



# The Carillon

“ ABSOLUTELY !! ”

By: Pastor Joseph Piccirillo

February 14 is Valentine's Day. The history of Valentine's Day is born out of love and devotion and is an interesting and ages old story. The story of Valentine's Day begins during the heyday of the Roman Empire, which held a festival every February. This Lupercian Festival was held in honor of the God of Fertility and during the festivities young men would get to choose their mate. At the time, marriage was a common occurrence, but when Claudius became Emperor he changed all of that. Fearing that men would refuse their duty to fight because they would not want to leave their wives behind, he outlawed all marriages. Young couples still fell in love though and still wished to marry, and they took these desires to the Catholic Bishop Valentine who, understanding love, began to secretly marry couples. When Claudius found out, he had Valentine arrested and ordered to be put to death. While waiting in jail, Valentine began exchanging letters with the jailer's daughter, with whom he became affectionate. The day he was to be beheaded, he wrote her one last note and signed it: "From Your Valentine".

In 496 A.D. Christianity had taken over Rome and Pope Gelasius outlawed the pagan Lupercian Festival. Perceiving its popularity, he looked to replace it with something more "appropriate" for Christians and set aside a day in February to honor the martyr St. Valentine. (*adapted from "A History of Valentine's Day"*)

And so it was with love stronger than death that Bishop Valentine died in order that those who wished to be married with God's blessings may do so. Today we honor the tradition with cards, flowers and chocolates. We may even take our loved one out to dinner. But the life of St. Valentine reminds us that true love often consists of sacrifice. We are reminded of the parents who sacrifice their comfort for the well being of their children. I often see spouses sacrifice themselves to the care of a spouse battling an infirmity. Children sacrifice for their aging parents. It cost us something to love at the level that means something more than a card or some chocolates. True love often cost us ourselves.

Is the sacrifice worth it? Absolutely. The folks I talk to about their sacrifice of love often share that this is what gives meaning to their relationship and meaning to their lives.

But of course. We are reminded of our Savior, Jesus, who in His love for us, stretched out his arms to be nailed to a cross. He was executed out of love for us and our eternal salvation. Was it worth it? Ask any Christian who loves Jesus... Absolutely!

A handwritten signature in black ink, reading "Pastor Joseph Piccirillo". The signature is written in a cursive style and is located at the bottom right of the page.

## DID YOU KNOW...

**SERMONS AVAILABLE ONLINE** - Please note that we have begun to load the sermon online. Visit [www.nicholsumc.org](http://www.nicholsumc.org) and select "*Weekly Worship Highlights*".



### YOUNG CHILDREN ATTENDING SERVICE WITH YOU?...

If they become active or restless, please consider taking advantage of the 2nd floor Music Room. You will be able to see and hear, and they will have more room to play, snack and move about. Thanks!!

Difficulty hearing the Sunday Sermon? We now have amplification devices available in the back of the Sanctuary. Just ask an usher!



## COUNCIL OF CHURCHES HIGHLIGHTS

### Save the Date!

The Council of Churches of Greater Bridgeport's Spring Fling FUNdraiser  
**Face to Face – A Tribute to Billy Joel and Elton John**  
 Friday, March 2<sup>nd</sup>, 2012      5:30 to 9:30 pm  
 at The Downtown Cabaret      263 Golden Hill Street, Bridgeport



Celebrating the Ministry of St. John 's Episcopal Church in Bridgeport. Tickets just \$65 @ - Seating limited!  
 For more information contact [pattyjensen@ccgb.org](mailto:pattyjensen@ccgb.org) or 203.334.1121 x 243

### Project Learn ~ turning students into scholars

Project Learn has been chosen as one of three community programs to benefit from the funds raised by **Fabrics and Fabrications** – a Quilt Exhibit at Southport Congregational Church, which will take place from March 1 to March 3<sup>rd</sup>, with a Preview Party on Thursday, March 1 from 6 to 8 pm. Quilts will be displayed in the Sanctuary and Chapel. There will also be a Fabrications Boutique offering handmade needlepoint, quilted and knitted treasures for sale. For more information, visit [www.fabricsandfabrications.org](http://www.fabricsandfabrications.org). Come enjoy the exhibit and support Project Learn at the same time!

