

Broad Brook Congregational Church
United Church of Christ
122 Main Street, Broad Brook, CT 06016

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January/February 2020

The Wayside BEACON

January/February 2020



Publication of the
Broad Brook Congregational Church
Pastor: Reverend Carol Lewis

volume 109, issue 92

BBCC Mission Statement



Our Mission Statement

We are a caring family of God
where all people are welcome
to share in spiritual growth,
guidance, fellowship, and support.
We work together to spread
God's love and the words and
mission of Jesus Christ to others.

Broad Brook Congregational Church

122 Main Street
Broad Brook, CT 06016
860-623-4547



Broad Brook Congregational Church

Pastor
Ministers
Moderator
Treasurer
Organist
Chair, Board of Deacon

Rev. Carol B. Lewis
All Congregation Members
Wade Signor
Robert Cormier
Dr. James Clark
Betty Stratton



<http://BroadBrookCongregationalChurch.org/>
<https://www.facebook.com/BBCongregationalChurch>

Sunday Worship Services are held at 10:00 AM.

Communion is observed on the first Sunday of each month.

Church Sunday School is held from September to June and starts at 10:30 AM after the children and teachers leave the Worship Service.

Rev. Lewis has office hours on Wednesdays from 10:00 am to 1:00 pm or by appointment. Calls for the Pastor should be made through the church office at 860-623-4547.

Please email staff@broadbrookcongregationalchurch.org with announcements or corrections to the weekly Bulletin or the Beacon.

Important Reminders:

Beacon

Articles and reports due on the 10th of each cycle. Final requests for changes due by the 20th.

Thank you.

The 2020 Altar flower donation chart is now hanging on the bulletin board in the fellowship hall. There are plenty of Sundays available to sign up for flowers. They are \$22.00 each.

Annual Meeting

The Annual Meeting will be held on Sunday, January 26th at 11 AM following worship service. Annual reports are due to Chinue, Secretary, by January 10th.

Betty Stratton, Clerk pro tem

A Message From Rev. Carol Lewis



A Blessed New Year to one and all!

Christmas has come and gone. The Wise men have arrived.

A rendering of Isaiah 60:1-5 from the Message:

“Get out of bed, Jerusalem!

Wake up. Put your face in the sunlight.

God’s bright glory has risen for you.

The whole earth is wrapped in darkness,

All people sunk in deep darkness,

But God rises on you,

His glory breaks over you.

Nations will come to your light,

Kings to your sunburnt brightness.

Look up! Look around!

Watch as they gather, watch as they approach you:

Your sons come from great distances,

Your daughters carried by their nannies.

When you see them coming you’ll smile—big smiles!

Your heart will swell and, yes burst!

All those people returning by sea for the reunion,

A rich harvest of exiles gathered in from the nations.

We will spend January and February in the season of Epiphany. It is more than celebrating the arrival of the astrologers to the birthplace of Jesus. It is much more. It is about God’s self-revelation—God’s presence. God comes, and suddenly God arises and shines forth in glory! Throughout the Hebrew Scriptures God’s presence is described as glory. God IS glory. God was at work in the world then and God is at work in the world now.

God's light is among us. I see it in ministries big and small that happen daily. I see it on the faces and actions of children over and over again as they do selfless acts of kindness for people in need of God's light and love.

God is calling us to embrace the vision of inclusivity. God's light was not just for Jerusalem and the remnant. It is not just for us in the pews but for the forgotten ones on the margins and especially for our environment.

This year of 2020 makes me think of vision. You know—20/20 vision. Isaiah is prophesying God's vision for the people of God. Jesus taught his disciples God's vision for God's kin-dom.

Our still speaking God is calling us to "Look up! Look around!" But here's the thing. Vision is good, but it is more than just looking for and seeing God's presence. Vision means: What are you going to DO to help bring God's kin-dom along. How do you see your vision as God's partner in spreading the light?

We can be a light for one another. Here is your challenge. Who can you be a light for in the coming days or weeks? Arise shine for your light has come. Who will you shine your light on in this season of Epiphany and beyond? God will go with you! "This little light of mine, I'm gonna let it shine. Let it shine! Let it shine! Let it shine!"

In the Greatest of Hope
Pastor Carol



It is not too Late!

