



The Church Mouse

The Reverend Nada Sellers, Pastor

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January 2022 Newsletter

www.RockyHillucc.org

Sunday Worship Services – 10:00 a.m.

Epiphany Pageant and Diaper Drive

Plan to join us as for a fun intergenerational worship service where we will tell the story of Jesus' birth. Once again we will be partnering with Outreach and Witness in a diaper drive as part of this service.



Diaper Drive

Celebrate Epiphany

Sunday, January 9, 2022

All sizes needed

Please bring diapers to

Sunday Worship!

Need alternate drop off?

Please contact

Valerie Triblets

860-205-5209

Or

Sue Chatfield

860-595-6639

Siblings in Christ and friends near and far, it’s a new year and a new day!

As I write this, we are heading with haste to greet the New Year of 2022. So much has already been said and written and parsed to within a hair’s width of banality that I promise not to go there with this essay!

Instead, in light of this difficult yet auspicious time, when the calendar shifts to a new set of 12 months and the Christian church’s calendar turns toward to renewed exploration of Jesus’ early ministry, what are some of the things which we, the community at Rocky Hill church might ponder?

I’m stuck by how easily many of us think this is the best time to make “New Year’s resolutions.” Writing in an article about this, registered dietician Kathleen Zelman offer the following:

Some pundits would have you believe that New Year’s resolutions are a waste of time. But in fact, experts say the very act of making resolutions improves your odds of success. ‘Studies show that people who resolve to change behaviors do much better than non-resolvers who have the same habits that need to be changed,’ says University of Scranton psychologist John Norcross... ‘Statistics show that, at the end of January, some 64% of resolvers are still hanging in there; six months later, that number drops to 44%.’ (J. Norcross, *Changing for Good; A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward.*)

Judging from the number of hits I just observed in a Google search for Norcross’s book, I’ve hit upon a topic of interest to millions and millions of people! Try it sometime. Ms. Zelman notes that “Americans most often resolve to lose weight; quit smoking; get more exercise; and reduce their alcohol consumption, in that order, (again, quoting Norcross and his colleagues). While making resolutions is the first step, Zelman, Norcross and others say you need a plan and “a healthy dose of perseverance if you want to succeed.”

A plan, and a healthy dose of perseverance. That sounds like to me like a fitting approach in many areas of life, and most especially for where our congregation finds itself entering 2022. While Ms. Zelman’s article, “10 ways to make your *diet* and *fitness* resolutions last,” has a distinct focus using the research of Norcross and his co-authors, let me offer these reformulations for us as a church.

Planning matters.

A variety of efforts at planning – that is setting intentions or direction over a span of time – have been in play over the period of time we’ve been in ministry together, a pandemic, a global upheaval of unbelievable proportions has forced many changes. Pace and timing and opportunities to build relationships have all changed drastically; lots of things that used to work for us in planning, are simply obsolete or unworkable in today’s reality...

Maintaining motivation isn’t an accident.

This does not mean it’s not worth making plans and finding ways to offer inspiration and encouragement...it’s happening in a whole variety of ways. And we need more of this!

Setbacks are a part of making progress.

‘You won’t know if you don’t try’ applies even more than ever before, in part because, the changes in “being church” and “doing church” have brought us to this liminal space between what was and what shall be... It takes many, many setbacks and creative restarts in order to learn the “next things!” It took Albert Einstein NINE YEARS to get a job in academia... imagine that one! (See history.com for more) And even Jesus, Messiah, Son of God, was thrown out of his hometown synagogue the first time he tried to preach there! (Luke 4:216-30)*

Make new intentions and practices a permanent part of your life!

Some of the new things we’ve learned...

