



## UNITARIAN SOCIETY OF HARTFORD

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Revs. Cathy & Heather Rion Starr

**USH-Enews July 26, 2015**



**Worshipping Together Since 1830 - Sunday Service 10:30 AM - August 30 - 2015**

**It's Always the Right Time - Rev. Cathy Rion Starr** - We'll explore how it's never the right time and yet it's always the right time to talk about racism and white privilege.

The sermon will expand on an Op Ed I wrote for the anniversary of Michael Brown's death. The Courant didn't print it, so I share it with you here:

**An Invitation to White People On the Anniversary of Michael Brown's Death (8/9/14)** - A year ago, our country changed. Not because a white police officer named Darren Wilson killed an unarmed 17 year old Black youth named Michael Brown, and not because of any spike in police killings of Black and Brown folks, but because young African Americans in Ferguson began protesting daily and haven't stopped. Because social media brings national attention to deaths that before went mourned but unmarked by most media. Because, from Hartford to Ferguson, African Americans are organizing strategically and boldly to demand recognition of their humanity and dignity amidst a legacy of over 500 years of racism.

I learned little about that history of racism as a white kid growing up in West Hartford. As a high school student at Conard in the early 90s, I didn't think the Diversity Club was for me. It wasn't a conscious choice; it simply wasn't something on my radar. I didn't need to think about race, and so I didn't.

But my faith teaches that each and every person has inherent worth and dignity, just as your's may teach that we are all children of God, or your moral compass honors the uniqueness of each human being. Each time another young person of color is

harassed or shamed or bullied or killed at the hands of police, that person's dignity – and ours – is eroded. I have learned that we must say #BlackLivesMatter rather than #AllLivesMatter to name the reality that Black lives are systematically devalued more than White lives in our present society. #BlackLivesMatter is a reclaiming of the worth and dignity that our country strips away from Black women, men, and children, straight and queer and trans, able-bodied and disabled, rich and poor, young and old.

The growing Movement for Black Lives gives me—a white queer parent and minister—hope and inspiration. I see powerful, loving, grounded Black leadership building throughout the country; I see other people of color standing with them; and I see powerful, loving, grounded White folks committing to say “We will show up for racial justice because this pains us too, and because we believe a more loving and peaceful world is possible.”

I want to be part of creating that world for my three-year-old child: one where I don't have to explain to her why I am crying over the news again and where she doesn't have to worry about the safety of her Black friends coming home from middle school. White folks like me must wrestle with the reality that our silence and inaction perpetuates racial inequity within the United States and the world. It is time for us to step out of silence.

We white people have a role to play. Not a role of upstaging Black leadership, but a role in building the chorus so it is so loud and strong that it drowns out hate and amplifies the cries of Black leaders for more love, equity and justice. And that is why we are beginning a chapter of Showing Up for Racial Justice in Connecticut—to provide a space for white folks to educate ourselves and act in solidarity with the Movement for Black Lives and to create a visible presence of white folks who oppose racism in all its forms.

Three weeks ago, on the anniversary of Mike Brown's death, hundreds of my fellow Unitarian Universalists were in Ferguson honoring Michael Brown's life with vigils, prayer, and more protests for justice and equity. Here at home, I am putting a Black Lives Matter lawnsign in my yard, making a donation to Moral Monday CT, and preparing myself to show up at the next call for action. What will you do?

**- Rev. Cathy Rion Starr is Co-Minister of the Unitarian Society of Hartford, co-founder of SURJ-CT ([showingupforracialjustice.org](http://showingupforracialjustice.org)) and one of Robin's two Mamas. Follow her on Twitter at [@rev\\_cathy](https://twitter.com/rev_cathy)**

**Special Notice: Please send OOS (Order of Service) information to [ushlindaclark@gmail.com](mailto:ushlindaclark@gmail.com) as well as Brian Mullen Please include in the Subject: OOS and the date of the Sunday intended until further notice, Thank you!**

**Seeking Chalice Lighters for Fall 2015** - We've love for you to come up and light the chalice on Sunday morning! Lighting the chalice as an individual, a couple or a family is a way for you to take a small part in our shared worship experience. It's also a way for all of us to see each other more fully and help everyone remember names more easily.

