John Pfohl. He joins his mother and brothers, Tom, Tyler and Matthew as a member of our Nichols Church Family.

**MATTHEW GREENE**, son of Chris & Heather Greene of Trumbull. Matthew is an 8<sup>th</sup> grade student at Hillcrest Middle School. His mentor is Marc Mascola. He joins parents and

sisters, Sarah & Jillian as a member of our Nichols Church Family.

## **School Supply Drive - July 10<sup>th</sup> thru August 7<sup>th</sup>**



Each year Nichols Church takes part in a backpack and school supply drive for children in the Covenant to Care program. This year's drive will run from Sunday, July 10<sup>th</sup> through Sunday, August 7<sup>th</sup>. A box will be placed in the hallway to Fellowship Hall for your donations of school supplies and backpacks. Our goal is to donate 30 backpacks, each full of supplies. If you are unable to shop for them but would like to donate, checks should be made out to NUMC with

Covenant to Care in the notation. Debbie Redin would be happy to do the shopping for you. Providing backpacks and school supplies is especially important because children who must be removed from their home are often required to attend a new school as part of a placement process and have an increased need to feel like they belong, creating the need for backpacks and school supplies throughout the school year. For those new to the church or unfamiliar with Covenant to Care, it is an organization that channels the generosity of caring and faithful people to advocate for and provide direct assistance to Connecticut's children who are neglected, abused and/or impoverished. I am proud to say that NUMC has been partnered with Covenant to Care for about 20 years and has provided backpacks, Thanksgiving food baskets and Christmas gifts for children for all of those years. Thank you for your continued generosity to this Program. If you have any questions, please contact Debbie Redin at [203-375-1129/debtea123@aol.com](mailto:203-375-1129/debtea123@aol.com).

### Shopping List:

- ✓ Small packets of tissues
- ✓ Crayola colored pencils
- ✓ Crayola crayons
- ✓ Crayola markers
- ✓ Erasers
- ✓ Glue sticks
- ✓ Scissors
- ✓ Pencil bag
- ✓ Clip on small hand sanitizer
- ✓ Red, blue & black pens
- ✓ #2 pencils



- ✓ Pencil sharpener
- ✓ Loose leaf notebook paper
- ✓ Three ring binder
- ✓ Journals or composition notebook
- ✓ Colorful file folders-single subject
- ✓ Drawing pad
- ✓ Spiral notebooks
- ✓ Rulers
- ✓ Highlighters
- ✓ Backpack



Summer is finally here. We hope everyone will have some time to rest and rejuvenate themselves over the summer. Exercise is an important part of staying healthy. It is so important to make the time to rest and play after the restrictions of the Pandemic are easing. Be safe and always use sunscreen!

**BP Screening: Resumes on the 2<sup>nd</sup> Sunday after the 10am service**

**Grief Support Group: Please contact the church office if you are interest in resuming the group**

### **July-August 2022 Health Tip - Five Signs of Immune System Weakness**

**Frequent Colds:** According to the CDC, even with an intact immune system, you are likely to catch two to three colds per year. Symptoms include sneezing, coughing, runny or stuffy nose, sore throat, or fever. Usually, you'll recover within 7 to 10 days. But if you have colds more often or your symptoms last longer, your immune system may be struggling to keep up. Stress-related immune system weakness can cause frequent colds. Stress makes your immune cells weak and reduces their ability to fight infections like the common cold.

**Frequent Infections:** If you have severe infections more often, you need to boost your immune system. Frequent infections with symptoms like high fever, chills, or weakness are a sign of a weak immune system. Also, if your symptoms persist and you need many antibiotic treatments in just one year, you could have immune system weakness. The following signs indicate immune system weakness in adults: Getting more than four ear infections in one year, getting pneumonia twice a year, having chronic sinusitis, or blocked sinuses, having bacterial sinusitis more than three times a year, needing more than two antibiotic treatment courses in one year.

**Digestive Problems:** Constant digestive problems like diarrhea, constipation, or gas can be a sign of immune system weakness. Studies have suggested that approximately 70% of your immune system lives in your digestive tract in the form of gut bacteria. The gut has beneficial bacteria that help your immune system protect your body from infections. Low levels of gut bacteria can cause infections and inflammation, resulting in digestive problems. This can also turn your immune system against your own cells and cause autoimmune diseases like celiac disease.

**Slow Healing Wounds:** If you get a wound such as a burn or cut, your immune cells quickly reach the wound site to protect it. Your immune system plays an important role in closing the wound and preventing infection. The immune cells also send signals to each other to heal the wound and repair your damaged skin.

