



## UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

Tel: (860) 233-9897 • Email: [firstunitarian@ushartford.com](mailto:firstunitarian@ushartford.com)

Revs. Cathy & Heather Rion Starr

**USH-Enews September 9, 2015**



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

### **Sunday Service 10:30 AM - September 13 - 2015**

**"Come to the Water" - Annual Water Communion Service, Revs. Cathy & Heather with Rayla Mattson and Rebecca Pacuk** - Let us kick off a new year with an intergenerational worship of welcome and celebration!

Please bring a bit of water from one of your heart places, whether it be your kitchen sink or the ocean for our water communion ritual of mingling our waters.

**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!**



**Screening of Anne Braden: Southern Patriot** - Following up on Rev. Cathy's sermon on Sunday, Rev. Cathy is working with others in the community to build a base of committed White folks to challenge and transform racism on all levels. Join us for a film screening of Anne Braden: Southern Patriot and learn/share ways to connect and get involved.

When: Thursday, Sept. 10th 6:00pm-9:00pm  
 Where: Unitarian Society of Hartford  
 50 Bloomfield Ave. Hartford, CT

See details of the event and RSVP here:

<http://bit.ly/SURJkickoff>

If you'd like to volunteer/help  
 make this event happen,  
 please sign-up here:

<http://www.signupgenius.com/go/20f0e45afae2ba0fe3-volunteers>

**Questions? Contact Rev. Cathy - [revcathy@ushartford.com](mailto:revcathy@ushartford.com) / 541-390-7553**

**Black Lives Matter Lawn Signs:** If you'd like a lawn or window sign for your home, please come get one at the office! If you take one, please do 3 things: 1) Be sure to put your name on the sign-up sheet so we know you took one. 2) Leave a donation in Rev. Cathy's box with a note to help pay for the sign (\$5-20, pay what you can) 3) Have at least 3 conversations with neighbors or friends about why you put the sign up and why racial justice is important to you.



We're also planning a door knocking session with SURJ on Saturday, Sept. 19th 12:00-4:00pm, beginning and ending at USH.

We'll practice talking with other white folks about #BlackLivesMatter as we door knock Albany Ave in West Hartford - a corridor that thousands of suburban folks drive on as they commute in and out of Hartford each day through the majority Black North End.

We'll work through our anxieties & fears and support each other to go out and ask Albany Ave residents to put a Black Lives Matter lawn sign in their yard. (Read more about it here: [http://www.showingupforracialjustice.org/surj\\_yard\\_sign\\_faq](http://www.showingupforracialjustice.org/surj_yard_sign_faq))

Help pay for the Black Lives Matter lawn signs by contributing to our Faithify fundraiser. Faithify is a UU fundraising site like Kickstarter. Check it out and donate here: <http://www.faithify.org/projects/black-lives-matter-lawn-signs-conversations-3/>



**The Greater Hartford Opera Ensemble is coming to USH!** - Saturday, September 19th, at 7:30 p.m. we will kick off the USH Performing Arts series with a rousing concert featuring soaring arias, lively opera choruses, fun Gilbert & Sullivan numbers, and a bit of Broadway. This is a Benefit for the USH Geneneral Fund.

GHOE was established more than thirty years ago as a summer outlet for members of the Connecticut Opera Chorus, and its performers have

been entertaining at private parties, in assisted living facilities, and in concert ever since.

Series tickets (for all seven events) are \$75 until September 13th, \$90 thereafter, and \$180 for premium subscribers. Details on the season are available at the USH website. There will be a reception afterwards.

Tickets at the door will be \$30 for premium tickets, \$15 for standard, and \$10 for students with ID. USH children are always free. - **Submitted by Patrice Fitzgerald**



**Seeking Chalice Lighters for Fall 2015** - We'd 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 yours to the faces we see participating in worship on Sunday morning!

### **Sunday, September 6th Recap by David Newton**



Photos by Harriet Gardner

**Being in Transition – Pulpit guest Sue Smolski**, member and frequent Worship Associate took on this subject for our Labor Day Sunday service ably supported by Ann LaPorte-Bryan, the Worship Associate, and Acting Accompanist, Sarah Puckett. It was her first Sunday with us.

Sue, who recently retired, was in excellent position to take on the transition subject, as retirement is one of life's major transitions by any measure.

Sue started with selected poems of Shel Silverstein, one of which fit the time of year perfectly. *Here Comes* – Here comes summer/ Here comes summer/...Whoosh – Shiver – There it goes. And, we all participated in the reading of, **Eight Balloons**, as each balloon tried various things and ended with POP, or Whoosh. Another poem, *Picture Puzzle Piece*, contemplated scenes where a single, wet puzzle piece might fit.