Consider signing up to engage in this especially-Unitarian Universalist ritual that begins our services. If you haven't lit the chalice before, please plan to arrive by 10:10am so we can show you the routine before the service begins. You can sign up, here:

<http://www.signupgenius.com/go/8050b45a5ae2baa8-chalice>

If you have questions or would prefer to sign up in person or by phone, please speak with Rev. Heather (541-390-6052). Thanks for adding your's to the faces we see participating in worship on Sunday morning!



**Sunday, August 23rd Recap by Kayla Costenoble Photos by Hariret Gardner Heartplaces.** - Cape Cod, vacations, loss of structure and routine—all were part of Rev. Heather's sermon on August 23, 2015, after the end of the summer's seven Seven Principles services and the welcome return of our ministers.

"It is so good to be with you this morning," she greeted us, after a summer where "people seem to scatter in every direction." The United States, she said, is the only economy in the world that does not offer paid vacations for all workers. She noted that Rev. Cathy (who will be preaching next Sunday) is working for more paid time off for the USH staff.

Rev. Heather described a Heartplace as a place where we "all have to find ways to ground and rejuvenate ourselves, renew and replenish our spirit." It is a place to create space for heart safety, a place where we are more able to be ourselves.

Cape Cod was used as a symbol of a Heartplace. The Order of Service prepared us for what was to come, with a stunning cover of beach and sky; with a back cover of Diane Cadrain's work-in-progress of sand and water of Cape Cod Bay she named "Heaven on Earth; and with a quote about Cape Cod by Henry David Thoreau.

Although he spent only three weeks at Cape Cod, Thoreau managed to write a book about it in October 1849, saying he made the visit there "wishing to get a better view than I yet had of the ocean..." Rev. Heather made her trip to Cape Cod this summer with Rev. Cathy's family.

She said we recognize places that are closest to us that we return to time and time again, where every journey is an exploration. We feel they will be there indefinitely, timeless and beautiful.

Rev. Heather found a Heartplace in her own back yard this summer; it took many years to get there. She carried an unpacked gift of a hammock from Bend, OR to a

Washington, DC apartment, to a third floor apartment in West Hartford, and finally—this week—set it up in the backyard (their first) of their new home in West Hartford. Robin came to gently push her as she lay in it, looking at trees and clouds, hearing crickets, saying to herself, “This is nice...What a journey this has been for us...We are home.” Robin and Rev. Cathy are delighting in working in the garden and planting. Robin was eager to get home from Sunday’s service to do more of this.

Poetry, of course, added much to the service. Wendell Berry, called “the Kentucky farmer poet, wrote:

When despair in the world grows in me...  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief...For a time  
I rest in the grace of the world, and am free.

We hear the words of Mary Oliver, called the Cape Cod poet, quite frequently here at the Meeting House. In her introduction to our Turning Inward part of the service, Rev. Heather read her “On Travelling to Beautiful Places.” From it:

Every day I’m still looking for God  
and I’m still finding him everywhere...  
How perfect to be aboard a ship with  
maybe a hundred years still in my pocket.  
but it’s late, for all of us,  
and in truth the only ship there is  
is the ship we are all on  
burning the world as we go.

Rev. Heather reminded us of the fires still burning in the Northwest states of WA, OR and ID as the world is warming, and asked how can we engage in caring for our Heartplaces, renew our spirits, and keep ourselves from being overwhelmed. She quoted Adrienne Rich, poet, essayist and feminist:

My heart is moved by all I cannot save:  
so much has been destroyed  
I have to cast my lot with those  
who age after age, perversely,  
with no extraordinary power  
reconstitute the world.

In September, Rev. Heather will be going to a climate workshop. USH members will be able to get details on a similar program being offered here at USH and sign up for it soon. It will be a way the Society can be involved in healing and repairing what’s going on in the larger world.

