



UNITARIAN SOCIETY OF HARTFORD

50 Bloomfield Avenue, Hartford, CT 06105

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

Revs. Cathy & Heather Rion Starr

USH-Enews September 16, 2015



Worshipping Together Since 1830 - Sunday Service 10:30 AM

Sunday Service 10:30 AM - September 20 - 2015 "Peace is an Offering" with Rev. Heather Rion Starr and worship associate John Brancato. "Peace is a joining, not a pulling apart," writes Annette LeBox, "It's the courage to bear a wounded heart." What are the ways we can awaken compassion in ourselves, can challenge ourselves to greater understanding, forgiveness, and reconciliation? How might we move ourselves to be humming generators of peace?

Special Notice: Please send OOS (Order of Service) information to 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!

New Web Up and Functioning - Our new and revised church website is up and running. A group of volunteers, The New Web Developers, has labored for close to a year to develop this revamped website to serve as an appropriate and welcoming public face for our congregation for years to come. We desired to produce a site that is aesthetically pleasing, clear in its message to our valued visitors, and easily navigated by internal and external constituencies. You will see that it is "almost complete," that is to say that there are still a few pages that need to be finished, and there is still some training that the office staff and a few volunteers will need in order to make routine updates.

The website can be accessed with the same URL (address) as the old one. In addition it can be reached by using the domain names hartforduu, ushartford.org, ushartford.com, ushartford.net, ushartford.us or simply use Google to look up Unitarian Society of Hartford. **Questions and comments can be directed to Bruce Robbins (bruce.robbins@snet.net).**

CHANGING ROLE AT USH FOR BRIAN MULLEN - Thank you for your support this past year with my transition to reduced working hours at USH. It's been a wonderful experience for me and I believe a beneficial situation for USH as well.

The marketing firm (gem-advertising.com) I have been working with (when I'm not at the Meeting House) has been growing by leaps and bounds, adding staff and opening two new offices in the last 60 days. I'm finding that the best options for my future lay with putting more of my work time with this firm and thus reducing my presence with USH. As we did during the Fall of 2014, this transition will be done gradually.

Beginning October 1, 2015, I will work 16 hours per week at USH (full days Tuesday & Thursday). Beginning January 1, 2016, in my new role as USH Bookkeeper, most weeks I will average somewhere between 8 and 12 hours per week. Closer to 14 during end of year or stewardship time. I will hold just 2 consistent weekly office hours, and will perform all my other tasks as needed as time is available to me in the evenings or on weekends. I will of course continue to be available via email.

I have experienced some wonderful new volunteer energy in the office since the last alteration to my job and believe this will only evolve as more room is made for volunteer efforts. The monetary savings to USH will certainly afford some spending in areas that up to this point have perhaps been put on hold.

Thank you so much for the overwhelming support you have given me during my stay at USH. I look forward to your questions / concerns as we again craft a mutually beneficial relationship for the Unitarian Society of Hartford.

A P.S. from Rev Heather -- I want to thank Brian Mullen, so much, for his thoughtfulness, his concern about what makes sense for USH, and his forward-planning. We are all so glad that he will continue his invaluable work tending to the USH finances. And we are also glad that this shift in staffing will mean that we can increase Office Administrator Linda Clark's hours, role, and responsibilities. Please stay tuned for ways you can be supportive by volunteering in the USH Office or helping out in other ways around the Meeting House. For now, we appreciate your understanding and patience as we make our way through this transition. Change is inevitable, of course, so we make our way through it together, as gently as possible. If you have questions about USH Office Staffing that you wish to discuss with me as the Lead Minister for USH Administration, please give me a call or send me an e-mail. **Warmly -- Rev Heather**

A Call for Office Volunteers! - Hello all,

USH is in need of office volunteers especially on Wednesday mornings from 10:00 am to 1:00 pm. The volunteers play an important role in helping USH to present a welcoming and friendly atmosphere. Please contact Linda Clark at ushlindaclark@gmail.com, if you are interested in helping out.