- *Virtual and digital access and participation in worship and other parts of church life (worship, meetings, planning, learning, celebrating) are not only possible, but they are also essential.*
- *Continued growth in areas of racial and social justice-making, regional collaborations with ministry partners, expansive and caring hospitality, and active care for our natural world are all so critical for the health and growth of RHCC.*
- *So too are creative and consistent stewardship projects which provide new ways to invite generosity amongst members and a wider circle of friends.*

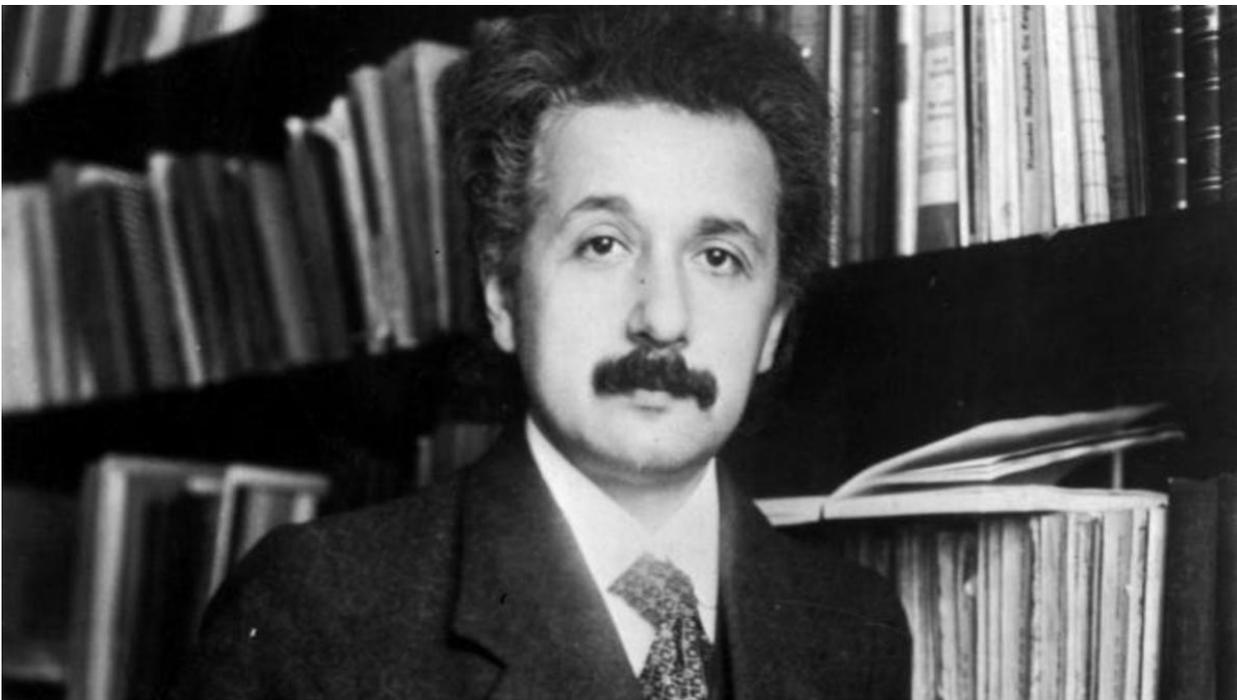
- *In 2022, among the new opportunities I intend to offer and encourage are chances for adults to learn more about the Bible and the faith practices that will always help shape us as faithful people involved in a relevant and vibrant Christian spiritual community.*

Blessing for a healthy, safe, and happy new year!

Pastor Nada

*See Rev. Susan Beaumont and Rev. Dr. Sarah Drummond's video available through Yale Divinity School, entitled, "Leading in a Liminal Season" found at:

<https://youtu.be/NTlPag5zGq4>



Einstein in 1905. (Credit: Topical Press Agency/Getty Images) as found at:
<https://www.history.com/news/9-things-you-may-not-know-about-albert-einstein>

January 2022 Worship Ministry Article

Hello Everyone, We hope you enjoyed our services during Advent! We are glad to continue our Sanctuary Services with Zoom and found a way to make Lessons & Carols enjoyable for everyone while still being as safe as possible. To that end, our Re-Opening Committee is evaluating our Covid-19 guidelines and will recommend changes as needed. Please stay tuned to our weekly newsletter for any change to our services. We strive to provide a service that is meaningful to everyone while ensuring it is as safe as possible.

For our upcoming services, Pastor Nada is continuing her “Follow Me: Biblical Practices for Faithful Living” series. This series includes a

“... curriculum based on practices Jesus did and taught us to do as faithful followers. Written for people of all ages who wish to live out their faith, this new curriculum examines where these practices are found in the Bible and how they have been used in Christian faith then and now.”

We’re excited to help bring you this series that’s focused on “... a living faith is so much more than simply believing in God. Jesus called all sorts of people to follow him to God, showing concrete ways to love God and one another. When we do these actions together, faith develops, lives change, and communities transform.”

