



UNITARIAN SOCIETY OF HARTFORD

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Revs. Cathy & Heather Rion Starr

USH-Enews Week of July 22, 2015



Worshipping Together Since 1830 - Sunday Service 10:30 AM - July 26 - 2015

The 4th Principle: - A free and responsible search for truth and meaning;
“Notes from Life-Long UUs” service with guest speakers: Martha Bradley, Rob Spector, Rick Tsukada, Chris Wilt.



Photo by Harriet Gardner

Marye, Marye...How Does Our Spiritual Garden Grow?

This was the title of pulpit guest Marye Gail Harrison’s sermon on July 19, 2015. Marye Gail, a devoted fan of science, the cosmos, technology, and the brain, wondered, “Is there anything new in religion as there is in science?”

Marye Gail's "topic" during our summer series on the UU Seven Principles was Principle number three: acceptance of one another and encouragement to spiritual growth in our congregations. There is so much new in the areas of knowledge and technology, she said, but what about in the spiritual realm? She suggested that what's "new" may not be expanding information about what we can objectively observe, "but rather the expanding subjective understanding of our inner selves with which we live all the time." The cutting edge for spiritual growth, however, does not allow us to be:

Stuck in our comfort zones,
 Locked into familiar patterns,
 Closed in with our blind spots,
 Defending what we have always been,
 Repeating clichés,
 Making excuses when we have acted inexcusably.

Marye Gail, also an artist, a poet, and a gardener, used symbols to help explain her message. The cover of the Order of Service, drawn by her, was a watercolor sketch of a solid-looking tree. In front of her at the lectern were seven nesting dolls (you know, those brightly-colored tiny-to-large rounded figures that fit into one another), which she used to symbolize seven tools/processes we can use to encourage "spiritual growth in our congregation."

1. Religious Freedom. "How long has it been since an experience or a book or sermon has really shaken you and caused you to reflect for days after?" she asked. We must continue to explore and integrate new experiences and find ways to support each other's explorations.

2. Aligned Values. "UU do not believe that anything goes," Marye Gail insisted, reminding us that we all have blind spots, and asking, "Can you accept the spoken witness that you have, knowingly or unknowingly, overstepped an important boundary?" She told a personal story as an example. Leaving a Board meeting, she made a cynical view of how things were at the USH. Rev. Cathy got to her and observed that kind of comment "hurt our work together." Marye Gail was surprised at Rev. Cathy's "steady witness and grateful for her strength to speak to me and let me decide what to do with her observation...She held up our aligned values."

3. Embracing growth. "Life is a set of nested dolls," she said, and a poem she wrote in 2002 combined the nesting dolls and the tree symbols. And these images have given her permission to keep exploring and integrating to find meaning. Each experience, each period of personal growth wraps around all that has come before. Some lines from her poem:

At the beginning of each season of my life,
 ideas of God sprout like spring leaves
 and offer a summer of comforting shade.
 At the end of each season of my life
 the outgrown gods turn and fall...
 Now I long to strip away my outer bark.
 to know deep inside my trunk
 something—essential, still and peaceful.

4. **Personal Integrity.** Making meaning of our own experiences is the source of our personal integrity, Marye Gail said, and we must be “true to our own experience even when it is different from others.” When we are in a community of acceptance at the USH, we can be different without being an outsider. Interacting with others, we can gain a greater clarity of understanding life.

5. **Genuine Acceptance.** “What a UU community can offer us is a welcoming, engaging but not judging, safe place to struggle and emerge in our own time, over and over, with strong wings to fly on our own.”

6. **USH Community.** There is a lot we have in common, Marye Gail said, and mentioned:

Guidelines for democratic meetings, consensus building through small group meetings, healthy relations practices, speaking up when we witness bullying, offering feedback - not as an accusation but as compassionate observation, caring for one another in times of joys and sorrows, working for social justice and peace. “It takes all of us to make a sustainable UU village.”