With our minds limbered up and smiles showing, Sue became more serious in her sermon. She acknowledged her own transition as she too was in a “between time.” She noted, William Bridges, an expert in transitional management, would say that “People do not resist change, but rather that what people resist is transition.” And, according to Bridges, “Transition has three phases – letting go, “neutral zone, and beginning again. The neutral zone is often chaotic, but potentially creative when things aren’t the old way, but really aren’t a new way yet either.”

Under scoring the universality of transition, Sue used the poet’s words

From H. Victoria Morgan’s *Life of Chaos*

Not her choice

Enough...

**This isn’t what I expected.**

Words, “This isn’t what I expected.” repeated at the end of each poem stanza further illustrating the all too human condition of learning to deal with the inevitable unexpected and sometimes unwelcome.

We soon learned Sue had visited Peg Van Dyke. Who knew Peg is a poet as well as an artist! Peg is well known to some of our seasoned members, and has a distinguished period of service to the USH community over many years. This poor scribe can but say, Peg’s poems of change were well chosen for our service.

*Blossoming*

Each day I stop as I go by the garden.  
 I cannot wait to see  
 If overnight a flower has unfolded into white  
 or a bud has formed on some late-blooming stem  
 or how many inches have been added to a new green stalk  
 which promises some blue in late July.  
 I keep remembering how quickly I would go past this same spot  
 when hidden by the snow when only just the very top  
 of the small evergreen was seen  
 when I would hurry to the door hoping to hide  
 and wait for some new blossoming inside.



And from *Second Chance*

...So

I will let go and watch the strands loosen  
until I see that shining single one appear

Sue ended with the English poet Jenny Joseph's poem

Warning (in part)

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.



And a poem by John O'Donohue, written for his mother at the turn of a new year...

And when your eyes  
freeze behind the gray window  
and the ghost of loss  
gets in to you,  
may a flock of colors  
indigo, red, green  
and azure blue  
come to awaken in you  
a meadow of delight.

Let it be noted our new Accompanist, Sarah Puckett missed not a note, and was a  
delight on the keys. Well done!

(This sermon, so difficult to summarize, may be read in its entirety here, at least for a  
few days: <http://www.ushartford.com/sermons.html>. It "reads" really well, check it out!)

- **David Newton**

**RE News You Can Use!** This week, September 13th, the nursery will be available  
from 10:15-11:45AM for infants and toddlers ages birth to three.

The children and youth will participate in our Ingathering Service. Please remember to  
bring your water from your travels or from a symbolic place.

First day of classes will begin on the 20th.

I am happy to announce that we have moved to online registration.

You can register by following this link:

Please see the DRE if you would like a paper copy.

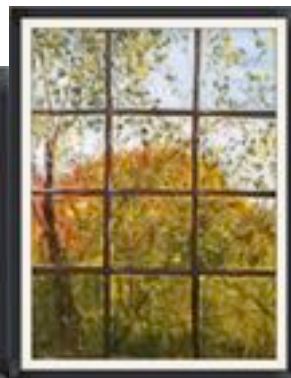


Reminder: Please contact the DRE if your meeting or event requires childcare. At least one-two weeks notice would be appreciated. Thank you.



**Teacher Orientation September 13<sup>th</sup>** - We will have RE orientation at noon in the library for anyone working or volunteering this program year.  
We are still short three assistants.

Over the Summer Rayla and family went to France and Germany for vacation. This photo is Kennedy at the Louvre in France collecting her water for the water communion. **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.



**Art News** - Carol Mintell will be our much sought after guest artist from September 13 until October 15th. She used her fine eye and talented brush to welcome us "Home" with paintings of places familiar to us. See what you can identify without the cheat sheet! – **Sara Sturges**



**'EVENT AT HERRING COVE' - SOLO EXHIBITION BY SUSAN SPANIOL AT THE MAIN LIBRARY IN WEST HARTFORD, ON 20 SOUTH MAIN STREET**

Dates: September 1 to 30, 2015

Hours: Mon to Thurs, 10am - 9pm; Fri, 10am - 6pm; Sat, 10am to 5pm

This exhibition is a series of my mixed media works in response to an encounter with the battered body of a beached whale at Herring Cove Beach in Provincetown, MA. When I returned to my studio, I felt the need for a cathartic method of drawing to represent the intensity of this event. I began by creating dense thickets of energetic charcoal markings. Next, I sought out latent forms within the chaotic lines. I defined and animated these 'found forms' with luminous pastels to suggest a sense of the sacred.

You can view the entire series, as well as a range of my other mixed media works, on my website at [www.SusanSpaniolStudios.com](http://www.SusanSpaniolStudios.com). **Art pictured: Requiem, mixed media, 17 x 22"**



### NOTES ON MUSIC

The USH Choir is off to a rousing musical start this church year! We are excited to welcome two new members to our roster... and we still have room for more, so let us know if you are interested. Or you can just show up on a Wednesday at 7:00 to try us out. Perfect sight-reading is not a requirement! We do all kinds of music, from Bach to Billy Joel (literally--both of those composers will be part of our worship music this year), and most of what we do is learnable with the help of other choir members, YouTube videos, or even private tutoring. You are most welcome to come along. And we promise that it will be fun!