We look forward to seeing you all (in person or virtually) at our upcoming services. To that end, here are highlights of our upcoming service and events:

- Sunday, Jan. 2 – As Nada is away, we are delaying Communion to the following Sunday
- Sunday, Jan. 9 – Pageant & Communion
- Sunday, Jan. 16 – Sanctuary Service with Zoom
- Sunday, Jan. 23 – Sanctuary Service with Zoom
- Sunday, Jan. 30 – Sanctuary Service with Zoom

Michael Andonucci
michael.andonucci@gmail.com
860.670.5940



WELCOME GUESTS!

If you have been joining us at our online worship services, or keep in touch on facebook – we’d love to say hello and get to know you better. If you’d like to learn more about our church community; please email us at: nsellers@rhccucc.org and leave your contact information, so Pastor Nada or a church leader can get in touch with you. *We are an Open and Affirming Christian community, actively expressing Jesus’ inclusive embrace of all people.*

For more information on RHCC worship, activism, and happenings, visit:

OUR WEBSITE RockyHillucc.org
OUR FACEBOOK PAGE Facebook.com/rhccucc
OUR INSTAGRAM PAGE instagram.com/rhccucc

Faith Formation News

We had an active December where we learned about and shared the joys of Advent. The children made handmade Christmas cards that the Congregational Care Ministry Team sent to church members that haven't been able to join us in worship. Also in December, we had the joy of hanging handmade star ornaments in and around the church.

In January we are looking forward to what will be a fun intergenerational worship Epiphany service on January 9th where we will tell the story of Jesus' birth with opportunities for all ages to participate. Once again we will be partnering with Outreach and Witness in our annual diaper drive as part of this service.

In the upcoming weeks we will be exploring the next series in our *Follow Me* curriculum, Baptism. The Faith Formation Ministry Team continues to work with Pastor Nada to plan for upcoming activities as we patiently wait for the hiring of a Director of Children and Youth.

Your Faith Formation Ministry Team

Candy Smith, Liz Pulling, Nancy Rolfe and Sue VanNess



Congregational Care & Faith Formation Ministries

This year Congregational Care folks delivered a Doretta-crocheted, sparkling, gold star to our church members who were unable to join us in-person for worship. We included a personal note using the cards Nancy Edwards created for us. Our youth also hung the white stars on the hedge outside the church to spread Christmas cheer in our community. Well done, all! *Steph, Wendy, Don and Kim*



Outreach and Witness Ministry



Outreach and Witness has been very busy over the past few months and we would like to share with the congregation what we have been able to accomplish with your help and generosity.

Our November Thanksgiving Offering supported two of our strategic partner organizations. Both Rocky Hill Human Services and Covenant to Care each received gift cards to Walmart and Target to supplement their food baskets and other holiday giving. For December, with your generosity, we sent funds to IRIS, (Integrated Refugee and Immigration Services) to support the massive Afghan refugee resettlement and relocation effort in our state. For the month of January we are focusing on our Diaper Drive and you have seen many communications about this which will be during the epiphany service on January 9th.

Here are some highlights of upcoming events:

- We will continue our support of Hands on Hartford's community meals program by providing baked goods for Monday meal desserts once every two months. We have the first 3 dates planned, the first of which is January 24th. If anyone is interested in joining our wonderful group of bakers, please let us know.
- The Foodshare Walk Against Hunger for 2022 is set to be held on May 31st. Please save the date and much more information will follow! As you know, the funds we raise through the walk benefit Hands on Hartford.
- In February, we plan to focus on Monthly Gifts of Abundance to our Racial Justice ministry to further their efforts. More to follow later in January.

We have a new initiative that we want to tell you about Outreach and Witness has been searching for an additional organization to partner with that offers programs in support of LGBTQIA+ youth. We have connected with Silver Lake Camp and Retreat Center, a ministry of the Southern New England Conference, United Church of Christ in Sharon, CT. Silver Lake has asked for our immediate help, which we have given, in funding individual changing stations in non-gendered housing. Additionally, we are pursuing a longer term, perhaps multi-year, relationship for funding of their annual Family Pride Day and weekend Youth Retreat., We are very happy to have a new avenue to explore and further our mission and outreach.