If you have not turned in your **pledge card** or need a pledge card there are cards on the table in the narthex and the table in the fellowship hall. Please see Bill Stratton if you would like envelopes only for your weekly offering. Thank you.

PLEDGE CARDS AND ENVELOPES

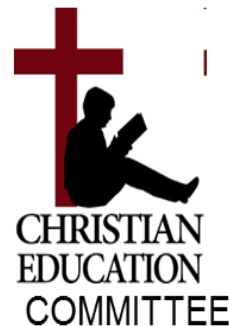
PLEDGE ENVELOPES FOR 2020 ARE NOW AVAILABLE FOR THOSE WHO HAVE PLEDGED TO BROAD BROOK CONG'L CHURCH. THEY WILL BE ON THE TABLE IN THE NARTHEX. AFTER DEC 15th. EXTRA PLEDGE CARDS ARE ON THE TABLE IN THE NARTHEX AND ON THE TABLE IN THE FELLOWSHIP HALL. ANYONE WHO DID NOT PLEDGE AND WOULD LIKE OFFERING ENVELOPES ONLY. PLEASE SEE BILL STRATTON. ANYONE WHO WOULD LIKE A RECORD OF THEIR 2019 DONATIONS TO BROAD BROOK CONG'L CHURCH, PLEASE SEE BILL STRATTON.





76 Prospect Street
Rockville-Vernon, CT 06066
Phone: (860) 875-5490
Fax: (860) 872-8200
Email: pietrasfhs@att.net

From the



This year the Sunday School led by Sherri Brown, learned about creation and created many crafts and posters. The energy and ideas led to include the story of creation in our annual Christmas pageant. On December 15, 2019, the Sunday School presented a play called "Christmas in Genesis? How Could This Be?"

The program was adapted, directed, and narrated by Linda York to include the creative ideas from the children.

The pageant started with the children telling the story of creation using posters they had created with Sherri Brown. They then told the traditional Christmas story told by a narrator, Mary, Joseph, an angel, shepherds, wise men, and several puppet animals. The pageant was opened to the community and family members to join us. We had six grandchildren, two adults, and a dog help us tell the story along with our Sunday School. It was amazing to see the children play multiple parts with costume changes so easily. We also had twin babies switching to play the part of Baby Jesus. The program was enjoyed by all. After the program, we enjoyed wonderful treats and ice cream brought in by the congregation. The Sunday School will continue to use the Shine Curriculum this winter. A mission's project will be planned to do during Lent. Plans for participation in church services are also being made.

Volunteers for BBCC always welcome!

We can use a hand with:

- **Food pantry donations/collection**
- **Refreshments after church service**
- **Prep and clean up for fundraisers**
- **Lay readers and greeters**
- **And more**



FROM THE BOARD OF DEACONS

- Betty Stratton, Chair of the Board of Deacons

- Betty Stratton

I want to Thank the Children, Adults, Linda York, Sheri Brown and Debbie Signor for all their participation in the lovely Christmas Pageant on Dec. 15, 2019. We were honored to have a live Baby Jesus, Benjamin and Jacob Vince, grandsons of Karla and Bill Vince. They are the great grandsons of Carol Feldman. (They took turns) Refreshments were served after the performance. Excellent job done by all.

The Deacons want to Thank everyone in the congregation for all of their help during 2019. Your help by volunteering for Lay Reader, doing a Children's sermon, and helping to serve Communion. Selma Grant for making our loaf Bread for our Communion Service.

From the discussion during the "Smaller Book Discussion", a Field Trip for the congregation was planned to Vernon Congregational Church in Vernon to observe their worship service. A group of 15 was in attendance, Rev. Carol took part in the worship service. Thank you to Vernon Congregational Church for all of their hospitality. It was an uplifting morning. Thank you to Rev. Robin Bird for the invitation.