Also, pictured here, is a tray set up in the office of most of the printed materials for the Welcome and visitor's Tables. If anyone has need of something, please check there and make copies as needed. See my on Sunday if you have any questions. Thank you! -

Linda Clark

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)

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 General 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 your's to the faces we see participating in worship on Sunday morning!

Sunday, September 13th Recap by Kayla Costenoble



Photos by Harriet Gardner

Ingathering: Come to the Water. Real water, virtual water, and water in songs and stories poured over the annual intergenerational Ingathering and Water Communion service at the Unitarian Society of Hartford on September 13, 2015. It was so good to be doing this together once again. And there was so much to be doing; it took some time to get it all done.

Rev. Heather told a story by Rachel Naomi Remen, a doctor, author, teacher and pioneer in integrative medicine. It was about a girl who grew up in urban New York "in a world without animals." At eight, she went to a summer camp, tried to keep a tiny orphaned kitten alive, found it dead one morning, and found herself committed to learn more about living things and the needs of others.

In a second story about a young boy who, after cutting his foot on the sharp edges of the drain in the bathtub, covered the drain so that the water going down would not be hurt. "We were all healers long before we were experts," Rev. Heather said, when we learned that the needs of others mattered.

Rev. Cathy invited us to think about what we wished to be involved with this year, what's most important to us about the USH, and described some of the many opportunities here. "Each of us comes with blessings and gifts to pour into the

communal well.” In her words before our Turning Inward, she said, “Let us all befriend life, accept its twists and turns, answer calls for help, remember life’s beauty and find strength to weather life’s storms.”



As a second long line—the first was to light a candle of memory and hope—wound its way through the Sanctuary during the Mingling of the Waters, Rev. Heather reminded us that the word “water” in this ceremony was a metaphor, not a travelogue, and was to indicate “where your spirit has been nourished this summer.” But it certainly was also an impressive list of where USH members had journeyed during the summer months. Cards indicating our name and where our water had come from, filled out prior to the service, were read aloud as we poured our real/virtual waters into the lovely large blue and white ceremonial bowl that we use year after year.

Just prior to the mingling, we read responsively a “Water Communion Litany” adapted from Rev. Daniel O’Connell, senior minister of the First UU Church of Houston, Texas. Here are just two lines from it:



Leader: Just as our many waters merge into the common bowl.
All: Every person here brings their own yearning along with them.

And then there was the very special marvelous music. We began with three (two more than usual) Ingathering songs of celebration, including the gospel “There’s a River Flowin’ in My Soul” (and also, in my Heart and in my Mind).

In the choral anthem “Africa,” our energetic, enthusiastic choir director Rebecca Pacuk taught us to produce a rainstorm. We whispered “shh,” clicked our fingers, and hit our palms against our knees while choir members used rainmaking instruments. And it truly sounded like a rainstorm. As the rain petered out, the choir’s singing of “Africa” was incredible; there was no way we could keep ourselves from applauding.



It’s gonna take a lot to drag me away from you
There’s nothing that a hundred men or more could ever do
I bless the rains down in Africa
Gonna take some time to do the things we never had.

We joined Rev. Cathy as she introduced us to the musical “Come to the Water” and we sang its three lines many times:

- * 1. Come to the water.
- * 2. Life is sacred here.



* 3. You are welcome here as you are.

In line 2, we then substituted other words, such as:

We seek justice here.

There is learning here.

There is beauty, respite, friends, healing, compassion, faith, peace, joy, laughter, inspiration, connection, etc. etc. etc. Rev. Cathy promised us that we will be singing this more times than just today.

Worship Associate Margaret Leicach reminded us that we have a moral imperative to act during the on-going displacement of millions of persons. The UUA (Unitarian Universalist Association) and the UUSC (Unitarian Universalist Service Committee) are (1) pressuring the Obama administration to raise the number of refugees the U.S. will take and (2) are also determined to raise more than \$250,000 over the next two weeks.