As one final, very important note, Outreach and Witness would like to Thank All of You for your ongoing support of Time, Talent and Treasure to our initiatives. We could not provide ongoing support to our strategic partners without the help of each and every one of you. We would also ask you to provide ongoing feedback on our activities and outreach. We are looking for more one-day projects to involve all of you, whether as part of a worship service or a community outreach event so \ all thoughts and suggestions are appreciated. In addition, we would love to have an additional member or two join our group. We meet monthly for pizza and planning and have a terrific small group, Thank you all in advance and contact any of us including Chris Kaimamura, Heather Collins, Elaine Sellenburg or Sue Chatfeld for further information.

Happy New Year to All!

Outreach and Witness

Music Ministry – Lessons & Carols

Our meaningful and moving Festival of Lessons & Carols was held on Sunday, December 19 in the Sanctuary and by Zoom.

The recording may be viewed on our website and Youtube channel, click on the links below:

www.rockyhillucc.org/upcoming-events

LessonsnCarolsYoutube



Outreach & Witness



Calling all Bakers!

Hands on Hartford's community meals program serves dinner every Monday night to about 80 people. While we can't do a in-person volunteer effort now, we can provide a tasty desert of cookies or brownies for a dinner. Please consider supporting this Outreach and Witness initiative on **the dates listed below:**

Monday, January 24

Monday, March 21

Monday, May 16

We are looking for several volunteers to provide ziplock bags of handmade cookies or brownies (2 to 3 items depending on size). Please contact Sue Chatfield at 860-595-6639 to volunteer. I can pick up all goodies at the church at 4:00pm on each of the Monday dates. Baking supplies can be reimbursed by O&W.

Happy Baking!

Sue Chatfield, chair Outreach & Witness



GREEN TIPS – JANUARY

Here are the Green Tips for January, 2022

1. Ditch the plastic. Carry a reusable bag with you for groceries, shopping and take-out food.
2. Tuck in your computer at night. Turn off your screen saver and cut even more energy that your computer uses by putting it in sleep mode when it isn't in use.
3. Clean with green. Clean your home with non-toxic and natural cleaning products. Just about anything can be cleaned with white vinegar, baking soda and a few drops of lemon.
4. Be good to your vehicle, and it will be good to you. Inflate your tires once a month or as necessary. Replace the air filter and tune up your engine regularly. A new air filter can get you 10 percent more miles per gallon, and a tune-up can boost miles per gallon from 4 percent to 40 percent.
5. Think globally, buy locally. Buy locally grown food that's in season. Food that hasn't traveled thousands of miles to your plate is fresher and tastier, and buying local food drastically cuts down on global-warming pollution.
6. Coffee — it's not just for drinking anymore. The next time you brew a cup of fresh coffee at home, don't toss the used coffee grounds into the trash. First, spoon some warm grounds into your hands and mix it with your favorite hand soap, then scrub away. The grounds will exfoliate dead skin and the soap will render your hands squeaky clean. Scatter remaining grounds around your evergreen shrubs and trees — it's an energizing fertilizer for them.
7. Start composting today. A compost pile or composter turns your food and lawn wastes into rich mulch. It's a great way to reduce your trash production, and if you start today, you'll have rich compost in time for spring planting.
8. Don't be a drip. Fix leaky faucets. A faucet that drips once each second can waste over 8 gallons of water per day and more than 3,000 gallons per year.
9. Turn dollars into sense. Save on energy consumption and your electric bill by turning down your thermometer and throwing on your favorite fuzzy pajamas.
10. Ease up on the pedal. Slowing down from 75 to 65 miles per hour will drop your highway gas consumption by about 15 percent.

Thanks and Happy New Year! Elaine



Southern New England Conference

United Church of Christ

Living the Love & Justice of Jesus

Honoring Rev. Dr. Martin Luther King, Jr. Monday, January 17, 2022 at 1:30 PM to 3:00 PM

Breaking Out of the Box: Called to Prophetic Action

Join us online for a time of worship, reflection, and facilitated conversation as we honor the life and teachings of Rev. Dr. Martin Luther King, Jr. Our holiday program will be led by Rev. Dr. Diane Schmitz.