7. **Intentional Study.** Expanding our programs as a vibrant learning community is a “tool at the heart of encouraging the growth of our spiritual garden,” Marye Gail said. She encouraged those interested in exploring the possibilities of intersecting science and religion to meet with her and Leslie Waite under the stairs after the service—and a dozen or so did just that. On the back of the Order of Service, Marye Gail listed seven (that number again!) books she mentioned during the sermon that could be the basis for expanding such new programs for studying together. - **Kayla Costenoble**



Photo by Harriet Gardner

The Sunday 19 July sermon,
Marye, Marye....How Does Our Spiritual Garden
Grow?

By Marye Gail Harrison is now available in PDF form
on the web.

You may find it

here: <http://www.ushartford.com/sermons.html>

BOOKS MENTIONED IN JULY 19 2015 SERMON

Christ of the Celts by J. Phillip Newell

Anam Cara – A Book of Celtic Wisdom by John O’Donohue

The Theory of Everything by Ken Wilbur

Biocentrics by Dr. Robert Lanza

Thank God for Evolution by Michael Dowd

Eternal Life: A New Vision – Beyond Religion, Beyond Theism, Beyond Heaven and Hell

by John Shelby Spong

Waking Up – A Guide to Spirituality Without Religion by Sam Harris



**Happy 70th Anniversary
to Ed and Marion Richardson**

Sunday, July 26, in Fellowship Hall, right after the service, please join Marion and Ed Richardson in celebrating their 70th wedding anniversary.

Several of those sensational Modern Pastry cakes will be available to tickle your taste buds.

Absolutely no presents.

Members of the Board will be available to meet under the stairs after worship on July 26. Come chat with us and give us your comments or ask your questions. All are welcome! -Virginia de Lima

August Small Group Ministry

There are two spaces left in the August Small Group meeting at Linda Ericson-Ebel's home in West Hartford. Ron Friedman will be the facilitator. The group will meet three **Tuesdays** in August, (August 4, 11, 18) and once in September (Sept 1) from 7:00-9:00 PM. If you would like to be part of this group, contact Janice Newton at 860.677.1121 or by email, janicecnewton(at sign)gmail.com.

- Submitted by the Programs for Adults and Families Sub-Council

Small Group Ministry to meet in Farmington in October - There will be a Small Group Ministry at the home of David and Janice Newton on Monday evenings beginning October 26. We will meet from 7:00-9:00 PM. If you are interested in signing up for this group or learning more about Small Group Ministry stop by the Programs Table during Fellowship Hour or call Janice Newton at 860/677-1121 or email at janicecnewton(at sign)gmail.com - **Submitted by the Programs for Adults and Families Sub-Council**

Conscious Aging Small Group Ministry

FACILITATOR: Susan Spaniol, 860-216-1391, sspaniol@comcast.net

HOSTESS: Esther McKone, 250 Waterville Rd. Avon

860-677-6682, estmckone@aol.com

TIMES & DATES:

Thursdays, 7 to 9 pm; Oct. 8, 15, 22 & 29, Nov. 5, 12 & 19, Dec. 3

What is Conscious Aging?

Conscious Aging brings awareness to the inevitable passage of time as we age. During this SGM, we will examine our hopes and fears related to aging... its blessings as well as its burdens. Our goal is to identify our personal values, relationships and beliefs, and to learn from the collective wisdom of the group. Our hope is to develop a sense of meaning and purpose that is authentic to who we are and who we are becoming.

- * Those who did not attend the 2014 SGM
- * Those anticipating or grappling with the consequences of retirement
- * Those who wish to bring awareness and intention to their third phase of life
- * Anyone who faces, or expects to face, the challenge of aging

RE News You Can Use!

Sunday, July 26th, the nursery will be available from 10:15-11:45AM for infants and toddlers.



We are continuing with our Harry Potter series for children and youth. This week will be working on potions! It will be a fun and messy time.