Rev. Heather concluded, “Heartplaces are found here, in the place where we spend most time, create memories, replenish our spirit, find and feel joy to carry on beyond our despair.” **Kayla Costenoble**

### **Introducing our new Acting Accompanist,**

**Sarah Puckett** -We are pleased to introduce Sarah Puckett, who will begin as our Acting Accompanist on September 1st, joining Rebecca Pacuk, who is continuing on as our Acting Choir Director.

Sarah is an accomplished pianist who also plays the organ. She was waiting for the "right" church job to open up. When she saw our announcement last spring, she knew she'd found it! She has prior experience with a Unitarian Universalist congregation and feels drawn to our faith. When we met Sarah and heard her play, we knew she was perfect for us as well! Many thanks to our hiring team (Patrice Fitzgerald, Mary-Anne Mulholland, Martha Bradley, Rebecca Pacuk, and myself). Please welcome Sarah warmly when you meet her at choir practice or on Sundays beginning September 6th. You can learn more about Sarah with her bio below: - **Rev. Cathy**



Pianist Sarah Puckett has performed solo and chamber works in venues across the U.S. and Europe. An advocate for contemporary music, she has performed several works by living composers including the 2014 premiere in Switzerland of Evan Williams' "On the Will of Tones," a solo piece written for her. As an undergraduate, she received the Gladys Iseman Clark scholarship in applied music which recognizes excellence in performance.

In demand as a collaborator, Sarah has worked with a diverse array of performers and ensembles from all over the world. Honors include second place in the 2012 Dr. Marjorie Conrad Art Song Competition, Undergraduate Division, with Courtney Wallace, soprano and invitations to Bay View Chamber Music Festival in Michigan and soundSCAPE Festival in Italy, for which she received a Mellon grant. Sarah has served as accompanist for such institutions as University of Connecticut, Boston University, Musikakademie der Stadt Basel, Musikschule Frick, Bowling Green State University, Bowling Green Children's Opera, and The College of William and Mary. Highlights include accompanying a master class with Everett McCorvey, director of the American Spiritual Ensemble and performing vocal works by Libby Larsen for the composer herself.

Although she's moved around quite a bit, Sarah has maintained a vibrant teaching studio for more than eight years. Previously she has taught in Williamsburg, Virginia, Atlanta, Georgia, Bowling Green, Ohio, and Basel, Switzerland, and her students have earned superior ratings in competitions. She is very pleased to have recently joined the faculty at New England Music Academy in Massachusetts.

Sarah holds a Bachelor of Arts in English literature and Music from The College of William and Mary and a Master of Music in Piano Performance from Bowling Green State University. Primary teachers were Christine Niehaus, Thomas Rosenkranz and Robert Shannon.

Read more at <http://www.sarahpuckett.com/>



Thank you so very much for your cards, gifts and the meals that you provided during the first two weeks of my recovery from surgery. What a wonderful feeling of support and encouragement you've provided me!

The procedure itself was a success. The surgeon believes he was able to locate and repair the tear in my spinal column which has been causing my headaches. I will need to adhere to certain restrictions for the next month to enable the surgeon's work to heal properly. These restrictions include: avoiding bending & stretching; lifting no more than 5 pounds.

Once these restrictions are lifted, we'll have a better sense of the procedure's success in alleviating my head aches – keep your fingers crossed! I'm able to drive and have begun a limited work schedule at the Meeting House this week.

Thank you again for this and the many other ways you've shown me your support over the 12+ years I've been at the Meeting House. **Humbly grateful, Brian Mullen**

**RE News You Can Use!** - The last week of our summer RE program has arrived!! This week the nursery will be available from 10:15-11:45AM for infants and toddlers.



The children and youth will have their Harry Potter feast. If you are a cooking Harry Potter fan, please feel free to add or bring a dish to our potluck. We would greatly appreciate it. Please label your dish. Thank you.

### **RE CLEAN UP!**

On August 30th, immediately following the morning worship service, we will have RE Clean-up. We will be preparing the classrooms for RE classes that will begin on September 20th. Please consider lending a hand.