For Ingathering Sunday on September 13th, we will kick off the musical season with a thunder and rain storm, and the choir will sing "Africa," made famous by the band Toto. You may not know the title, but you'll probably recognize the tune. On September 20th the choir will bring us a traditional melody in Hebrew, Salaam, in recognition of the Jewish High Holidays. The word is that Acting Choir Director Rebecca Pacuk will do a rare solo for us on that Sunday, also in Hebrew.

Please be sure to join us on Saturday, September 19th, at 7:30 p.m., when we will begin the USH Performing Arts series with an appearance by the Greater Hartford Opera Ensemble. This group is more exciting than you might imagine! They'll bring us a rousing concert featuring soaring arias, lively opera choruses, fun Gilbert & Sullivan numbers, and a bit of Broadway. Richard Leslie and I are the emcees for GHOE, and you'll see me as Carmen singing the Habanera, and Richard doing a turn as the Pirate King from Pirates of Penzance.

Tickets for the entire season (seven events for the price of five) can be purchased after services, or individual tickets at \$15/\$30 and \$10 for students, at the door. USH kids are always free to any Performing Arts events!

This is a Benefit for the USH General Fund, and all proceeds will be matched by our anonymous donor. Help us by coming and enjoying the music. **Patrice Fitzgerald, for the Music Committee Photo from: USH-Enews March 12, 2015**



### **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**

### **"A Welsh Poet and the Ghost of Dylan Thomas"**

The Welsh Society of Western New England's presents an entertaining event, "A Welsh Poet and the Ghost of Dylan Thomas", by visiting Welsh poet Tony Curtis. The presentation of Tony Curtis' poetry, plus that of Dylan Thomas, is on Saturday, September 19, 2015 at 2:00 PM, followed by a light Welsh afternoon tea of scones and Welsh cakes at 3:30 PM, both in the Fellowship Hall of the Unitarian Society of Hartford, 50 Bloomfield Avenue, Hartford, CT 06105.

Tony Curtis was made a Fellow of the Royal Society of Literature in 2001. He is Emeritus Professor of Poetry at the University of South Wales in Glamorgan. Dylan Thomas is known throughout the world for such works as "A Child's Christmas in Wales", "Do not Go Gentle Into That Goodnight", Portrait of an Artist as a Young Dog and Under Milk Wood. He died in 1953 in New York City at the end of a tour of his work in the USA. The early life of poet Tony Curtis in South Wales overlapped with Dylan's last years. In 2014, Dylan Thomas' centenary year, Tony Curtis toured a talk based on his memoir My Life with Dylan Thomas, a fascinating account of the continuing influence of the major Welsh poet.

**Please see Sherry Williams or Tina Davies next Sunday for tickets! Sherry can also be reached by phone (860.872.0949) or email**



at [booksandbeads@comcast.net](mailto:booksandbeads@comcast.net). Tickets are \$10 each, check payable to WSWNE. They can also be ordered by mail from Susan Jenkins Meers, Secretary, WSWNE, 10 Geraldine Drive South, Ellington, CT 06029. Email [WelshWNE@gmail.com](mailto:WelshWNE@gmail.com) for more information or check [WelshWNE.org](http://WelshWNE.org) for details.



**Next Meeting House Sing Along - September 12, 2015, 2 to 5 pm** - Join us at the next Meetinghouse Sing-Along! Maggie Greene and Ed Savage are offering an opportunity to CT Singing families, Peoples Music Network singers, song-writers and audience members to join in song on the second Saturday of each month from 2 to 5 PM. We will have song-sheets and some copies of Rise Up Singing on loan available. Bring along your own 'Rise Up Singing' if you have one, as we have used it a lot in other months. We bring a little juice drink and herbal teabags and gratefully enjoy any other snacks you might choose to bring.

We'll put some chairs in a circle and take turns singing or playing, with those who know the tune or words joining in as they wish. You can come early or come late, whatever fits your family schedule. The UU meetinghouse is at 50 Bloomfield Avenue in Hartford near the University of Hartford. For information, phone Ed Savage at 860-966-8155.



### **Active Hope: Reconnecting with the Web of Life and Making a Difference**

Saturday, October 17, 2015

9:45 AM - 4:30 PM

USH Meeting House - Library and David's Den

It can be an overwhelming challenge to live in these times of climate change, social division and economic

decline. How can we feel hopeful, let alone mobilize the energy to face the crises before us and take useful action? We often disconnect, numb out and stay busy to just get by. Is there really another option?