### CO-OP Center ~ creating second chances

The Council's CO-OP Center program presents its 6<sup>th</sup> Annual Art from Prison Auction/Exhibit, beginning on Monday, March 5 and culminating with a reception and final bidding on Friday, March 9 at the 305 K Gallery at 305 Knowlton St., Bridgeport. Exhibit viewing and reception times To Be Announced. Artists in the Community Partners in Action's Prison Arts Program donate their art work for this exhibit. Proceeds from the sale of this art support the CO-OP Center scholarship fund set up at Housatonic Community College to give our clients partial scholarships to start on their college career. If you would like to help with this event, or for more information, contact Dan Braccio at [danbraccio@ccgb.org](mailto:danbraccio@ccgb.org).

### Janus Center for Youth in Crisis ~ caring for Youth in Crisis

The Janus Center is seeking to recruit two additional community Host Homes for the purpose of increasing the capacity of the number of youth who will benefit from this service. A Host Home is a family, household or individual who voluntarily opens its home for a youth between the ages of 11-17 years old who is in need of temporary shelter, board and care. They offer the youth a stable and caring environment and provide him/her with a constructive and consistent living situation. If you would like to know more information, please contact Dale Holder, Janus Center Program Director, at 203 367-8441 x 221 or [daleholder@ccgb.org](mailto:daleholder@ccgb.org).

### Hunger Outreach ~ coordinating area feeding initiatives

The Hunger Outreach Network, coordinated by The Council of Churches, is a point of contact for food donations and volunteer service to 37 area feeding programs. If you are interested in organizing a non-perishable food drive, call 203.334.1121 and ask to receive a list of the registered programs with contact information.

**Please Save This Date: ANNUAL YOUTH CONFERENCE** – March 25, 2012, Sacred Heart University, Theme: TBD; The Annual Youth Conference is for high school youth, although some junior high youth can be accommodated on request., Contact Larri Mazon [lwamazon@gmail.com](mailto:lwamazon@gmail.com) or 203.334.1121 x 255.

## PARISH NURSE UPDATE

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

**BP Screening: 2<sup>nd</sup> Sunday of each month after the 7:45A and 10A services**  
**Grief Support Group: 3<sup>rd</sup> Monday of each month from 7P-8:15P in the Lounge.**

### *FEBRUARY HEALTH TIP*

### *Listen to Music for a Better Brain and Body*

By Mehmet C. Oz, MD, and Michael F. Roizen, MD

For a healthier body and sharper brain, trade out some of your TV time for more one-on-one sessions with your iPod. That's right. Research suggests that listening to music bestows mind-body benefits in the following ways:

1. **Music improves your brain.** Music -- of any kind -- fires neurons in the brain that in turn boost memory and mental powers. Got kids? Take them to concerts. They'll do better in reading and math.
2. **Slow tunes lower blood pressure.** To dial down high blood pressure, spend 30 minutes a day breathing along to the beat of slow, soothing numbers (think Norah Jones or Frank Sinatra, not Lady Gaga or Ice Cube).
3. **Music keeps your ears young.** Older musicians don't experience typical aging in the part of the brain (the auditory cortex) that often leads to hearing troubles. But you don't have to be Bono to benefit. It's never too late to start taking, oh, guitar or piano lessons and preventing age-related auditory changes.
4. **Music relieves stress.** Listening to music lowered heart rates by as much as 5 beats per minute in critically ill hospital patients hooked up to breathing machines -- enough of a drop to significantly ease anxiety and help them heal.
5. **A good beat keeps you moving.** Pick motivating music for your workout and you're likely to exercise harder and longer, bolster heart health, and lose more body fat.

**"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**

## LADIES NIGHT OUT

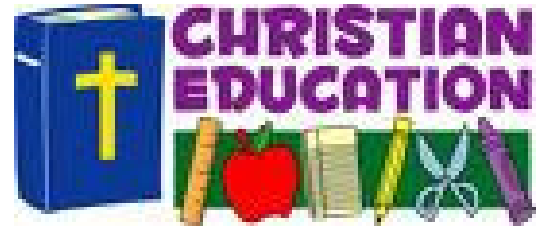
### February Ladies Night Out

**Special Event...**over the next month read the book *Sun Flower and the Secret Fan* by Lisa See. We'll get together on Friday February 24 @ 6:30 for a brief book talk, then watch the movie! Bring an appetizer or dessert.

