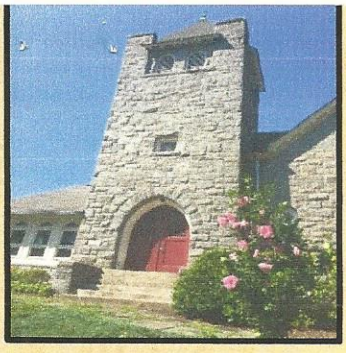


November 2017

The CRIER

The Trumbull Congregational Church
3115 Reservoir Avenue
Trumbull, CT 06611
Phone: 203.268.2433
www.TrumbullCC.org

Notes from Pastor Tim.....

For there to be peace in this world there must be peace within the people of this world. We cannot lament the unpeace around us while ignoring the unpeace within us because an unpeaceful people have no way of building an enduring peace. They do not know enough about how peace works.

All of this is to say that we have some internal work to do. Thankfully, my daughter has written a meditation for us to use. Actually, she wrote it for her yoga class, but it will work for us too. She calls it, *The Peaceful World.* (I love how she signs it, *Love, Lucy.)*

Imagine yourself on a beach. It can be a beach that you know or one that you create in your own imagination. Feel the hot sand beneath your feet, the wind across your face, maybe there's a jetty off to one side. Notice that you hear the sound of the waves. They can be big waves or small waves.

Take a deep breath as you realize that your arms are holding all of your worries and fears. They can be worries about school or family - notice the weight of those worries. See the clear water in the shallow part just in front of your feet, and in the deep part you see a darker blue and green.

Notice your arms burning as you carry your worries and fears, but something is calling you. A force calls you to the water. You feel the waves crashing against your feet and then your calves. You take three more steps into the cold refreshing ocean. You feel the waves crashing to your waist and around your ribcage-cold water against your skin. Notice your arms getting heavier and heavier as you try to hold up your innermost anxieties and fears.

You realize you don't want to hold them up anymore - your arms are tired and feel weak. The ocean calls you deeper - suddenly as your arms are supported, you realize that the waves have taken away some of the weight from your arms – the water holds up the burdens of your worries and fears.

You take a few more steps and turn around to face the bright shore. You allow yourself to fall backwards into the ocean and feel it support your body while also carrying away your fears and worries and anxieties on its currents. Your body rises and falls, rises and falls with each incoming wave. You allow yourself to be lulled and completely relaxed and supported in the ocean while your worries and fears and anxieties drift farther and farther away.

You watch the clouds, great big puffy white clouds, slowly change shape and drift across the sky. You feel energized and strengthened and ready to make your way back to the shore. Your feet are anchored in the soft silky sand. You make your way- one step at a time - back to the warmth of the dry sand on the beach.
You feel ready to conquer anything!
Go be the good in the world!

Love,
Lucy...

Peace,

Tim

Pastor Tim

"7 to Sup"

Our new program of monthly dinner gatherings is in full swing with 4 groups of folks who will share a meal and fellowship three times through December. After December's meal we'll rearrange our participants into new groups and hopefully add more participants! We would love for you to be a part of the next series of 3 dinners. Or, if you would like to be added to our current roster of participants as a "substitute" in case someone isn't available to attend their gathering, please contact Diane McLevy at mclevyd@gmail.com. Join the fun!

Calling all Youth Groupers: We're Planning to do "Nightwatch" on Nov. 17:

Nightwatch is an overnight experience at the Cathedral of St. John the Divine in NYC. They run a special program for Jr. & sr. high school students in NY and neighboring towns. The program includes mixer activities, a labyrinth walk, and an organ concert among other things. The cost is $90 per participant, and we're looking for youths and adults who will join us. Please contact Pastor Tim ASAP if you are interested or have any questions. Financial assistance is available.

Mini Retreats

At our first retreat 10 of us gathered at LeAnn Slater's home for food and fellowship followed by a group prayer experience called lectio divina, which means "divine reading." We practiced hearing God through words or brief phrases of scripture, and talking with God about what we heard. We finished with a time of resting in God's presence wherein we could let go of all of our thoughts and learn simply to be embraced by God. Our next mini-retreat will be on November 15 from 1pm-2:30, also at LeAnn's home (24 Windy Ridge.) If you have questions or if you are interested in joining us please contact Pastor Tim at tim.hare@trumbullcc.org.