**Teacher Orientation September 13th** - We will be having a teacher orientation on September 13th to prepare for the first week of classes on the 20th. We will meet briefly from 12:00-1:00noon. We are also still in need of 3 assistant teachers. If you are willing to help 1-2 times in a 4-8 week period, we would greatly appreciate your help. No prior experience needed. Just a willingness to help! **Rayla D. Mattson - Director of Religious Education Unitarian Society of Hartford** 860-233-9897 ext 104 860-839-5001 -cell I only check my email on Tuesday, Wednesday, Thursday and Sunday. If you need to reach me outside of those times, please feel free to text or call my cell.





**Interested in Joining the Choir?** - Interested in joining the USH Choir for the 2015-2016 season? Join us on September 2nd for our first choir rehearsal of the season! Choir will begin singing on Sundays on September 13th and will continue through June. **Please feel free to contact Choir Director Rebecca Pacuk at [pacuk@hartford.edu](mailto:pacuk@hartford.edu) if you have any questions. We hope to see you there!**

**Plan to Join Building and Grounds Work Party 9/12 -**

Each year in the spring and fall the Building and Grounds Sub-Council holds an official workday (They actually work on many other days as well). This fall the event will be held on Saturday, September 12, 9 AM to Noon. Participants are solicited. Plan to attend by marking your calendar now. We will tidy up the grounds and building. If you have some garden tools, bring them along and they will be put to good use.

It helps in planning if we have some idea of who will attend.

You can let Peter Magistri 860.683.0311 or Ed Sax

860.286.9688 know of your planned attendance, but do plan to

come in any event. We of the Building and Ground Sub-Council firmly believe participants will be rewarded by a flood of good feelings and sense of accomplishment, as befits the sedulous workers of our USH community! - **David Newton, Secretary Pro**

**Tem**



**Saturday Morning Salon: What Moves Us** - Join with Rev. Heather in a powerful small group class about transformative experiences in our lives. We will use the "What Moves Us" curriculum as our guide. "What Moves Us" is a program that explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope, and a deeper understanding of their own liberal faith. These workshops offer participants a chance to engage with and bring your personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway

for developing not only one's own personal theology but also one's deep understanding of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage." You are welcome to attend one, two, or all ten sessions that will offered monthly, on Saturday mornings, over the course of 2015-2016.

Please RSVP to Rev. Heather (at [revheather@ushartford.com](mailto:revheather@ushartford.com)) by the Tuesday prior to each session so that the appropriate number of copies can be made.

Saturday mornings 10am-noon, dropping in for one session is welcome, you don't need to come to all of them (but you can!)

Dates and times for the first four sessions:

Saturday, September 19, 10am-12noon



Saturday, October 10, 10am-12noon

Saturday, November 14, 10am-12noon

Saturday, December 12, 10am-12noon Location: Servetus and the Memorial Garden (at the Meeting House)

Fee: \$5 for one or all the sessions

Please RSVP to Rev. Heather (at revheather@ushartford.com) by the Tuesday prior to each session so that the appropriate number of copies can be made.

You can also sign up at the Adult Programs Table, downstairs after the service.



### **Speakers needed for the 2015-2016 Lunch Bunch series:**

We will continue our series "Who Am I?" Are you interested in sharing some interesting events and experiences you have had? If so, please contact Tina Davies (daviesush(at sign)gmail.com) or Janice Newton (janicecnewton(at sign)gmail.com).

For the 2015-16 year, the Lunch Bunch will meet at La Trattoria in Canton at 12 noon. LaTrattoria is on Route 44. In addition to lunch, there will be a speaker. You will be able to order off the menu. Separate checks will be provided. There is convenient parking. We will meet on the third Tuesday of the month September through June (except December) ~ 9/15, 10/20, 11/17, 12/15 (at USH Meeting House), 1/19, 2/16, 3/15, 4/19, 5/17, 6/21. There will probably be a potluck picnic scheduled at the Meeting House in July or August.

MEMBERS, FRIENDS AND VISITORS ARE WELCOME!!