### March Ladies Retreat

**The NUMC annual Ladies Retreat** will take place on Saturday, March 17 from 9-3. Mark your calendars and prepare for an informational and uplifting day! Watch for more information...

## CHRISTIAN EDUCATION



The B.I.G. idea for February is that we believe that the stories Jesus told help us know how to live.

But be doers of the word, and not merely hearers who deceive themselves. James 1:22

Children will learn that Jesus taught using parables. By exploring the meaning of the Parable of the Talents (Matthew 25: 14-30), children will learn how giving through the church helps others.

Children will study the story of the Good Samaritan (Luke 10:25-37) and consider how they can serve their neighbor. They will consider how it feels to be left out or discriminated against and be challenged to act mercifully.

Children will study the Parable of the Lost Coin. (Luke 15: 8-10) They will explore the feelings of being lost and found and will learn that in the Bible, people who sin are understood to be “lost” but God actively seeks them. Children will learn that when a person who sins repents, God rejoices!

Children will examine the difference between the abundance of possessions and abundance of life with God, through the Parable of the Rich Fool. They will consider what God may expect of them.

We are so excited about the new Church School schedule which begins January 29, 2012!

Church school for all ages meets from 9:00 – 10:00 am which includes the nursery and adult classes!

## DEAR NICHOLS FAMILY

Dear Nichols United Methodist Church family,

Thank you for caring for me during my recovery. Meals, transportation, prayers, cards, cheer grams, flowers, walks, phone calls, and visits...you provided me with blessings beyond all I could think or imagine. Praise God!



And thank you again for your kindness and hospitality. We are so blessed to be a part of our church family. May God keep each of us in His care.

Darron

## HABITAT FOR HUMANITY—BAKE SALE

There will be a bake sale after both services on February 12th & 19th to raise funds for Habitat For Humanity. A variety of cakes, apple dumplings, nut breads, cookies, yeast breads, and frozen unbaked pies will be available.

If you would like to request and order items please call Phyllis Grafton 203-386-8973 and our bakers will try to fill requests.

Frozen unbaked peach, blueberry, & an assortment of apple pies will be available Feb 5th.



# FEBRUARY CALENDAR

**Weekly Events**

**Sundays**  
 7:45am Morn Worship w/HC  
 8:45 Habitat for Humanity  
 Bake Sale (2/12+19)  
 9:00 Confirmation and  
 Christian Education  
 10:00 Traditional Worship,  
 Nursery Care and Little Lambs  
 10:15 Contemporary Worship  
 11:00 Christian Fellowship anc  
 (2/12+19) Habitat For  
 Humanity Bake Sale  
 2-5 and 6-9 Princeton Review  
 (Feb. 5 and 12)  
 7:00 AA