Some upcoming dates:

Feb. 26- Ash Wednesday

April 5-Palm Sunday

9- Maundy Thursday

10- Good Friday

12- Easter

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Memorial Garden Order Form

Fill out the form below with your desired inscription to purchase a Memorial Garden engraved brick and /or a Memorial Garden nameplate. Send the form along with \$35.00 for **each** item to:

Memorial Garden
Broad Brook Congregational Church
P.O. Box 466, Broad Brook, CT 06016

Memorial Garden Brick:

(placed within the garden, along the path, on the mulch) (Leave spaces between words and dates)

Memorial Garden Nameplate:

(placed onto the Dovecote Pole) (Leave spaces between words and dates)

Note: allow 4 weeks to produce nameplates and bricks.

Name _____

Contact number/email _____

Missions Committee

The Missions Committee continues to support the 5 Corner Cupboard with food collections and monthly monetary donations from the congregation. Any donations of food or money are highly appreciated. Don't forget the needed items that are not food such as soap, toothpaste, toothbrushes, toiletries, paper towels, personal items, and other.

The Missions Committee selects local, state, national, and international projects to give our budgeted money to. This year we gave to the Five Corner Cupboard, the East Windsor High School Scholarship fund, the East Windsor Panther Food Program, the Broad Brook Fire Department, the Sandy Hook Promise Foundation, Pauline's Stockpot Kitchen, Operation Fuel, the United Church of Christ Disaster Fund, and World Vision.

If you would like the church to support a worthy project or organization, please let the minister or a member of the committee know. (Linda York, Carol Lewis, Debbie Signor, and Katherine Mickens.) We are always looking for new ideas.



← Ways and Means →

Happy New Year Everyone! It is so hard to believe that another year has passed so quickly. Although not much fundraising was done within the church for 2019 many ideas were kicked around for 2020. With the many changes occurring as time goes by, we need to adopt our thoughts and adventures to be able to fulfill our obligations. The fear of the unknown can be a road block if you let it but here in BBCC we like to use our "faith" in navigating around the obstacles. Last year's obstacles had put many limitations on us that we just had to accept the circumstances and take a step back to allow for healing. We had several members struggling with physical healings that our focus was on helping them recover, a less selfless approach.

It is with much hope that we continue to see your support as we venture towards our goals in 2020 and as we try new things. For certain, we will be holding a spring tag sale just in time for spring clean out. This way here you don't have to sit on anything until the end of summer.

There is much to discuss plan, confirm and act on our slate of ideas. Stay tuned for more info on what we will be doing in the future as we will be posting it in our Beacons, on our website, external advertising such as newspapers, flyers and radio announcements. We hope you continue to support us so we can in turn help our community.

Happy "New" Year! May this year be a better year for all. We have a friend in Jesus, maybe more time in prayer might just do us all some good.



DONATION COUPON

Making a donation as a wonderful way to remember a special anniversary, to say "thank you," celebrate an event, or to donate in memory of a loved one or a friend who has passed away. Check the appropriate box below to tell us where you would like your donation to go.

✂.....✂.....✂.....✂.....

<input type="checkbox"/>	Building Maintenance	\$
<input type="checkbox"/>	Music Committee	\$
<input type="checkbox"/>	Kitchen & Cleaning Supplies	\$
<input type="checkbox"/>	Office Supplies	\$
<input type="checkbox"/>	Sunday School	\$
<input type="checkbox"/>	Coffee Hour	\$
<input type="checkbox"/>	Historian (storage containers)	\$
<input type="checkbox"/>	Other (Please Specify)	\$
<input type="checkbox"/>	Deacon Wish List	\$
<input type="checkbox"/>	Discretionary Fund	\$

Total Amount of Donation \$ _____

(Check payable to: Broad Brook Congregational Church)

Your Name: _____

Phone Number: _____

Reason for Donation: _____

Send your request to: Board of Trustees
Broad Brook Congregational Church
P.O. Box 466
Broad Brook, CT 06016