**Reservations are necessary! If you wish to attend you must see, call (860/677-1121) or email (janicecnewton(at sign)gmail.com) by noon on Wednesday, September 9. Contributed by Janice Newton**



**Performing Arts Series Announced!** - We are excited to present a full slate of seven events for the next church year, which include music, drama, and dance. Something for everyone! Please join us by buying a series ticket beginning this Sunday after the service, simply by signing up at the Programs Table. This is a tremendous way to support USH. All profits go to the General

Fund, and since nearly all of these events are benefits, most of what we take in is profit.

And every dollar is matched by our generous anonymous donor! Note that this is the last year in which such a matching grant is available.

Early bird prices are a special bargain... see details below.

2015-2016 USH Performing Arts

**Series Tickets Now Available! All events will take place on Saturday nights at 7:30 unless otherwise noted.**

Sept. 19 – Greater Hartford Opera Ensemble

Come hear soaring arias, swelling opera choruses, lively Gilbert & Sullivan songs, and other classical favorites with this accomplished and entertaining troupe.

Oct. 31 – Masked Ballroom Dance

Join us for a short lesson with pro teacher Wendy Nielsen from Arthur Murray and stay to dance. Costumes and masks are welcome, or just come ready to rhumba. It's Halloween!

Nov. 7 – Underground Jazz Cabaret

Jazz pianist Alex Nachimovsky will appear downstairs in Fellowship Hall to play with a variety of vocalists. Outside it might be chilly, but inside the music will be hot.

Jan. 2 – John & Katie Jesensky in Concert

Talented USH favorites Katie and John come back to perform for us and kick off the new year. John promises to sing and play some of his own music.

March 6 – Concert Pro Femina

Inspired by the 15th year of the Hartford Women Composers Festival, this concert brings a dazzling array of classical music written by women, featuring chamber groups, solo voices, and choral works.

Sunday, March 20 – Classical and Broadway Vocal Concert

Immediately after the service

Come hear some great vocal music... including, we hope, some performed by our choral scholars and our new accompanist. The program isn't finalized, but we guarantee it will be both entertaining and varied.

April 2 or April 16 – Jacques Lamarre Play Reading Premiere

Don't miss another new play premiere penned by USH friend and supporter Jacques Lamarre. He gets more successful every year, and we are thrilled to have the opportunity to present him again.

Series Ticket Prices

Early Bird Deal – On or before Ingathering Sunday (Sept. 13th), you can purchase the entire 2015-2016 season for only \$75. That's seven performances! Two events come free, as compared to the regular \$15 ticket price.

Standard price – Only \$90 for seven events! One event is free at that price.

Premium price for extra special supporters – \$180 for seven events. Show USH your love. You can sit in the front pews! (So can everyone else – we don't discriminate – but you'll know you gave that little bit extra.)

Tickets at the door will be \$15 Standard, \$30 Premium, and \$10 for students with ID. USH children under 18 free, always.

Please whisper something to us (we won't tell) if money would keep you from coming to any of these events. We want you there, even if you don't have the cash to spare!

Plenty of seats.

All profits go directly to the USH General Fund, to be matched by our amazing anonymous donor. This is the final year for that generous matching grant. Please do your part to help fund the bottom line by subscribing to the Performing Arts series. We make the most money for the Meeting House when members subscribe in advance.

And best of all, it's great fun! Please join us. **Patrice Fitzgerald, for the Performing Arts Sub-Council**

**BALLROOM DANCE** - Next session begins on October 1

**NOTE: There will be a FREE Kick Off class on SEPTEMBER 10, so newcomers can try it out.**



Fall Ballroom Classes Start October 1 - Ballroom classes will be held at 6:00 PM on Thursday nights, starting on October 1 for ten weeks. Thinking about taking ballroom instruction? Then this is the right place to start. Learn the waltz, rumba, foxtrot, tango, cha cha, and more in a casual and friendly atmosphere. One hour of instruction will be followed by a half hour of practice. Learn to dance with a professional ballroom instructor.

Cost is only \$130 for the ten classes, payable to USH by cash, check or credit card. Students of all ages are welcome.