**Mondays**  
 6:30-8:30 Cub Scouts  
 7:30pm various meetings

**Tuesdays**  
 1:15 P.A.C.E.  
 5:30 AA  
 6:30 Bells  
 8:00 Christian Yoga

**Wednesdays**  
 7:00am Reunion Group  
 7:00 Prayer Service  
 7:00-8:30 Boy Scouts  
 8:00 AA

**Thursdays**  
 10:00 AA  
 1:15 P.A.C.E.  
 6:15 Youth Choir  
 7:15 Chancel Choir

**Fridays**  
 8pm AA

**Saturdays**  
 9am Covenant Discipleship  
 2-5 Princeton Review

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 am UMW Ex. Bd. Mtg.	2 6-8 pm Relay for Life	3	4
5	6 2:30 pm WESLEY Visitation 7:30 pm SPRC	7 7pm Stewardshor Mtg.	8 12 UMW Luncheon 7:30pm Trustees	9	10	11 10 am Confirmation Make-up 11am Worship Comm. Mtg.
12 Boy Scout Sunday 8:45 + 11 Blood Prs Scm 6:30pm ASP	13 7pm WESLEY Chair Mtg	14	15	16	17	18
19 11am Service + Evangelism Comm. Mtg. 7pm Boy Scout Comm. Mtg.	20 Office Closed 7-8:15pm Grief Support 7:30 Finance	21 Luvin Oven 5:30pm Shrove Tuesday Pancake Supper	22 Ash Wednesday 7 am and 7:30 pm Worship	23 10am UMW Lenten Bible Study	24 6:30 pm Ladies Night	25 8 am Merton House Sandwiches
26	27 7:30pm Church Council	28	29 6-7:45pm Lenten Potluck + Worship - PTBD			

**FEBRARY BIRTHDAYS**

01	Lydiksen, Linda E.	11	Falls, Elizabeth	20	Pogany, Michael
01	Marcus, Donna	11	Arbas, Linda	21	Schif, Kathleen
01	Reed, D. Curtis	11	Sevilla, Pamela	21	Clark, Christopher
01	Balakrishnan, Julia	11	Racette, Evan	21	Lucas, Adam
01	Edwards, Melissa	12	Mills, William	21	Leone, Eugene II
01	Needleman, Taylor	12	Matthews, Jerry	22	Moonan, Michael
02	Braunagel, Ryan	13	Francis, Kristin	22	Bryson, Annie
02	Wagner, Dylan	13	Gaulin, Errin	22	O'Neill, Brian
03	Jock, William	14	Blanchard, Arthur	22	Baccaro, Matthew
03	Wonsiewicz, Emily	14	Schwarz, Donald F.	22	Baccaro, Thomas
04	Marino, Carol A.	14	Hernandez, Henry	23	Breunig, Andrew
04	Wagner, Stephen	15	Dineley, Stevi	23	Brady, Gavin
05	Mehlhorn, Joan S.	15	Coyne, James	24	Bryson, Humphrey
06	Young, Gerald	15	Ouellette, Carter	24	Blanchard, Susan
06	Braun, Brenda	15	Putnick, Kara	25	Bianco, Juan C.
06	Stroh, Robert	16	Bruner, Jeffrey	26	Jones, Lois
07	Piccirillo, Phyllis	16	Galla, Andy	26	O'Malley, Tyler
07	Lang, Jim	16	Glazer, Zach	26	Greene, Matthew
07	Rader, Suzanne R.	16	Gaydos, Michael IV	27	Butz, Ronald P
07	Braunagel, Ann	16	Collins, Kevin	27	Heaphy, Abigail
07	Motyl, Carla	17	Moonan, Kimberly	27	Schultz, Derek C.
08	Packnick, Deborah	19	Marino, Joseph F.	27	Schultz, Dorothy E.
08	Laursen, Rebecca A.	19	Payson, Amy	28	Hansen, Elvira
08	O'Malley, Bailey	19	Rogers, Douglas A.	29	Huron, Elliot
09	Platz, Sara J.	19	Jackson, Kaitlyn		
10	Canner, Doris	20	Corless, Joan		

**NUMC BODY AND SOUL FITNESS**

1<sup>st</sup> Winter 2012 Session Yoga

**TUESDAYS** at 8:00 pm- 9:15pm Fellowship Hall  
(Enter thru double back doors into hall from parking lot)

Session Dates: 1/17, 1/24, 1/31, 2/7, 2/21 and 2/28 (No Class 2/14 Valentine's Day)