When you have immune system weakness, your immune cells are slow and can't repair the wound easily. Slow-healing wounds can result in persistent infection, sepsis, and, in severe cases, amputation.

Chronic conditions like type-2 diabetes can weaken the immune system, prevent wound healing, and increase the risk of infection.

**Constant Tiredness and Fatigue:** You're bound to feel tired after an action-packed day or due to lack of sleep. But if you constantly feel tired and exhausted, your immune system may be giving you red flags. Your weakened immune system tries to save energy to fight invaders, leaving less energy for you. This makes you feel fatigued throughout the day. It can happen if you have a weak immunity due to chronic infections or autoimmune diseases.

If you have any of the warning signs of immune system weakness, you need to strengthen your immunity. The following steps can help you boost your immunity and prevent immune system weakness: **Eat nutrient-rich food, maintain a balanced diet, get enough sleep, exercise regularly, maintain a healthy weight, wash your hands regularly to minimize exposure to germs, avoid smoking, reduce your stress levels, and improve your gut bacteria.** Your immune system is the key to your health. Make sure you protect it so that it can defend your body against invaders.

From MedicineNet online June 8, 2022 Reviewed By: [Poonam Sachdev, MD](#) Reviewed on 4/26/2022

**"God is our protection and our strength. He always helps in times of trouble." Psalm 46:1**  
God Bless You All! Your Parish Nurses



July 1 Avery Godsill  
July 1 Quinn Mellinger  
July 2 Norman Graham  
July 4 Shari Ouellette  
July 5 Jeffrey Coe  
July 5 June Hoyt  
July 5 Michele Lefer  
July 5 Debbie Stinchcomb  
July 6 Frank Sawicki  
July 6 Jen Shay  
July 7 Timothy D. Carew  
July 7 Brady Newell  
July 7 Marcie Rockwell  
July 8 Dominic Ferrante  
July 8 Rick Perachio  
July 9 Spencer Biebel  
July 9 Brooke DiVasto  
July 10 Kristina Edvardsen  
July 10 Amy Gaulin  
July 10 John J. Polo  
July 10 Finn Prenty  
July 10 Dave Preusch  
July 10 Tim Sanford  
July 12 Dee Blewett  
July 13 Jonathan Graham  
July 13 Ava Liptak  
July 14 Gionni Barone  
July 14 Nan Swan  
July 16 Susan A. Pfannkuch  
July 18 Shannon Dery  
July 18 Sara Lage

July 18 Paige Palmero  
July 18 David Piscatelli  
July 18 Catherine Y. Standley  
July 19 Barbara B. Amsden  
July 19 Steven Bozek  
July 19 Eric Pedersen  
July 19 Carol Piccirillo  
July 20 Caroline Schadlich  
July 21 Joyce Rehling  
July 21 Karl Schiff  
July 22 Nicholas DiTullio  
July 22 John Edvardsen  
July 22 Jake Sippel  
July 23 Cynthia Dolyak  
July 24 Emily Miller  
July 25 Kimberly DiTullio  
July 25 Michael Edvardsen  
July 25 Hjalmar S. Norell  
July 26 Orest Motyl  
July 26 Dick Steigler  
July 27 Kenneth W. Biebel  
July 27 Andrew N. Busch  
July 27 Kayleigh Healey  
July 27 Kelsey Owen  
July 28 Mike O'Malley  
July 28 Preston Ouellette  
July 28 Roland Redin  
July 28 Sandy Steigler  
July 30 Fiona Bryson  
July 30 David Meier  
July 30 Truman Terrell



August 1 Andrew Carey  
August 1 Nicholas Carey  
August 1 Jody Gunsolley  
August 1 Sarah Mellinger  
August 1 Hope E. Tarbox  
August 3 Wesley Hansen  
August 3 Zachary Hansen  
August 3 Logan Strohecker  
August 4 Joseph Bart  
August 4 Marilyn Faber  
August 4 Marilyn Lang  
August 5 Adeline Kim  
August 5 Rhonda Palmero  
August 5 Debra Redin  
August 5 Jack Toth III  
August 8 Michael DelVecchio  
August 8 Wyatt Meier  
August 9 Kelly Kent  
August 9 Ted Wilmot  
August 10 Lindsay Lefer  
August 10 Jessie Sikora  
August 10 Avery Toth  
August 11 Greg Chase  
August 11 Kristin Mascola  
August 12 Rob Carey  
August 12 Christine Day  
August 13 Allison Corless  
August 13 Sally A. Nestor  
August 13 Kyle Packnick  
August 13 Brett Sanford  
August 14 Gabriel Quinn  
August 14 Wayne Saunders  
August 14 Melissa Stagnetta  
August 15 Linda Eastwood  
August 15 Rene Hanson