We are also gearing up to play Quidditch! We will be learning/playing the week of August 2nd but we are beginning to learn the rules now. If you are interested in playing, we will be playing during RE from 10:30-11:30AM on the 2nd. Please see the DRE for more information on playing. We need players of all ages and there is plenty of room for other helpers as well.

In order to play, we are asking for the donation of several items. We are in need of brooms (old, new, used, it doesn't matter). We also need 1 volleyball, 2 dodge balls, two tube socks and two tennis balls and 6 hula hoops. Thank you! - **Rayla D. Mattson** - **Director of Religious Education Unitarian Society of Hartford**
860-233-9897 ext 104 860-839-5001 - cell only check my email on Tuesday, Wednesday, Thursday and Sunday cell. If you need to reach me outside of those times, please feel free to text or call my cell.



Palestinian/Israeli Ukelele Concert July 25 in Connecticut

Ukes for Peace is a youth orchestra making its first American tour. Go to www.ukelelesforpeace.com for background information.

They are making two stops around here.

Friday, July 24 in Sheffield MA

(the center of MagicFluke, a ukelele maker)

Saturday, July 25 at 6:30 pm in Glastonbury
at Congregation Kol Haverim, 1079 Hebron Ave.
(the Brookfield retirement complex). Donation \$10



Are you the Wonderful Mystery Memorial Garden Weeder?

When we were at the Memorial Garden last Thursday we were delighted to find someone had done a great deal of weeding. We did some more weeding and trimming, but nothing compared to what we thought we would have to do! We would love to know who you are so we can thank you! Please contact us! If



you prefer to remain anonymous we understand. Whoever you are, THANK YOU!!!! We are very grateful! - **Janice and David Newton**



Backpacks and Uniforms

The little boy pictured above has a very nice backpack, filled with school supplies. Many of his peers who attend school in Hartford have neither. He is certainly missing a school uniform and has added a green umbrella to his attire. Over 800 children in greater Hartford don't have uniforms, backpacks or school supplies. For the third year, USH is participating in the Backpack and Uniform program at The Village for Families and Children. Please support our friends next door as they

anxiously prepare to return to school next month.

Make your checks out to USH with Backpack and Uniform program in the memo line and mail them to Brian Mullen at the Meeting House.

You may also put cash or checks in the envelopes at church making sure to write your name on the envelope and indicate Backpack and Uniform program. Let the children know that we are a consistent caring presence in their lives.

Joanne Orlando - Liaison to The Village jrporlando@cox.net (860) 657-3711



Soliciting 2015 Fall Programs for Adults and Families - It's not too early to think about including your program, workshop, or event in the listing of the 2015 Fall Programs for Adults and Families.

This listing will be available at the USH website in September. On Sundays, when the Programs Table resumes on a regular basis, there will be handouts for your course, event, etc. at the Programs Table, for visitors as well as for members and friends. Registration for your program, course, etc. and any required payment can also be done at the Programs Table.

To obtain a Program Proposal form, you may go to <http://www.ushartford.com/> From the Spiritual Life pull down menu (on the left side of the home page), click on Adult Programs. In the first paragraph, click on download the form in Microsoft Word. (We are bringing up a new website, so this procedure may change during the summer) The form is also available at the USH office. Please attach a detailed paragraph in Microsoft Word (if possible) about the program to the completed Proposal Form that can be used for promotion. Please email the completed Proposal to Janice Newton. You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at\)sign\)gmail.com](mailto:janicecnewton(at)sign)gmail.com), for more information about the programs.

Programs:

USH Ballroom Dance Lessons: Thursdays, 10 weeks starting June 18, 6:00 – 7:30 PM, \$75.00.

Small Group Ministry: Tuesday evenings August 4, 11, 18, and September 1 at 7- 9 PM.

TaiChi: Wednesdays, 5:30 – 7:00 PM. Beginners welcome.

Emei Qigong: Tuesdays, Beginning Learners: 6:15 PM, Cultivation: 6:30 PM, Deeper Learning and Understanding: 7:15 PM.