Toward that end, half of all the money collected during the offering today—or 100% if the giver wishes—will go toward that fund. Late Monday afternoon, Business Manager Brian Mullen (so glad you're back with us, Brian!) emailed that a total of \$1,841 had been raised.

During the Offering, welcome new pianist Sarah Puckett played Bruce Hornsby's beautiful "Mandolin Rain." It was not sung, but here are a few of the words:

The song came and went

Like the times that we spent

Hiding out from the rain under the carnival tent...

You don't know what you've got till you lose it all again. **Kayla Costenoble**

RE News You Can Use! - This week, September 20th, the nursery will be available from 10:15AM for infants and toddlers ages birth to three.



The high school Youth Group will meet in the kitchen at 9:00AM for soup making.

We will have a Time For All Ages, followed by age appropriate classes.

This is first week of RE classes for the year. Please make sure you have registered your child or youth. Online registration can be found by clicking this link:

https://docs.google.com/forms/d/1eW3TEWYgooBsYLMgNhgm6aTMCijJoQUeRxnRk1mTg3E/viewform?usp=send_form

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.



HELP WANTED - Minimal Experience Required - Fantastic Pay and Benefits

Job Description: Teacher Assistant in RE Classroom
(Our safe congregation policy requires 2 adults in each classroom)



Requirements: Show up on the date that you sign up for and be in the classroom to assist the teacher. No lesson planning required. Must like being around children and be friendly! You may do this as a one-time gig or decide to be a repeat volunteer.

Pay: A wealth of gratitude and smiles from the DRE (Rayla) and others

Benefits: No need to serve for years to become vested. The benefits are immediate (such as a sense of achievement, satisfaction, joy....)

Teacher Assistants are needed on the listed dates, in the following classrooms. Please contact Rayla Mattson, DRE, at dre@ushartford.com with your name, email and phone number.

Faithful Journey": Grades 3-5

Lead teachers are: Tom Gervais, Ann Laporte-Bryan, and Rachael D'Agostino

Sept. 27 Nov. 22 Dec. 13:

"Comparative Religions": Grades 6-8

Lead teachers are: Betsy Olguin, Rob Spector and Bill LaPorte-Bryan.

Nov. 1: (topic: Bahai faith)

If you have any further questions, please contact Rayla or Ginny Allen (fiddlenurse1@gmail.com) , Chair of the RE Sub-Council.

Work Day Report - Headed up by Peter Magistri and Ed Sax, the Buildings and Grounds workday last Saturday was a success. Those in attendance in no special order were: Ed Sax, David/Janice Newton; Stu Spence, Peter Magistri, Ed Richardson, Bill Simmons, Peter/Deb Meny, Heather/Robin Rion Starr, Fred Louis, John Clapp, Kathy Payne, Jean/Richard Groothuis, Martha Bradley, Louise Schmoll, and Ron Sexton. Some of the things accomplished included pruning of suckers and some small limbs on various trees (Ed Richardson); removal of old south side birch stump (John Clapp), cleaning up buttress surfaces (Fred Louis); cleaning external windows (Ron Sexton), replacement of rotted memorial garden timbers (Peter Meny), removing overhanging limbs north west parking area overhang (Bill Simmons), weeding memorial gardens and cleaning up the west entrance to the Meeting House, (Newtons, Deb Meny, Martha Bradley, Kathy Payne, Jean/Richard Groothuis, Ed Sax); moving cabinet from Fuller to Storage Room off Fellowship Hall (Stu Spence, Peter Magistri and others), cleaning out spaces for said cabinet (Louise Schmoll); removing tallish weeds around the Bloomfield Sign (Heather and Robin Rion Starr); repairing Sign left rear corner (David/Janice Newton). In addition, thanks to those folks who cleaned and imposed order in Priestly, assembled new shelves for the archives, and did various other things unknown to the writer at this time.

