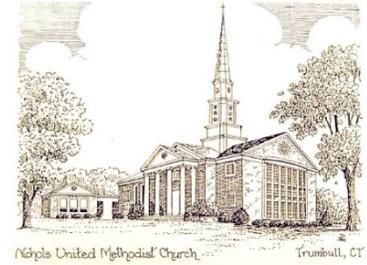


The Carillon

Nichols UMC

Volume Number 45, Issue Number 3

March 2022



Seeing God at Work Today - by Pastor David Piscatelli

NRS Exodus 19:18-20 Now Mount Sinai was wrapped in smoke, because the LORD had descended upon it in fire; the smoke went up like the smoke of a kiln, while the whole mountain shook violently.¹⁹ As the blast of the trumpet grew louder and louder, Moses would speak and God would answer him in thunder.²⁰ When the LORD descended upon Mount Sinai, to the top of the mountain, the LORD summoned Moses to the top of the mountain, and Moses went up.

NRS 1 Kings 18:38-39 Then the fire of the LORD fell and consumed the burnt offering, the wood, the stones, and the dust, and even licked up the water that was in the trench.³⁹ When all the people saw it, they fell on their faces and said, "The LORD indeed is God; the LORD indeed is God."

NRS Luke 6:18-19 They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. ¹⁹ And all in the crowd were trying to touch him, for power came out from him and healed all of them.

The scriptures above describe some very dramatic actions of God. From lighting on Mount Sinai, the fire called down by the prophet Elijah, to the healing done by Jesus; the Bible tells of a very active God whose ability to do great things is highlighted. In addition to these passages, there are numerous stories where God interacts with people to change lives, circumstances, and/or provides support for individuals who are really struggling. But is God still active or are those only Bible stories from ancient times? Does God continue to change lives and circumstances today? I certainly think so. We simply need to pay attention and look for God at work today.

The month of March brings with it the season of Lent. Lent begins on Ash Wednesday, March 2nd and continues for 40 days (excluding Sundays) until Easter. It is an opportunity for each of us to grow in faith and understanding of God and Jesus Christ. It is also a time to consider how we are participating in the work of God's Kingdom to help make Christ visible to the world. Each year, I try find a theme that helps us grow in faith. This year's theme is: *Seeing God at Work Today*. Lent is meant to be a serious time, not a somber time, and each Sunday is an opportunity to celebrate God's loving and forgiving actions in our lives and the world around us. Each week the sermon will invite us to consider where God is at work in our lives today. God is still changing hearts, giving us strength in our difficulties, and transforming lives. God is not less active in the world around us. Perhaps we have simply stopped expecting or noticing the many ways that God does interact with us on a daily basis. Lent is a perfect opportunity to go deeper and reevaluate our understanding of God.

I have seen God do amazing things in my lifetime. God has restored couples who seem to be at an impasse; God has created new relationships out of broken ones; God has helped an addict seek recovery; God has taken a tragic situation and created something new. While not every situation turns out just as we would like, it doesn't mean that we are alone or that God has given up on us. Sometimes the answer to prayer is the strength, comfort, and endurance that God gives us during even the most difficult of time. The God who has done great things in the past continues to do them in our world today. Taking time to notice these not only helps us develop our faith muscles but allows us to witness God at work before our very eyes. Those are the critical moments in our lives. If you need help doing this, take a moment to join us for worship, grab the Lenten Devotional booklets written by other members of Nichols, or spend time looking at the scriptures in a fresh way this Lent. These are opportunities for us to rekindle our faith and build a deeper relationship with Jesus Christ.

During this Lenten season, it is my prayer and hope that each one of us model our lives after the life of Jesus. May we heed the call of Jesus to grow in knowledge, faith, and love of God that allows God to make Himself and His love known to the world today through the actions of His people. May this be a time where we truly see God at work in the world today and take notice.