Music Ministry Notes

Fall Greetings! As always, there is a lot going on in the music ministry here at TCC. First, many thanks to all who participated in our music ministry this past month. We were able to offer a wide diversity of musical styles, from traditional choral anthems, to contemporary Christian rock songs, to jazz, and we had folks of all ages participating! We even had a community choir anthem where the congregation joined in and sang in 3 parts - it sounded beautiful!

This month, there are a lot of ways to bring worship music into your life. Here's what's coming up:

- 11/5 Choir & Communion Sunday: Choir meets to rehearse at 9:15am & 11:15am. Come sing with us!

- 11/12 Soloist Sunday: We will have a special guest with us, mezzo-soprano Allison Waggener. She has been described as having "strength and vocal beauty" and "a fine legato". Ms. Waggener debuted at Carnegie Hall in the New York Lyric Opera Theatre's Opera Gala. Roles include Miss Pooder in Abilene Opera's Texas premiere of *The Hotel Casablanca*; Maya in *Maya's Ark* with the Hartford Opera Theater; Dorabella in *Cosi fan Tutte* with New York Lyric Opera Theatre to name only a few. Ms. Waggener was born in San Francisco and currently resides in Bridgeport. She graduated from Yale with a major in Theater Performance and spent a semester at the Moscow Art Theater School studying acting, movement, acrobatics, and voice. She is also a Gateway Classical Music Society performer.

- 11/19: Contemporary Music Sunday: Our contemporary team will be on hand to lead us in a more "praise & worship" style of singing. This month, we will sing some newer Contemporary Christian songs as well as a couple of uplifting folk hymns from South Africa. Join us!

- 11/26: Community choir & small group Sunday: For folks who want to sing with a choir but in a more casual setting, join us this Sunday! Choir will be leading the singing of traditional hymns and learning some simple, singable melodies to share with the congregation.

- Our featured monthly musical event is the Trumbull Interfaith Committee's interfaith Thanksgiving service on Sunday November 19th: 2pm Rehearsal for those who want to sing with the joint choir, 4pm Service, held at Congregation B'nai Torah. This is always a wonderful way to be in fellowship with our interfaith community, so I urge you to attend!

Happy singing!
Ilana

Youth Group Scoop

Soup Kitchen Night

We had a fun group of youth who met on a Thursday night in October to prepare and serve dinner at the Norma Pfriem Urban Outreach Soup Kitchen in Bridgeport. We worked with other youth groups, made some new friends, and served our neighbors. Thanks to all who participated!

Thanksgiving Service offered by the Trumbull Interfaith Council:

On Sunday November 19th the Thanksgiving Interfaith Service will be held at 4pm at the Congregation B'Nai Torah, 5700 Main Street, Trumbull.
It is a wonderful opportunity for us to come together as a diverse community of greatful neighbors to express our thanks to God for all our blessings. Choir members are encouraged to be a part of the community choir. This community choir will rehearse at Congregational B'nai Torah on Sunday, Nov. 19 at 2pm. just before Sunday's service. Each singer is encouraged to bring a choir robe (optional). Refreshments will be available for all in our Social Hall following the service.

Happy Birthday &
Happy Anniversary
To all our members and friends
Celebrating in November!!

The monthly Ladies Luncheon will be held on **Wednesday November 8th from 11:30-1:30.**
There will be coffee served - please bring your lunch and come and Enjoy with us!!!

The monthly Men's Luncheon will be held on **Thursday November16th at 12:00pm.** Lunch and coffee will be served. Please contact Herb Gratrix with questions. We look forward to seeing you!!

Sunday School Scoop

Join us on November 5th for
Children's Church!

Let's sing and dance!

Let's make an awesome
Thanksgiving Craft!

See you then...

Bring a Friend!

November 12th
Bring Your Favorite Stuffed Animal
To Sunday School!

They are all invited!

Mark your Calendar, and See you Soon!

In Response to the Recent Bell Article...