Rev. Dr. Joseph & Laura Callahan
Mr. & Mrs. Mathew (Signor) Curren

Jan 10th
Jan 28th



**For the children in
your life, start the new
year off right! Regis-
tration is also availa-
ble online!**




Sunday School
MAKES A DIFFERENCE

**Contact us for more
information!**

So keeping with the idea of healthier diets for the New Year I was asked to do a Bone Broth that was in-line with the popular Keto or Mediterranean diets and more. Finding a bone broth recipe was easier than thought. With much research it's something most of us have been doing all along for years to stretch meals after making a meal from a meat on a bone. Some of us were taught to boil down the bones to make a base for our soups, the most popular being chicken soup. Mike does this regularly and freezes the base. The only difference with making this recipe and a broth base is the bone broth gets totally strained. He usually just took out the chunks, left the onion/celery/garlic bits. There isn't a set list of absolute ingredients here. It used to be what ever you had on hand but still holds true today, you can alter the list of ingredients to match your DIET requirements to avoid food you are not supposed to consume or are allergic to. The key to the broth is the bones used and the process. As we age, most of us can benefit from going back to the basics. Go ahead and give it a try then freeze the broth in smaller portions as to how you would use it to cook. Happy healthy cooking everyone!!





How to Make Healing Bone Broth at Home

What's in Bones That Makes Bone Broth So Good for You?

When making (and consuming) bone broth, you benefit from 3 components of bones: gelatin (collagen), cartilage, and bone marrow.

*Gelatin/Collagen

When bone broth cools down it often congeals due to the presence of gelatin. Achieving this gelatinous state is highly prized by bone broth aficionados as it means the broth contains a significant amount of collagen. (Gelatin is essentially the same thing as collagen. [When it's in the body it's known as collagen](#), and when it's extracted to be used as food it is known as gelatin.)

While gelatin is not a complete protein and cannot replace protein in the diet, it has been used historically as a protein stretcher. **It contains the amino acids proline and glycine**, both of which are two important amino acids that aren't abundant in animal meats .

Collagen is helpful in:

- Soft tissue and wound healing
- Formation and repair of cartilage and bone
- Healing and coating the mucus membranes of the gastrointestinal tract
- Facilitating digestion and assimilation of proteins

Join us for the Season of Lent February 26th– April 9th



Hymnals Order Form

Each hymnal costs \$20.00. To donate a hymnal to the church, fill out the following form, neatly printing how the front inside cover donation plate should read. Turn in this form and a check for \$20.00 to BBCC, indicating "hymnal fund" in the memo. Thank you for your generosity.

Hymnal Donated by: _____

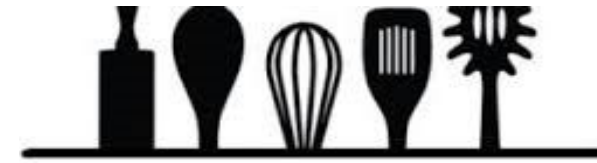
In Memory of: _____

In Honor of: _____

Please send your donation to:
Music Committee
Broad Brook Congregational Church
122 Main Street
Broad Brook, CT 06016



**Thanks to
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flower
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*Cartilage

Cartilage is primarily made from collagen and elastin proteins, but also contains glycosaminoglycans (GAGs), chondroitin sulfate, keratin sulfate, and hyaluronic acid. You might recognize chondroitin sulfate as a commonly used supplement for supporting joint health and mobility. It has also been shown to help improve inflammatory conditions of the gastrointestinal tract.

Cartilage is considered beneficial in supporting inflammatory conditions such as:

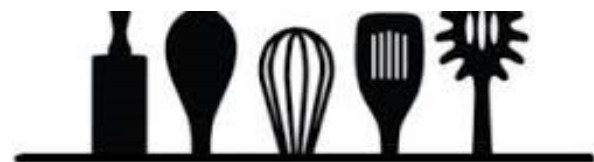
- arthritis
- degenerative joint disease
- inflammatory bowel disease, and
- lowered immune function

(Note: Using cartilage-rich beef knuckles, chicken feet, trachea, and ribs in bone broth is a cost-effective and easily absorbable alternative to pricey supplements.)

Health Benefits from Eating Bone Marrow

Improves gut health – bone marrow is easily digested and contains nutrients that help heal the digestive tract and improve nutrient absorption.

Boosts the immune system – the strength of your immune system is linked to your gut health. Consuming bone marrow regularly helps strengthen the gut which will help to ward off illness and chronic disease.



Glowing skin, hair, and nails – good health is usually reflected in strong, shiny hair and nails and in smooth, clear skin. Bone marrow contains gelatin (collagen) which is transferred into bone broth and into you when you consume it. Gelatin grows and strengthens hair and nails, and helps to smooth lines, wrinkles, and even cellulite.