Dr. Schmitz, ordained in the UCC, is one of the SNEUCC Theologians in Residence for 2022. Her primary focus is working with predominantly white communities to increase the awareness, knowledge, and skills needed to be effective partners in the dismantling racism efforts led by communities of color. She will engage us in dialogue, so that as individuals and congregations, we build skills for addressing racism.

As we take time to observe this national holiday, let us rededicate ourselves to the work of building up the beloved community.

Read more about the [Theologian in Residence program](#) and the [Phyllis Wheatley Fund for Innovation](#).

[Register here to receive the Zoom link.](#)

<https://www.sneucc.org/10-things-you-can-do-to-fight-climate-change>

Environmental Justice Internship Announced

The Southern New England Conference, UCC is pleased to announce an Environmental Justice Internship for 2022-'23! The Environmental Justice Intern will help us create and lead school-year programming for youth or other church groups, hosted at two of our Outdoor Ministry sites, Silver Lake in Sharon, CT and Irons Homestead, North Scituate, RI. We are now accepting applications from young adults with a passion for environmental justice, working with youth, and grounding in our justice-seeking faith!_

[Apply](#)



From the Church Office ~ Happy New Year!

- **Address-Phone updates** - We will be working on updating our records in our Breeze database. Please contact the office if you have a change of address, phone, cell phone or email.
- **Tower Dedications** – The first of the year is a good time to consider what dates you would like to light the tower in memory or celebration of a loved one. Since we don’t have flower dedications, this is a nice way to recognize someone or something important to you.
- **Weekly E-News** – our weekly news email is sent via constant contact. If you are not receiving it in your inbox, check your junk/spam folder. If you’d prefer to receive a printed copy, just let me know.
- **Facebook/Instagram** – If you are on Facebook or Instagram, don’t forget to follow RHCC for news and events.
- **Photo Directory** – Call the office if you need a printed copy, or a PDF can be emailed to you. It’s available on our Members Portal, too!
- **Meetings and Minutes** – Please let the office know of the dates and times of your Ministry Team meetings, and share the minutes to the office, or upload directly to the Members Portal.
- **Newsletter Articles** are due to the office every month on or before the 20th of each month.
- **Office hours** - the church office is open on **Tuesdays and Fridays from 11:00am – 1:00pm.** Virtual office hours are Monday, Wednesday and Thursday from 8:00am-3:00pm.
- **Pastor Nada** is in her office on **Tuesdays 10:00 am-Noon and Wednesdays from 9:30am-2:00pm.**



Theresa Cleary, Office Manager
office@rhccucc.org
860-529-4167

NEWSLETTER – DUE DATES

FEBRUARY CHURCH MOUSE
Articles Due - Monday 1-17
Mailing Date - Tuesday 1-25

MARCH /APRIL Double Issue
Articles Due - Monday 2-21
Mailing Date - Tuesday 3-1



Stay in touch with us on Facebook, Instagram and with our Weekly News Email. Contact the office if you are not receiving the weekly email and would like to get signed up.



Covid-19 Safety Guidelines for RHCC

(effective October 4, 2021)

- Masks are recommended for all but are not required for those who are fully vaccinated.
- When indoors, those who are not fully vaccinated, including children, must wear a mask and keep a greater distance from non-family members. Masks may be removed temporarily while eating or drinking.
- When outdoors, those who are not fully vaccinated, including children, should keep a greater distance from non-family members.
- The front doors and some side windows will be opened before and throughout services and meetings in the Sanctuary to improve air circulation, weather permitting.
- Offering plates will be available on your way in or out of the Sanctuary, or you may send offerings by mail or via our online option.
- On a Communion Sunday, please pick up pre-packaged bread and juice cups on your way in.
- Children wearing masks are welcome to come to the front, or stay in their pew, for the Message for All Ages. Whenever possible, church school will be held outdoors.

Please be mindful of people who prefer to maintain a greater physical distance

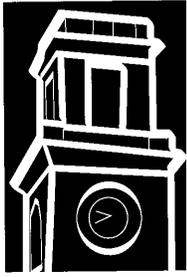


HAPPY BIRTHDAY!