~Grace & peace, *Pastor David*



Ash Wednesday Worship Service – March 2nd at 7pm

Ash Wednesday emphasizes a dual encounter: we confront our own mortality and confess our sin before God within the community of faith. The use of ashes as a sign of mortality and repentance has a long history in Jewish and Christian worship, and the Imposition of Ashes can be a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. This practice is the historic focus of Ash Wednesday observance and gave the day its name. Join us for this reflective time of worship and receiving of Ashes to kick off our Lenten season. Due to the nature of the service (the imposition of ashes) this service will only be available in person.

2022 Lenten Sermon Series – Seeing God at Work Today

- March 6th – God Works in our Heart
- March 13th – God’s Faithfulness Through Promises
- March 20th – God Gives Strength in Difficulty
- March 27th – God Transforms our Lives
- April 3rd – God Works Through Us
- April 10th – Palm Sunday: God Works on the Cross



Also, Lenten devotional booklets are available on the table at the back of the sanctuary and in a Rubbermaid bin outside the sanctuary door in the circular driveway.



Daylight Savings Time Begins Sunday, March 13th

Please remember to set your clocks forward one hour before going to bed. Otherwise, you’ll be late for church!



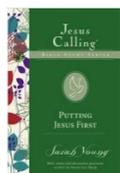
Sunday Bible Study 8:45 - 9:30am on Zoom

This study is taught by David Preusch and focuses on the books of I & II Kings. This story begins with King Solomon and a unified powerful and influential Israel, which slowly unravels and culminates into a divided kingdom. It is relevant for us today as we live in such divisive times. This is an inclusive group study, and no preparation is required, just bring your Bible. The link for this study may be accessed by clicking here: [I & II Kings Study](#) OR Dial in: (646)-568-7788, Meeting ID: 924 8616 1829.



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#.



8 Week Study *Putting Jesus First* –Via Zoom: Tuesday Evenings 7-8pm – OR Thursday Mornings, 9-10am

Pastor David leads a Lenten study *Putting Jesus First*. This study, from the author Sarah Young who wrote *Jesus Calling*, will explore what it means to place Christ first in every part of your life-and rely on Him in the busy times, anxious times, uncertain times, and lonely times.



Hello everyone! Our faith journey continues as we build our relationship with God. For the month of March, we will be doing a 4-week series from the New Testament on Jesus' ministry entitled *Page Turners*. Page turners are those exciting books, the kind you don't want to put down, the kind you would stay up extra late to read. Books are exciting when we find ourselves in the stories and imagine being a part of the adventure. This month we are going to look at some page turning stories of the Bible. Each of the stories has something valuable to teach us about our patient and powerful God who prepares us to fight temptation and celebrates us, the heroes in our own real-life adventures. Please come with your imagination as we travel together to different worlds and explore the greatest book ever, the Bible.

Reminder: Please send your child in with a photo of him or herself to go on our newly created Sunday School Family bulletin board and check your email for our March lesson outline. Thank you and see you in Church School. Blessings ~ *Debbie Redin & Madison Mascola*

NUMC Youth Group

February was an active month for the Youth Group. We went roller skating (and I didn't break anything), went walking on that beautiful 60-degree February day, went bowling, enjoyed some ice cream, and we also participated in Carry the Love with Covenant Church of Easton. We are a small but mighty group that enjoys spending time together and drawing closer to God.

I am excited to let you all know that we will be returning to meeting in the church following our Winter Retreat. A couple kids mentioned trying a different night so let's see what happens and let's see where God is leading this ministry. We will try a Friday night and then a Sunday evening. It is my hope and prayer that everyone will come back and will bring friends. I am open to any and all suggestions that anyone has about future meetings. The March calendar is below:

March 5th - Ice skating at Milford Ice - Meet at church at 12:30pm and pickup is at 3pm

March 11th - 13th Winter Retreat "God Has a Plan for You"

March 18th - NUMC 7-9pm

March 27th - NUMC 4-5:30pm

Please pray for our youth and leaders that are going on the Winter Retreat. Pray for an awakening in our hearts and minds. Pray that God will draw near to them, and lives will be changed. Pray that we will encounter God in a fresh way and form new friendships.