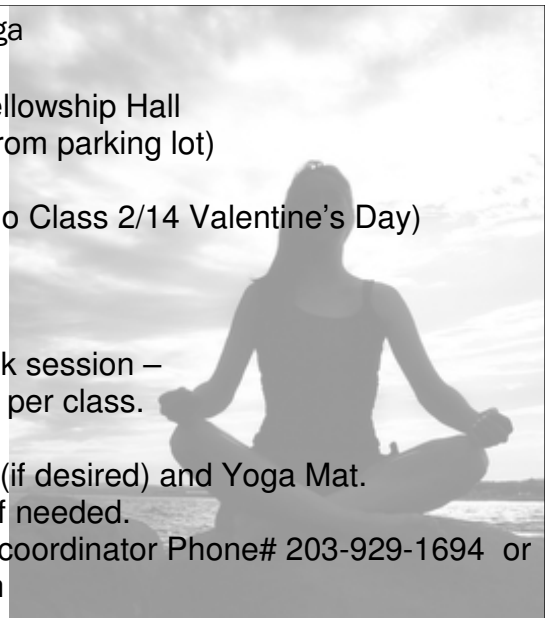
Instructor: Laurie Trupp

Registration Cost: \$60.00 for 6-week session –  
Walk-ins are welcome - fee \$12.00 per class.

Wear comfortable clothes, and bring Bottled Water (if desired) and Yoga Mat.

We do have yoga mats available if needed.

Any questions, please contact Janet Foote – treasurer, email coordinator Phone# 203-929-1694 or email [jcfoote40@aol.com](mailto:jcfoote40@aol.com)



**NUMW FAIR SCHEDULED FOR OCOBER 13, 2012**

This year's fair will be the second Saturday in October because of Columbus Day week-end.

BOOKS are being accepted for our ongoing Book Sale. We would appreciate books being left in the closet next to the kitchen—we try to keep the floor uncluttered—for safety reasons.

We will continue to collect coffee cans, LARGE and SMALL sizes for the next Cookie Walk.

WE ASK THAT YOU NOT DELIVER ATTIC TREASURES TO THE CHURCH UNLESS YOU HAVE CHECKED WITH ONE OF OUR COMMITTEE MEMBERS.

**FOR INFO AND/OR PICK UP CALL:**

Helen Carlson	203-378-7641
Judy Ganser	203-877-4076
Emma Gaulin	203-402-0733
Louise MacCormack	203-259-0625
Jan Moore	203-375-4636
Marge & Jerry Presson	203-378-8354
Sally Reed	203-929-3766
Jan Wendt	203-268-6507

**ATTIC TREASURES ITEMS TO SAVE FOR US.**

For the Attic Treasures area:

Books: children's books, paper backs & hard covers, cookbooks, history, sports,  
NO text books or out-of-date magazines (everything more than 1 year is discarded)  
Children's small furniture and toys  
Vintage clothing such as handbags, hats, dresses, jewelry  
Jewelry – costume pieces such as pins, earrings, bracelets, necklaces, jewelry boxes  
Curtains, drapes, tablecloths, linens, towels in good condition  
Holiday items – decorations and/or decorative pieces  
Holiday clothing for Christmas and Halloween costumes

Please note – We will NOT take:

No LARGE PIECES of upholstered furniture (committee will evaluate)  
No HEAVY SPORTING EQUIPMENT—ie bench press equipment, stair steppers, bicycles, etc  
No old and outdated LUGGAGE  
No ELECTRIC APPLIANCES, TV/VCRs, that do not work  
No TEXTBOOKS or outdated TRAVEL BOOKS  
No CLOTHING or SHOES

**No items will be accepted after August 1st, 2012.**



## OUR MISSIONARY OF THE MONTH

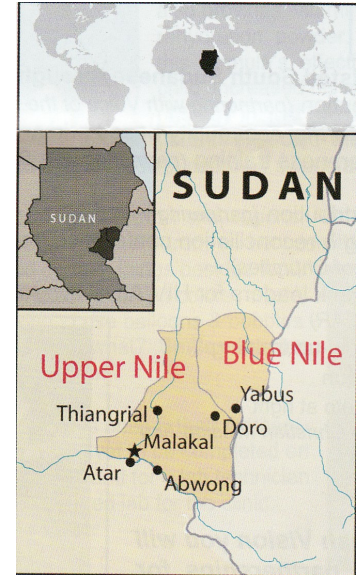


**Vicki Beattie**  
SIM (Serving in Mission)  
Doro, Sudan

Email:  
[vicki.beattie@sim.org](mailto:vicki.beattie@sim.org)

Mail:  
SIM-Sudan  
PO Box 79252  
00200 City Square  
Nairobi, Kenya

*“God has said, ‘Never will I leave you; never will I forsake you. So we say with confidence, ‘The Lord is my helper; I will not be afraid. What can man do to me.’”*  
*Hebrews 13: 5b-6*



**November bombing 30 miles from Doro changed the face of Doro forever.**

There are now 22,000 refugees camped out in the area, sixty percent of whom are children. The needs are vast and include food, health, water, sanitation and shelter. Water is one of the most crucial needs of the refugees at this time. The refugees are sharing the boreholes with the local residents. Often people wait at least 4 hours to fill their 20 liter (5 gallon) water containers. Malnutrition is one of the needs I am addressing by opening the nutrition village to inpatients and trying to do as many home visits as possible.