Sign up at the Programs for Adults and Families Table or contact Ron Friedman at 860-523-1105 or rsfriedman41(at sign)gmail.com

Submitted by the Programs for Adults and Families Sub-Council



**Your Written Legacy** - We may leave our heirs grandma's rocking chair but it can be so much more meaningful to leave behind a legacy of stories that illustrate who we are and what we care about, perhaps most especially how we live our UU values. This class helps both writers and non-writers tell good stories using a series of short, fun exercises. The process is rich with

self-discovery, humor and history.

Goal: To enhance personal growth, insight, enjoyment of life and the articulation of personal and family stories as well as UU values, using a process of guided autobiography.

Objectives:

- \* To write five 2-page "chapters", one each week.
- \* To learn the guided autobiography process so it can be continued afterward
- \* To follow a structured series of themes that evoke memories
- \* To learn one way of organizing a life on paper
- \* Optional reading aloud enhances community and inspires the class

Facilitator: Judy Robbins is a UU psychologist who has been a journal writer her entire adult life. Before she became a therapist, she was teacher and professional writer/editor. She loves showing people how writing can add depth and meaning to our lives and be fun in the process. Contact: Judy Robbins 860-633-3348 (days and eves) judyrobb2(at sign)aol.com

Dates: Wednesdays – September 23 and 30; October 7, 14 and 21

Time: Noon – 2:00 PM

Fee: \$5.00

**Building Your Own Theology** - Unitarian Universalism differs from other denominations in that the church does not provide a ready-made theology. Instead, each person has a right and an obligation to determine the truth for him / herself. It can be a daunting task.

Building Your Own Theology (BYOT) is an intensive 12-week program that uses readings, written reflections, discussion and fellowship to help participants travel down the road of spiritual discovery. So, join us in January for a very deliberate look at who we are, what we believe, and who we, individually and collectively, can become.

Participants must sign up for the program and are expected to try to attend every session. There is a small amount of weekly homework in the form of reading and reflection. The program culminates in the development of a personal spiritual manifesto.

Parents are encouraged to attend. Childcare will be available. (Please let us know if you desire childcare.)

Dates: Every Tuesday from January 12 – March 29

Time: 7:30 – 9:00 PM

Where: Servetus –USH Meeting House

Class Size: Limited to 10 participants

Fee: \$5

Contact: Tom Gervais at: tom.j.gervais(at sign)mail.com or 860-558-3000



### **2015-2016 USH Book Club**

#### **The goals of the Book Club are:**

(1) To foster communication and community, as do our other small church groups. Visitors to the Meeting House as well as Members are welcome to participate in the USH Book Club.

(2) To read fiction and non-fiction that raise issues of interest to Unitarian Universalists (recognizing that any and all issues are

generally interesting to UUs!)

#### **Membership:**

As with any continuing organization, consistent participation from a core of members is essential to the success of the group; i.e. regular members of the Book Club should attend meetings, read the book selected, recommend books for general reading or for a future meeting and notify the host of the next meeting if they are unable to attend. We welcome individuals who want to “try out” our sessions or are attracted by a particular book.

#### **Meetings:**

Meetings are generally held between 5:30 PM and 7:30 PM on the first Thursday of each month in David’s Den at the Church.

Format:

At the beginning of each session, it has been our custom to share and discuss poetry of interest to a participant.

In our discussions we employ the rules for small group meetings as much as possible with the goal being to patiently hear everyone who wishes to share thoughts and to have as many participate as possible.

Members select the books to be read at the beginning of each year, but changes during the year are always possible. We seek to read fiction and non-fiction books that are generally available -- usually books that have been issued in paperback and therefore can be easily found in libraries. Generally, the proposer of a book selected serves as facilitator to pose questions/provide background.

Please feel free to “try out” the Book Club and see if it will meet your needs.

Please talk to Richard Groothuis if you have any questions. 860-678-1030;

rgroopofus@comcast.net

Books selected and schedule for 2015-2016 book club year:

Our first meeting will be on Thursday, Sept. 10 to discuss whatever classics (however each of us chooses to define a classic) each of us has read over the Summer.