Emei Qigong: Wednesdays, Tutorial: 4:45 PM, Internal Cultivation/Practice: 5:00 PM

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM. will resume September 16th

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM. Will meet July 22, 29 and then resume September 16



CALLING ALL USH GARDENERS - Want to be part of a USH garden tour? Already five gardeners have signed up, one each in Avon, Bloomfield, Glastonbury, Granby and West Hartford. There are lots of dedicated gardeners among us, and a tour of their gardens will give them...well, their--our--day in the sun. We're calling all gardeners, and garden tourists, to take part in a this new congregation-building event, which will happen next June, 2016.

If you would like to plan or participate, as either a gardener or garden tourist, please contact Diane Cadrain (860) 233-8766; diane.cadrain@snet.net, or Martha Bradley (860) 657-9140 or marthabradley49@yahoo.com.



Music lovers, take note of two concerts this week, featuring performers well-known at USH:

New World Trio — Anharad Stowe is the Artistic Director of this chamber instrumental group featuring Pi-Hsun Shih. Thursday, July 23, 7:30 pm, at Porter Memorial Hall, 75 Main Street, Farmington. General admission \$25.

CONCORA Summer Festival concert — 80 singers performing Morten Lauridsen's Lux Aeterna and Sure on This Shining Night, plus additional selections. Saturday, July 25, 4:00 pm, at Bethany Covenant Church, 785 Mill Street, Berlin. General admission \$20.



Garden Party @ Twilight

August 21, 2015 • 7 – 10 pm • VIP at 6 pm



Local celebrity chefs compete for your heart. Tasting-size dishes served from the griddle to your plate. Connecticut and Hartford Grown ingredients. (herbivores welcome) Your friends lounge under KNOX's signature tent as you sip wine and take in tunes. A silent and live auction highlights Hartford's culinary, environmental, and entrepreneurial scene. Will there be a secret ingredient or a friendly competition, perhaps? That's a secret, and it's one of many!

KNOX's signature fundraising event takes a bold step forward. We've moved the event to a larger space, a larger garden, and a great variety of chefs.

For those GOING BIG, Take a VIP tour at 6 pm of our Watkinson Community Garden, complete with refreshments and appetizers. This garden is twice the size of a football field, and rarely toured by the public. With a history spanning over 40 years, the soil holds the history of urban agriculture.

At the Garden Party @ Twilight, it's all about the local food and the people behind it.

Tickets:

\$75 – Please arrive at 7 pm

\$125 VIP – Please arrive at 6 pm

\$600 for a Table for 8 – Please arrive at 7 pm
 \$1,000 for a VIP Table for 8 – Please arrive at 6 pm

Itinerary:

6 PM – VIP Tour of Garden with Champagne and Appetizers

7 PM – Dinner & Silent Auction

8:30 PM – Speaker & Live Auction

10 PM – Event Ends

Location:

Watkinson Garden @ Unitarian Society of Hartford

50 Bloomfield Avenue, Hartford, CT 06105

Free Parking Available

Purchase Tickets:

<http://knoxhartford.org/knox-events/garden-party/>

* VIP Ticket

Price: \$125.00

Includes special tour of Watkinson Community Garden with Appetizers & Drinks

* Dinner Only

Price: \$75.00

* Table for 8 (Includes 8 Dinner-Only Tickets)

Price: \$600.00

* VIP Table for 8 (Includes 8 VIP Tickets)

Price: \$1,000.00

Includes special tour of Watkinson Community Garden with Appetizers & Drinks for 8



The last in a series of easy walks hosted by Larry Lunden will be on July 25.

See this web site for the details:<http://www.meetup.com/Hartford-Area-Hiking/> USH folks are invited to come along.

ArtAround the West End

CALL TO WEST END ARTISTS - There's still time! Still time to plan your exhibits for ArtAround the West End 2015. This year's event will take place the last weekend in September, with the opening exhibition and reception scheduled for Friday, September 25th, to be followed by two days of open studio exhibits on the 26th and 27th. The event welcomes all artists who live, work, worship and study in Hartford's West End