I went visiting in the Doro Refugee Camp with Amelia, the wife of Masir, our Uduk Community Health worker. We arrived at the end of the Friday afternoon Church Service. I was touched by the

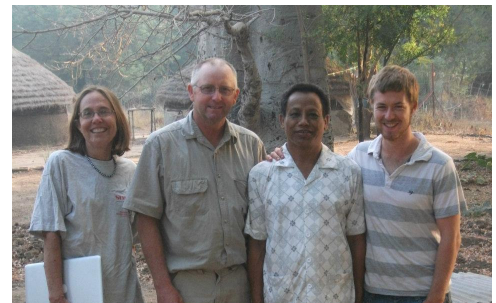


generosity of these dear Uduk believers who gave out of nothing. Sacrifice... a 'fragrant aroma' of worship to the living God. Can there be a more precious illustration than this, the sacrifice of a portion of what little food these Uduk believers have? We have a lot to learn from them.

For New Year there was sweet fellowship at church, just a few people - 2 men, 4 women and maybe 8 kids. So I did Sunday School and then gave an impromptu sermon to encourage the adults in their walk with Jesus. I am praying that in the New Year I will have more time to spend with Mita, Nora, Amna, and Mary, the four women who came to church.

### Prayer Requests:

**Please pray for wisdom for our team to reach out to the vast needs in the way God is leading.**  
**Pray for additional qualified health professionals.**  
**Some of our nurses are tired--pray for restoration for them.**  
**Pray for opportunities to work alongside Mabaan and Uduk Christians to be the light in this difficult situation.**



# The Carillon

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35 Shelton Road  
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203-375-5817  
[www.nicholsumc.org](http://www.nicholsumc.org)  
[nicholsmethodist@snet.net](mailto:nicholsmethodist@snet.net)

Lisa K. Peters, Editor

Submit Articles through  
office basket or e-mail:  
[NUMCCarillon@YAHOO.com](mailto:NUMCCarillon@YAHOO.com)

**DEADLINE**  
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#### CARILLON GUIDELINES

—Each article must have a contact name and phone number in order to be published. Articles are to be typed and no more than 250 words in length. Submissions are to be placed in the Carillon Mailbox outside the Church Office.

—E-mailed submissions to [NUMCCarillon@yahoo.com](mailto:NUMCCarillon@yahoo.com) will be confirmed by the Editor. If you don't receive confirmation within 2 days, please call Lisa @203-381-9151. Submissions for the Nichols Church website, [www.nicholsumc.org](http://www.nicholsumc.org), will follow the same Guidelines as the *Carillon* newsletter.

## NICHOLS UNITED METHODIST WOMEN

Warm your stomach with a bowl of homemade soup and nourish your soul at this month's luncheon. Come and see Lorraine and Friends perform skits telling tales of the Women of the Bible.

**WHAT:** February UMW Luncheon  
**WHEN:** Wednesday, February 8, 2012  
**WHERE:** Fellowship Hall  
**TIME:** 11:30am  
**COST:** \$3; Please bring your place settings.

**RSVP:** If you are not already on a calling list, please call  
Jan Moore at 203-375-4636, or June Hoyt at 203-375-5626.

**CHAIRMEN:** Dee Blewett and Elaine Haggstrom

**MISSION REQUESTS:** Non-perishable food items and skeins of non-wool yarn for the Prayer Shawl Ministry.

**NOTE:** You don't need to attend our luncheons to be an active member of the UMW.

The Executive Board meeting will be held on Wednesday, February 1, 2012.