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



NUMC Body and Soul Yoga Tuesdays 7:30-8:45pm in Fellowship Hall

\$12 drop-in fee OR save \$2 a class by signing up for an 8-week series. The next full series starts March 10th but no need to wait, come on in. All ability levels are welcome.

Laurie Trupp - Instructor

Please call or email Laurie for more information, 203-209-9679 or laurietrupp@yahoo.com.



While Nichols UMC selects a specific outreach ministry to support each month, some Sundays are designated to support ministries of the greater United Methodist Church. This month is the United Methodist Committee on Relief (UMCOR). Through UMCOR we can make a difference in the lives of communities and individuals whose lives have been upset by storms, wars, fires, displacement and climate change. We support the operating activities and administrative costs of this worldwide relief agency through this offering. This enables UMCOR to ensure that 100% of every designated gift goes directly to those in need. UMCOR responds to U.S. and international disasters,

addresses diseases and poverty, assists refugees and immigrants, provides clean water and works to reduce hunger. UMCOR would be unable to do this work without your support. From training Conference Disaster Coordinators and Early Response Teams to keeping the office lights on, the UMCOR Sunday special offering equips the organization to respond quickly to disasters. To see videos and testimonies of how this has transformed lives, go the UMC Giving website (www.umcsgiving.org) and look for UMCOR. Please give generously. Checks may be made payable to NUMC and should indicate "UMCOR Sunday" in the memo. Thank you.

NUMC Mission Giving 2020-2021		
	2020	2021
MONTHLY MISSION OUTREACH OFFERINGS		
January - ASP church offerings	\$1,705	\$0
February-Habitat for Humanity (offering , 2 bake sales, & pies)	\$1,210	
February-Habitat for Humanity (offering)		\$575
March- One Great Hour of Sharing/UMCOR Sunday	\$296	\$710
April- Crop	\$1,050	\$215
May - Project Learn	\$1,025	\$380
June- Henderson Settlement	\$155	\$275
July - Janus House	\$120	\$250
September - PET (Personal Energy Transportation)	\$310	\$285
October - World Communion Sunday	\$175	\$200
November - Honduras School Loan Project	\$1,630	\$1,518
December - Bridgeport Rescue Mission	\$3,130	\$830
Total - Monthly Offerings	\$10,806	\$5,238
Service budget	\$8,000	\$8,000
UMW Budget to Mission Projects	\$8,380	\$9,613
Youth with a Purpose Summerfield UMC	\$1,386	
Covenant to Care		
- Back packs (2020-0) (2021-40)		\$3,800
- 36 Thanksgiving baskets/with \$25 gift certificates	\$2,700	
- 34 Thanksgiving baskets/with \$20 or \$25 gift certificates		\$2,720
- Christmas gifts (2020-58 people, 2021-80 people)	\$3,866	\$4,900
Total Covenant to Care	\$6,566	\$11,420
Total NUMC Mission Giving	\$35,138	\$34,271

NUMW Hygiene Health Kits

The United Methodist Women invite the congregation to join us in our latest mission project. We will be shopping and creating Hygiene Health Kits for UMCOR (United Methodist Committee on Relief). These kits provide basic necessities to people who have been forced to leave their homes because of human conflicts or natural disasters here in the U.S. and internationally. It is our hope to make 100 health kits and have them ready for delivery by mid-May. The cost is approx. \$12 each. If you would like to participate in this worthy cause, please mail your check, payable to NUMW with Health Kit in the memo, to NUMC 35 Shelton Rd, Trumbull, CT. We appreciate any and all donations. For more information, please contact Phyllis Grafton (203-386-8973) or Debbie Redin (203-375-1129). Thank you for your generosity and ongoing support.