Oct 1: When We Were The Kennedys- Monica Wood

Nov 5: Mud Creek Medicine- Kiran Bhatraju

Dec 3: All Cry Chaos- Leonard Rosen

Feb 4: Being Mortal: Medicine and What Matters in the End- Atul Gawade

Mar 3: The Last Death of Jack Harbin- Terry Shames

Apr 7: The Shell Collectors: Stories- Anthony Doerr

May 5: The Little Friend- Donna Tartt

June 2: Spring Chicken: Stay Young Forever (or Die Trying) - Bill Gifford

**Contributed by Richard Groothuis**



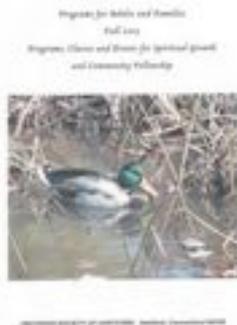
### **SENEXT HOUSE RETREAT - 11/6 to 11/8**

Our annual Women's retreat is scheduled for November 6-8 at Senexet House in Woodstock, CT.

Sign up will begin about October 1, but put this on your calendar now so you don't miss out.

### **2015 Fall Programs for Adults and Families**

September is almost here and, along with your favorite programs, there are several exciting new ones. Judy Robbins will be facilitating Your Written Legacy, a daytime program beginning September 23. Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong in October and November. Looking ahead to the new year, Tom Gervais will lead a group through the process of exploring one's beliefs using the book Building Your Own Theology by Richard Gilbert. For those interested in Ballroom Dancing, don't miss the Free Kick Off Class Thursday, September 10. A Friday Family Friendly Small Group Ministry will be starting September 11. Stop by the Programs Table for information about these and other programs offered at USH.



We'd like to include your program, workshop, or event in the listing of the 2015 Fall Programs for Adults and Families. You can find the current 2015 Fall listing from the pull-down menu under Programs for Adults and Families at <http://www.ushartford.com/>. On Sundays, 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.

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:**

Your Written Legacy: 5 Wednesdays, 12 – 2 PM, September 23 – October 21.

USH Ballroom Dance Lessons: Thursdays, 10 weeks starting October 1, 6:00 – 7:30 PM. Free kick off class Thursday, September 10.

USH Book Club: Beginning Thursday, September 10, 5:30 – 7:30 PM.

Family Friendly Small Group Ministry: 6 Fridays, 6 – 8:30 PM, September 11 & 18, October 2 & 16, November 6 & 20.

Healing Arts of Emei Qigong: Saturday and Sunday, October 17 & 18 and November 14 & 15.

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 16.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM. Will 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](mailto:diane.cadrain@snet.net), or Martha Bradley (860) 657-9140 or [ormarthabradley49@yahoo.com](mailto:ormarthabradley49@yahoo.com).

## 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 neighborhood. It's also time to contact Cathy Bates at [cathy@cbates.com](mailto:cathy@cbates.com) or sign up on the event website at [www.artaroundthewestend.com](http://www.artaroundthewestend.com)

**The deadline for USH-Enews submissions will be Wednesdays at 8:30 AM**  
**Email to: [ushenews@ushartford.com](mailto:ushenews@ushartford.com)**  
**Please note in the subject line, USH-Enews.**

**Hi Everyone! Hope all is well. I am continuing to refine the E-News and hope to make it easier to navigate in the near future.**  
**Thank you all for the positive feedback!**

**-Linda Clark, Office Administrator**

*Peace - as we come to the close of the USH-Enews week.*  
*Be kind to others - and to yourself.*

**Nuts and Bolts:** The member congregations of the Unitarian Universalist Association covenant to affirm and promote: the inherent worth and dignity of every person; justice, equity, and compassion in human relations; acceptance of one another and encouragement of spiritual growth in our congregations; a free and responsible search for truth and meaning; the right of conscience and the use of the democratic process, within our congregations and in society at large; the goal of world community with peace, liberty, and justice for all; respect for the interdependent web of all existence, of which we are a part.