This workshop offers an alternative – the path of reconnection. Using practices developed by Joanna Macy, environmental activist and Buddhist scholar, we experience our innate connections with each other and with the interdependent web of existence of which we are all a part. Through nurturing our gratitude for all that is, we are able to turn to face the challenges ahead and find new ways for going forth. We reconnect with our pain for events in the world and, in turn, with our love for our beautiful and precious planet.

Active Hope offers participants a fresh relationship with the living world: our caring, our concern, and our community become our allies, arousing our resilience and passion to protect life. We invite you to join us for a supportive and transformative day that strengthens our intention to act so that we can best play our part, whatever that may be, in the healing of our world. \$20 registration fee. No one turned away for lack of funds. Please bring a brown bag lunch. Light snacks will be provided. **Registration is**

limited, email [Lisa.Galinski@gmail.com](mailto:Lisa.Galinski@gmail.com) to reserve your space today or sign up at the Programs Table at Fellowship Hour.



### **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

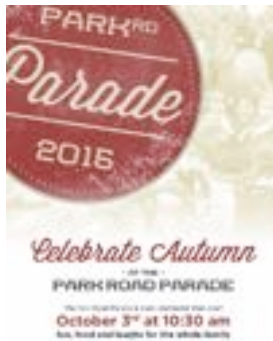
Saturday, November 14, 10am-12noon

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](mailto: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.



### **USH is participating in the Park Road Parade**

**It's a long-time tradition in West Hartford**

**When: October 3.**

If you are interested in marching with us, please contact

Virginia de Lima at [vadelima@yahoo.com](mailto:vadelima@yahoo.com)

We will be wearing USH tee shirts and carrying a banner.

Click this link for more information:

[www.parkroadct.com/events/2015/10/3/park-road-parade-2015](http://www.parkroadct.com/events/2015/10/3/park-road-parade-2015)



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.

**BALLROOM DANCE** Next session begins on October 1 Sign up at the Programs for Adults and Families Table or contact Ron Friedman at 860-523-1105 or rsfriedman41(at sign)gmail.com

### **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. 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.

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)gmail.com or 860-558-3000



**SENEXET 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**

Stop by the Programs Table after the Ingathering Service this Sunday. Along with your favorites, there are several exciting new programs being offered this fall. Visualize Your Life's Journey Through The Arts, Reverend Heather is offering a Saturday Morning Salon: What Moves Us, and Judy Robbins will be facilitating a day time program Your Written Legacy. Green Sanctuary is sponsoring a Saturday workshop Active Hope:

Reconnecting With The Web of Life and Making A Difference. Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong in October and November. Looking ahead to January, Tom Gervais will lead a group through the process of exploring one's beliefs using the book Building Your Own Theology by Richard Gilbert.

You may call Janice Newton (860.677.1121) or email her at 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.

Saturday Morning Salon: What Moves Us, Saturdays, 10 – 12 Noon, September 19, October 19, November 14, December 12.

Visualize Your Life's Journey Through The Arts: Mondays, 6 – 8:30 PM, September 21 – December 14.

Active Hope: Reconnecting with The Web of Life and Making A Difference, Saturday, October 17, 9:45 – 4:30 PM.

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.

## 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)

**Discover the Healing Arts of Emei Qigong**  
Simple techniques for improving your health and finding contentment

**LEVEL I 4-DAY TRAINING: Oct. 17-18 and Nov. 14 -15, 2015 (\$99)**  
(Oct. 17, Nov. 14-15: 9:00 am - 5 pm; Oct 18: 9:00 am - 3:00 pm)

**GROUP HEALING: Oct. 18 at 3:30 PM (\$30)**

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<p><b>An Ancient Path to Self-Healing</b></p> <ul style="list-style-type: none"> <li>• Discover the healing power of Wuji Qi</li> <li>• Understand the causes of illness</li> </ul>	<p><b>Secrets for Accelerating the Healing Process</b></p> <ul style="list-style-type: none"> <li>• Find balance within and unlock your latent abilities</li> <li>• Remove the blocks that keep you trapped in old habits</li> </ul>
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**Open to All - Space is Limited**

 <p>REGISTER by calling 860-233-9897x102 or email <a href="mailto:heydiana42@gmail.com">heydiana42@gmail.com</a></p> <p>Unitarian Society of Hartford, 50 Bloomfield Ave. Hartford, CT</p>	<p>Emei Qigong teacher Diana Heymans, has trained since 2013 under Master Pat Bolger and in China with Grandmaster Fu Wei Zhong, 13th Lineage holder of the 800-yr-old Emei Linji Qigong tradition.</p> 
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For more details visit: [emeiqigongspirit.weebly.com](http://emeiqigongspirit.weebly.com)  
**Start Now - Change your karma and transform your destiny!**



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.