We hope all of you are caring for yourselves, staying safe, and finding ways to eat healthy and exercise regularly. We will continue the following schedule:

BP Screening: On Hold

Grief Support Group: On Hold

MARCH HEALTH TIP

How to Keep Your Immune System Healthy

Eat Right Academy of Nutrition and Dietetics Contributors: Esther Ellis, MS, RDN, LDN Published January 21, 2022

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

Immune-Supporting Nutrients: The following nutrients play a role in the immune system and can be found in a variety of foods:

Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.

Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

Probiotics are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt with live cultures and may also be in other fermented foods such as kimchi.

Protein comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management. Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

The nutrients listed here are found naturally in foods. Always check with your doctor before beginning any over the counter supplements. Some supplements can interact with medication.

“Father, thank you for your truth. Help us to see what is important, what is eternal, and what is lasting...”

~Max Lucado

God Bless You All! Your Parish Nurses



March Birthdays

March 1 Jean E. Haven
March 1 Margaret O'Malley
March 1 Ellie Smith
March 1 Timothy Storck
March 2 Donna Sanford
March 4 Alexander Nestor
March 5 Norma L. Overhiser
March 6 Maryna Barone
March 7 Natalie Ferrante
March 9 Shane Hyland
March 9 Clare Raccuia
March 9 Isabelle Saunders
March 9 Kenneth Schif
March 9 Linda Wechter
March 11 Erika Koury
March 12 Peter Clark
March 12 Doug Owen
March 13 Jennifer Clark
March 14 Natalie Biebel
March 14 Bill Faber
March 14 Madeline Nigro
March 14 Gabrielle Rodia
March 14 Nina Telep
March 15 Stacy Coffin
March 15 Erin Hellthaler
March 16 Jean W. McGrath

March 17 David J. Baccaro
March 17 Dawn Walsh
March 18 Dennis Hrbek
March 18 Anne H. Keane
March 19 Laurel Gray
March 19 Paul Lang
March 19 Martha Otfinoski
March 21 Amelia Audette
March 21 Jack Berkowitz
March 21 Will Eighmy
March 21 Matthew Janik
March 23 Judy Doyle
March 24 Victoria Pfohl
March 25 Brianna Lackowski
March 25 Donna Monks
March 26 Mary Wilson
March 27 Jody A. Cologgi
March 27 Scott Pfannkuch
March 27 Liz Rehbock
March 27 Thomas Schadlich
March 28 Megan Anderson
March 28 Ann M. Hansen
March 29 Diane Perachio
March 31 George Dunn
March 31 Will Gunsolley
March 31 Kathryn M. Schwarz