August 15 Jack O'Leary  
August 16 Chris Brady  
August 16 Michelle Faber  
August 16 Joe Gargiulo  
August 16 Lorraine Schif  
August 17 Jane Bart  
August 17 Courtney Forde  
August 17 Alexandra Hyland  
August 17 Paul Shafer  
August 18 Marjorie Goss  
August 18 Wade Shafer  
August 19 Thomas Ebersold  
August 19 Blake LaPietra  
August 19 Rochelle Stoni  
August 20 Gavin Dery  
August 20 Peg DeSanty  
August 21 Sean Collison  
August 21 Paula Davidson  
August 21 Anna McGregor  
August 21 Alison Packnick  
August 21 Chris Pedersen  
August 22 Alyson Ferrante  
August 22 Phyllis E. Grafton  
August 22 Kenneth Walsh  
August 23 Claudia Pond  
August 24 Hazelanne G. Reid  
August 24 MacKenzie Terrell  
August 25 Michael Bibens  
August 26 Bambi Clark  
August 26 John N. Moore  
August 27 Taylor Carey  
August 29 Peter Carley  
August 29 Donna Girot  
August 30 Peter Brunone  
August 30 Jeff McKenzie



## Calendar for July and August 2022

### Weekly Events

**Sundays**      10:00 AM Morning Worship and Church School (Church School July 10-31)  
Nursery care is available  
Communion will be celebrated on July 10<sup>th</sup> and August 7<sup>th</sup>.  
11:00 AM Coffee Hour  
7:00 PM AA



### **Mondays**

**Tuesdays**      5:30 PM AA  
7:00 PM Life of Daniel Study w/David Preusch - Lounge (June 28-Aug 2)

**Wednesdays**    11:30 AM Peace and Prayer with Judy Lang - Zoom  
8:00 PM AA

**Thursdays**      9:00 AM Word & Coffee with Pastor David (July 7<sup>th</sup> thru Aug 25) - Zoom  
10:00 AM AA

### **Fridays**

### **Saturdays**

### Other Events

#### JULY

2 & 4 Building Closed  
9 11:00 AM Memorial Service/Hank Owen  
26 7:00 AM Merton House Sandwiches

#### AUGUST

8 7:00 PM Worship Meeting - Zoom  
10 7:00 PM Trustees Meeting - Zoom  
20 5:00 PM Rivera Wedding  
22 7:00 PM Ad Board Meeting - Zoom  
23 7:00 AM Merton House Sandwiches

### Vacation Schedule

Larry is on vacation July 2, Aug 22 & 23, Carole is on vacation July 5-7 and Aug 4, 11, 18 & 25

**Church Office** - During the summer the church office is open Monday - Wednesday 9:30 AM - 3:30 PM. We suggest calling before coming to the church, except for scheduled meetings or activities.

### Mark your calendar - Upcoming Events

September 7<sup>th</sup> - 6:00 PM Confirmation Meeting

September 11<sup>th</sup> - Rally Day - we return to 3 worship services at 8 AM, 9 AM, and 10 AM, with Nursery Care, Church School, and Confirmation



## **Nichols United Methodist Church**

The Carillon

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Holly Piscatelli, Editor

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### **DEADLINE FOR THE September 2022 ISSUE IS August 12<sup>th</sup>**

The Carillon is published monthly except during July by the Nichols United Methodist Church, 35 Shelton Road, Trumbull, CT 06611. Send address changes to; The Carillon, 35 Shelton Road, Trumbull, CT 06611. Submissions should be emailed to [NUMCCarillon@yahoo.com](mailto:NUMCCarillon@yahoo.com) will be confirmed by the Editor.

**Janus Center for Youth in Crisis** is the July outreach mission. This is a program of the Council of Churches of Greater Bridgeport to assist young people ages 11-17. The program provides intervention services for youth and their families to deescalate the crisis, reunite families, keep the youth in school and out of the juvenile justice system. Social workers have regular office hours in eight public schools in Bridgeport and Stratford, and work with the faculty to identify students in need of intervention. They provide a 24-hour youth in crisis hotline, counseling, and referrals to necessary services. The Janus Center has host families to provide short-term respite care for youth who cannot return home immediately and aren't under state care. The staff consists of two social workers and is supplemented with interns from the social work programs of local universities. Please make checks to NUMC and indicate "Janus Center" on the memo line. Thank you for your support of this great program.