Reduces inflammation – One of the best ways to decrease inflammation is through a good diet. Eliminate or restrict inflammatory foods (i.e. vegetable oils, sugar, gluten, and GMO foods), and add the benefits of amino acids found in bone marrow: arginine, proline, and glycine.

Note: A **chicken carcass makes an excellent bone broth as it has a high concentration of red marrow bones**. Most of us remember our parents/grandparents boiling down the leftover Thanksgiving turkey, roasted chicken or the ham bone to make soup. Basically, that's all this is except you will be straining the broth once it's cooked and cooled.



Happy Birthday

January

Beth Siekiera Walker	6th
Zachary Siekiera	9th
Janice Lang	10th
Braelynn MacDonald	13th
Madelaine Clark	18th
Katie Siekiera	30th



Joyce Bonelli	1st
Tyler Morin	11th
Jason DiMauro	12th
Jerry Marquis	14th
Abel O'Hara (Townsend)	14th
Penny Savoie	18th
Arthur Sweet	20th
Amanda Wallace	23rd
Brittany Townsend	28th

February

Step #4: Cook long and slow. Cook chicken bones for at least 6 to 24 hours (up to 48 hours). Beef bones can cook for 12 to 48 hours (and even up to 72 hours). A long and slow cooking time is necessary in order to fully extract the nutrients in and around the bones. You may need to add additional hot water as the broth simmers to keep the bones covered.

Step #5: Add additional vegetables and/or seasonings such as sea salt, pepper, herbs and peeled garlic cloves to the pot 1-2 hours before finishing. (Optional) Add a bunch of fresh parsley 10-15 minutes before removing from heat.

Step #6: Once broth is ready, remove from heat and allow broth to cool enough so you can handle the pot. Remove the solids, strain through a fine mesh strainer, and reserve the broth. If there was meat on the bones, you can pick this out to use in a soup if desired.

Step #7: Consume broth within 5-7 days or freeze for later use. Bone Broth can be safely frozen for several months.

Tell us how you did; post your results on our facebook page!
<https://www.facebook.com/BBCongregationalChurch>

Thanksgiving 2019

The beautiful cornucopia for our Thanksgiving celebrations. Thank you to all who donated.



A passage from “The History and Genealogies of Ancient Windsor, Connecticut: History,” By Henry Reed Stiles. Here is a piece of history about our beautiful, historic church.

The Congregational Church of Broad Brook. In March, 1850, application was made to the Connecticut Home Missionary Society for aid to establish a church in the village, which then had a population of about 800. The Episcopalians already had a house of worship here, but had only a slender hold upon the people—an attendance of not over 30. Mr. Palmer, then agent of the Broad Brook Mills, had opened a hall, seating some 200 or 300 persons, which was well filled on Sundays and Sunday evenings, under the ministrations of Rev. Mr. Charles N. Seymour. The application was endorsed by Rev. Shubael Bartlett of Scantic parish, East Windsor, who stated that whereas, in 1816, there were not over 5 houses and 40 people, there were now 50 houses and about 800 people. The required aid was given by the Conn. H. M. Society, and a church of 20 members (6 male and 14 female) was organized 4th May, 1851, and was placed under the care of Rev. Mr. Seymour. On the 1st of January, 1854, a neat church edifice, built in 1853, was opened and dedicated by Rev. Shubael Bartlett, being the last public service that he ever performed. In 1865 a parsonage was built at a cost of \$2,000; in 1866 a cabinet organ, cost \$500; a bell, costing \$600, one-half of which were given by outsiders;

The passage goes on to list the number of men in the parish who left for war and the losses that accompanied this time period. The war mentioned is, of course, the Civil War, which in 1865 came to an end.

Bone Broth Tips:

Using a crock pot that can be continually re-set for several hours at a time is likely a safer and easier option for most people. If you are using the stovetop method, be sure to keep an eye on your broth and follow good stove safety practices. An Instant Pot (pressure cooker) is another option.

After the broth cools, a protective layer of fat will harden on top. Only discard this layer when you are about to eat the broth. Alternatively, you may choose to consume it along with the broth. If your bones are from quality pastured animals, this is a healthy, nutrient-dense source of fat. Another option is to save this fat in a jar in the fridge and use it as a cooking oil when making other dishes.