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 MDO 2 - 9:30-1:30 Tue, - Fri MDO 3 9:15-1:45 Tue & Fri	1	2	3	4	5
8:45 AM Bible Study - Zoom 9 AM Confirmation Class 10 AM Worship w/ nursery care & church school 5 PM Sea Scouts 7 PM ASP Mtg 7 PM AA	6 PM Cub Scouts 7 PM Staff Parish Relations Mtg - Zoom	9:30 AM Memoir Writing 5:30 PM AA 6:30 PM Bells 7:00 PM Lenten Study - Zoom 7:30-8:45 PM Christian Yoga	Ash Wednesday 9:45 AM UMW Ex. Bd. Mtg. 11:30 AM Peace & Prayer w/Judy - Zoom 7 PM Worship 7 PM Boy Scouts 8 PM AA	9 AM Lenten Study- Zoom 10 AM AA 6:30 PM Choir Rehearsal 7-10 PM Footsteps		8:30 AM Covenant Discipleship @ Lang's home
6	7	8	9	10	11	12
8:45 AM Bible Study - Zoom 9 AM Confirmation Class 10 AM Worship w/ nursery care & church school 5 PM Sea Scouts 7 PM ASP Mtg 7 PM AA	6 PM Cub Scouts 7 PM Staff Parish Relations Mtg - Zoom	5:30 PM AA 6:30 PM Bells 7:00 PM Lenten Study - Zoom 7:30-8:45 PM Christian Yoga	10:45 AM UMW Program 11:30 AM Peace & Prayer w/Judy - Zoom 7 PM Trustees Mtg - Zoom 7 PM Boy Scouts 8 PM AA	9 AM Lenten Study- Zoom 10 AM AA 6:30 PM Choir Rehearsal 7-10 PM Footsteps		8:30 AM Covenant Discipleship @ Lang's home
Daylight Savings Time Spring Ahead 13	14	15	16	17	18	19
8:45 AM Bible Study - Zoom 9 AM Confirmation Class 10 AM Worship w/ nursery care & church school 5 PM Sea Scouts	6 PM Cub Scouts 7 PM Council on Ministries Mtg - Zoom	9:30 AM Memoir Writing 5:30 PM AA 6:30 PM Bells 7:00 PM Lenten Study - Zoom 7:30-8:45 PM Christian Yoga	11:30 AM Peace & Prayer w/Judy - Zoom 7 PM Boy Scouts 7 PM ASP Adv Bd 8 PM AA	St. Patrick's Day 9 AM Lenten Study- Zoom 10 AM AA 6:30 PM Choir Rehearsal 7-10 PM Footsteps	7:00 PM Youth Group	8:30 AM Covenant Discipleship @ Lang's home
20	21	22	23	24	25	26
8:45 AM Bible Study - Zoom 10 AM Worship w/ nursery care & church school 5 PM Sea Scouts 7 PM AA 7 PM Boy Scout Committee Mtg.	6 PM Cub Scouts 7 PM Finance Mtg - Zoom	7 AM Merton House Sandwiches 5:30 PM AA 6:30 PM Bells 7:00 PM Lenten Study - Zoom 7:30-8:45 PM Christian Yoga	11:30 AM Peace & Prayer w/Judy - Zoom 7 PM Boy Scouts 8 PM AA	9 AM Lenten Study- Zoom 10 AM AA 6:30 PM Choir Rehearsal 7-10 PM Footsteps		8:30 AM Covenant Discipleship @ Lang's home
27	28	29	30	31	1	2
8:45 AM Bible Study - Zoom 9 AM Confirmation Class 10 AM Worship w/ nursery care & church school 4-5:30 PM Youth Group 5 PM Sea Scouts 7 PM AA	6 PM Cub Scouts 7 PM Administrative Board Mtg - Zoom	5:30 PM AA 6:30 PM Bells 7:00 PM Lenten Study - Zoom 7:30-8:45 PM Christian Yoga	11:30 AM Peace & Prayer w/Judy - Zoom 7 PM Boy Scouts 8 PM AA	9 AM Lenten Study- Zoom 10 AM AA 6:30 PM Choir Rehearsal 7-10 PM Footsteps		
3	4	5	6	7	February 2022 Su Mo Tu We Th Fr Sa 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12	
					April 2022 Su Mo Tu We Th Fr Sa 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	

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Submit articles through

e-mail: numccarillon@yahoo.com

DEADLINE FOR THE April 2022 ISSUE

IS March 12th

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 will be confirmed by the editor.



Nichols UMW February Program – March 9th at 10:30am

Nichols United Methodist Women cordially invites all men and women to our program in Fellowship Hall featuring our guest speaker Lt. James Perez from the Fairfield Police Department. Lt. Perez will be addressing “New Issues for the Police Dept.: Workplace, Malls and Mental Illness”. He will share the changes to the police department and also ways to keep us safe. You’ll want to hear all about it. We will gather at 10:15am for a 10:30am program. If you are not already on our calling list, you may make reservations by calling June Hoyt (475-319-2656) or Jan Moore (203-375-4636). All are welcome and encouraged to attend. (*Face masks are required.*)

Executive Board Meeting: Wednesday March 2nd at 9:45am, gather in the Lounge. The meeting will start promptly at 10am.



Frozen Unbaked Pies Available

Blueberry and peach pies \$14 each. Also, a limited number of apple pies \$12 each. Call Phyllis Grafton (203-386-8973) to order.