03	Fred Nashold	17	Kenneth Rousseau
04	Jack Malespini	18	Grace Cole
08	Brian Silkowski	18	Daphne Donahue
09	Debra Peterson	20	Nancy Flynn
09	Melody Hall	21	William Cordes
10	Natalie Tine	21	Matt Fulda
10	Nicolis Alessi	21	Quincy McNeil
11	Gregory Pickett	23	Nancy Newton
11	Suzanne Thompson	24	Candace Smith
12	David Dean	27	Judy Graham
13	Robert Speers	27	Emma Vann
13	Louis DiRenzo	28	Laura Pandolfo
13	Jesse Smith	29	Toryn Pulling
15	Mark Sheehan	31	Laurel Cole

HAPPY ANNIVERSARY!

Bill and Marsha Hoffman, January 1, 1988 Bay Tran and Thomas Buong January 7, 1971



WORSHIP SCHEDULE
Sunday Morning Worship
10:00 a.m.

In Sanctuary & by Zoom

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>Worship is held each Sunday in the Sanctuary and by Zoom</i>	9am-12:30pm Little Scholars Preschool Monday - Friday		<i>All meetings held on zoom, unless otherwise noted.</i>
2 10:00am Worship Diaper drop off Nursery Rm Painting	3 <i>Women's AA – 7pm</i> <i>Every Monday</i> <i>Chapin Hall</i> OFFICE CLOSED	4 Church Office open 11am-1pm Every Tuesday	5
9 10:00am Worship Communion Epiphany Pageant! Diaper Drive	10	11 Church Office open 11am-1pm	12 6pm Outreach & Witness
16 10:00am Worship	17 MLK Day  OFFICE CLOSED	18 Church Office open 11am-1pm Newsletter deadline	19
23 10:00am Worship	24 <i>Cookie delivery to</i> <i>Hands On Hartford</i> <i>4pm</i>	25 Church Office open 11am-1pm	26 February Newsletter Mailing
30 10:00am Worship	31		



Diaper Drive ~Celebrate Epiphany
 Sunday, January 9, 2022
 All sizes needed.
 Please bring diapers to Sunday Worship!

JANUARY

2022

THURSDAY	FRIDAY	SATURDAY
	HAPPY NEW YEAR! 	1 <i>Indian Dance Class</i> <i>11am – Rm 22</i> <i>Every Saturday</i>
6 <i>Men's AA – 7pm</i> <i>Every Thursday</i> <i>Chapin Hall</i>	7 Church Office open 11am-1pm Every Friday	8 <i>Indian Dance Class</i> <i>11am – Rm 22</i> <i>Every Saturday</i>
13 <i>Men's AA – 7pm</i> <i>7pm Facilities</i>	14 Church Office open 11am-1pm Every Friday	15 <i>Indian Dance Class</i> <i>11am – Rm 22</i> <i>Every Saturday</i>
20 <i>Men's AA – 7pm</i> <i>Every Thursday</i> <i>Chapin Hall</i>	21 Church Office open 11am-1pm Every Friday	22 <i>Indian Dance Class</i> <i>11am – Rm 22</i> <i>Every Saturday</i>
27 <i>Men's AA – 7pm</i> <i>Every Thursday</i> <i>Chapin Hall</i>	28 Church Office open 11am-1pm Every Friday	29 <i>Indian Dance Class</i> <i>11am – Rm 22</i> <i>Every Saturday</i>



Hands on Hartford's community meals program serves dinner every Monday night to about 80 people. While we can't do a in-person volunteer effort now, we can provide a tasty desert of cookies or brownies for a dinner.

ROCKY HILL CONGREGATIONAL CHURCH
805 Old Main Street, Rocky Hill CT 06067
Telephone # 860 529-4167

ADDRESS SERVICE REQUESTED
TIME VALUE MAIL

Mailed January 5, 2022

*Jesus didn't turn people away.
Neither do we.
The United Church of Christ:
No matter who you are,
Or where you are on life's
journey...
You're welcome here.*



Congregational Care Ministry

It would be exciting to be announcing opportunities for fellowship but, as we are all aware, the corona virus continues to 'stalk' our lives and require continuing vigilance around our social activities. Hopefully, the Omicron variant will loosen its grip in time for a meaningful and social Lenten season.

Please, if you are ill or quarantined while waiting out a possible exposure to the virus, don't hesitate to ask for help with errands, groceries, medications, etc. Call anyone of us, Steph Heneghan, Don Pagnucco, Wendy Ware or Kim Burghoff.



*Congregational
Care*