If your broth becomes thick and jelly-like – congratulations! That means it contains a significant amount of gelatin (collagen). When you heat up your broth, it will turn back into liquid form. To warm up your broth, scoop some into a saucepan and gently heat your broth on the stove, not in a microwave oven. This will retain the maximum possible nutrients. Season with salt & pepper and/or add other health-promoting spices such as turmeric, ginger, etc.

There are many ways to use bone broth. It is delicious to drink by itself, or use it as a soup base, in sauces, and to replace the water when cooking rice, quinoa, or other grains.



ALTAR FLOWER DEDICATION FORM

Name _____

Dedication (in memory or honor of):

Date for when flowers are to be
dedicated:

Please give this form to Betty Stratton. Payment can be
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staff@broadbrookcongregationalchurch.org



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SUMMER 2020 CONFERENCE DATES:

Pioneer: June 21-27

Week 1: June 28-July 4

Week 2: July 5-11

Week 3: July 12-18

Week 4: July 19-25

Week 5: July 26-Aug. 1

Week 6: Aug. 2-8

Week 7: Aug. 9-15

Registration Opens
January 15th!

Save \$50! Register by
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silverlakect.org

Friendship

Leadership

Community

Deepening of Faith

**The Members of the Broad Brook Congregation-
al Church** are hereby called to attend the Annual
meeting/Potluck lunch to be held on Sunday, Jan-
uary 26, 2020 in the Fellowship Hall beginning at
11:30 am. Agenda items will include:

1. Hearing and accepting reports of officers,
boards, and committees.
2. Election of officers, board and committee
members for 2020.
3. Any other business thought proper when met.

Additional agenda items should be given to the
moderator by Sunday, January 19, 2020. A tenta-
tive agenda and copies of the annual reports will be
available prior to the meeting.

Wade Signor, Moderator
(860) 623-4548



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Starting the process: Once you've gathered your bones (either raw or roasted), you're ready to proceed with the steps below. Making bone broth at home is easy and can be fun, but it's vital to remember the most important step.



After you've chosen your method and picked your flavor, remember your raw apple cider vinegar and to allow your bones to sit for at least 30 minutes before turning up the heat. This will mean the difference between average, watery stock and gelatinous, wholesome bone broth.

Step #1: Place bones (fresh, frozen, or roasted) into a large stock pot or crock pot and cover with cold filtered water. Make sure all the bones are covered, but still leave plenty of room for water to boil. Add coarsely chopped onion, carrots, and celery stalks to the pot.

Step #2: Add two tablespoons of an acidic substance (eg. apple cider vinegar, wine, or lemon juice) to the water prior to cooking. The acid will help draw out important nutrients from the bones.

Step #3: Heat slowly, gradually bringing to a boil and then reduce heat to a simmer. Skim off any scum that floats to the top.

Lay Readers

January

5- Field Trip

12- Joyce Bonelli

19- Dr. James Clark

26- Wade Signor

February

2- Debbie Signor

9- Mike Siekiera

16- Joyce Bonelli

23- Wade Signor

Children's Sermon

January

5- No Sunday School

12- Dr. James Clark

19- Carol Innes

26- Rev. Carol Lewis

February

2- Communion

9- Wade Signor

16—Katherine Mickens

23- Rev. Carol Lewis

Calendar

JANUARY 2020

1- New Year's Day

5- Field Trip to Vernon Cong'l Church
No worship or Sunday school @ BBCC

6- Epiphany

10- Annual Reports due

11- South Windsor Community Choir

12- Boar's Head @ Asylum Hill Cong'l
@ 1:30pm

26- Annual Meeting @ 11:15am
Pot luck lunch

FEBRUARY 2020

2- Communion

14- Valentine's Day

26- Ash Wednesday

Looking Ahead:

April 5- Palm Sunday

9- Maundy Thursday

10- Good Friday

12- Easter

Annual Meeting

**January 26th @
11:15 am**



God's light is among us.



**We can be a light
for one another.**



**Jesus taught his disciples
God's vision for
God's kin-dom.**



**God is calling us to
embrace the
vision of inclusivity.**

Christmas Pageant 2019

