

The Carillon

Nichols UMC

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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, ⁴ constantly praying with joy in every one of my prayers for all of you, ⁵ because of your sharing in the gospel from the first day until now. ⁶ 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 ⁵ because I hear of your love for all the saints and your faith toward the Lord Jesus. ⁶ I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. ⁷ 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.

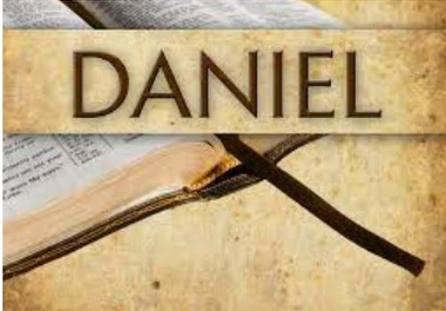
This summer, I invite you to consider what relationships were and are most important to your faith journey. Who helped get you to this place and who nourishes your soul when it needs refreshing? I also invite you to consider how you are supporting others by your prayers, guidance, and example. Your co-workers, 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 28th - August 2nd from 7 - 8:15pm

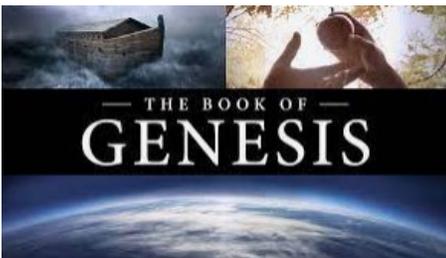
There is much more to the story of Daniel than a den of hungry lions! In the first 6 chapters alone, covering the life of Daniel, there is captivity and deportation, despotic rulers, troubling dreams, treachery, and betrayal, the "handwriting on the wall," and much more. Ultimately it is a story of steadfast 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).



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. 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 27th, 2021, will be held on Saturday, July 9th 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 3rd 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

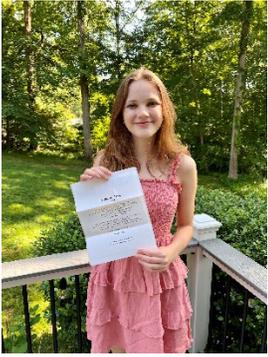
NUMC Youth Group



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 6th grade through 12th 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 8th, "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 23rd, 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 24th. 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 26th. 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.

Chrissy Ferrante, Youth Director ~ 203.558.7848 ~ chrissy842001@comcast.net



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 27th 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 9th 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 9th 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 8th 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 10th thru August 7th



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 10th through Sunday, August 7th. 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.

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 2nd 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 Schif
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 10th and August 7th.
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 7th 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 7th - 6:00 PM Confirmation Meeting

September 11th - 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

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DEADLINE FOR THE September 2022 ISSUE IS August 12th

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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.