It was a Tuesday in 1983 in Woodbury, CT. My best friend, Lauren and I had just asked my mom and dad, pastors of the United Methodist Church in town, if we could please ring the bell in the old balcony, just to see if we had the strength. They both agreed, and up, up we went, ascending the creaky stairs and hoping we didn't fall right through the crooked floor at the top. To our great surprise, we found enough strength with the two of us together, and we were able to get that big bell ringing. And boy, did we ring it! Once we realized our own power, we rang that bell for probably five full minutes. We rang it until we heard the police arrive, and then we ran down, down the creaky stairs and hid under a church pew. Lauren and I listened, as my dad explained to the concerned officer that there was no real town emergency on a random Tuesday afternoon. Just a couple of little girls hoping that together, they were heavy enough to pull the old bell rope and make some music.

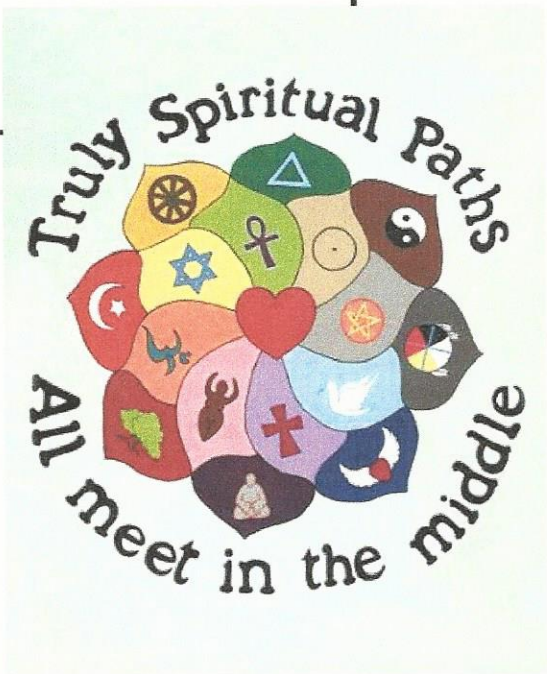
Flash forward to the summer of 2017. The old church bell at Trumbull Congregational Church sits still in the majestic tower waiting for a couple of eager Sunday School children to test out their skills! Excitedly, we make our way up the creaky steps and into the bell tower. "Wow! We've never been all the way up here before!" The chatter encircles us as we make our way up, up and into the sky of the church. Pastor Tim explains that there are two ways to make this particular bell sing. There is a smaller rope that operates a clanger that is outside of the bell, hitting it like a mallet. Then, there is another, heftier rope that, when pulled with enough force, turns the gears and makes the bell itself start to move back and forth until it finally rings out. The kids head straight for the bigger rope. They all take turns tugging on it until they are literally lifted right off the floor, flying into the air and shrieking with delight and surprise. There is a sign-up sheet, and one by one, the new bell-ringers line up, cheerfully arguing over who will be the first one to take charge of the task for the upcoming Sunday.

The bell of the Trumbull Congregational Church, Trumbull's oldest church building, will now toll every single Sunday morning at 10:00 sharp thanks to the strength and the spirit of the Sunday School kids. Listen for it. It's a steady signal that some things in life are still predictable. It's a sign that even the simplest activities are often the most exciting and meaningful, especially activities that are unplugged and found in unexpected places. Perhaps it's an invitation. An invitation back in time, an invitation forward in time. Listen for the ringing. Listen for the bells.

A special THANK YOU to all of our bell-ringers so far this year! If you are in middle school and would like to participate, please see Pastor Tim or Miss Tara.

Moms in the Middle

Reverend Caroly Gibson invites mothers who are ages 40-60 to a spiritual discussion of Motherhood in Midlife.

THESE YEARS PRESENT CHALLENGES AND ALSO OPPORTUNITIES. A TIME WHEN WE CAN LOOK BACKWARD AND FORWARD WITH EQUAL VISION...A TIME TO LEARN AND UNLEARN, AS WE EMBRACE THE RICHNESS OF A MATURING FAITH.

When?	Monday, November 13 Monday, November 20 7:30-9:00 p.m.
Where?	The Gibson Home 145 Hilltop Circle Trumbull, CT
RSVP:	(203) 380-1260 cgibsonumc@peoplepc.com