We were going to show you some pictures, but everyone was looking at the weeds, trees, limbs, glass or other items needing upkeep, cleaning or trimming. We especially thank Heather and Robin Rion Starr for lowering the average age of participants. The names of all the good workers who showed up for these important tasks are herewith recorded with gratitude and sent off to our archives to become part of USH history forever! – **David Newton, Secretary Pro Tem B&G**



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**



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!

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**



VISUALIZE YOUR LIFE'S JOURNEY THROUGH THE ARTS

This is a 12-week program to explore life events and express those memories and feelings through various art mediums, such as collage, painting, drawing, writing, music, dance, storytelling and mixed-media. Projects will be facilitated voluntarily by group members for varying lengths of time. It is not a drop-in group, but somewhat in the style of an SGM with

artful camaraderie! Two open workshops will be the introduction to this exploration on September 21 and September 28, with the first project meeting beginning on October 5. No specific text will be utilized.

CONTACTS: Sherry Williams and Helen David

Day phone: 860/872-0949 (Sherry) 860/413-9240 (Helen)

DATE: Mondays 9-21-15 through 12-14-15

TIME: 6:00 PM-8:30 PM

LOCATION: USH Library and David's Den

FEE: \$5 course fee plus each attendee will be responsible for the cost of supplies for the various art projects undertaken – cost as minimal or extravagant as they wish

MEET And EAT **DINNER DELIGHTS**
POTLUCK POTPOURRI
CALL IT WHAT YOU LIKE....

but what it will be is a chance to share a meal with other UU's, getting to know each other better in a small setting. Sign up for one of these offerings. The hosts will contact you regarding dietary needs/restrictions and what you can bring.

Dine in the home of

PATRICE FITZGERALD AND RICHARD LESLIE
 319 Ridgewood Road, West Hartford
 on Saturday, October 24 at 6:00 PM

or

BRIAN HARVEY AND SHERRY MANETTA
 24 Vermillion Drive, Avon
 on Saturday, October 10 at 6:00 PM

There are 3 spaces left in each gathering.

To sign up, please contact Ginny Allen at fiddlenurse1@gmail.com or 860-231-1910.

Please include your email and phone number.

"A Welsh Poet and the Ghost of Dylan Thomas" and a **Light Afternoon Welsh Tea**
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. Tina can be reached by phone (860.677.2944) or email daviesush@gmail.com. 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 for more information or check WelshWNE.org for details.

**CALLING ALL COOKS! (OR FRIENDS OF COOKS)
NOW FOR SALE!
THE UNITARIAN SOCIETY OF HARTFORD
COMMEMORATIVE COOKBOOK**

PLACE YOUR ORDERS ANY SUNDAY AT COFFEE HOUR!
LOOK FOR THE SPECIAL "COOKBOOK TABLE!"
CASH OR CHECK ~ \$15 Per Copy Cookbooks will not be sold through the USH office! **Please contact Helen David or Sherry Williams, the "Cookbook Ladies", if you have any questions.**



Walk to Defeat ALS - Wes Christensen, a long-time member and Board Treasurer at the Unitarian Society of Hartford, died of ALS. We have walked in his memory for several years past, and Jane appreciates our annual efforts though she is probably not able to join our trek this season.
See Ed Savage to support the team or go on line to sign yourself up !

Greater Hartford ALS Walk at Renschler Field, East Hartford , Sunday | September 27, 2015, 10 am

http://webct.alsa.org/site/TR/Walks/Connecticut?fr_id=10966&pg=entry#.VfGPljfZWS

Follow prompts to join a team- type in Walking for Wes & join/pledge!!

WALK CHECK-IN: 10:00 AM == WALK STARTS: 11:00 AM

DISTANCE: 3 miles

Manager - Jacky Rose jrose@alsact.org

203-874-5050

More than just a few-mile trek, the Walk to Defeat ALS® is an opportunity to bring hope to people living with ALS, to raise money for a cure, and to come together for something you care about. The Walk to Defeat ALS® is The ALS Association's biggest annual event, which raises funds that allow our local chapters to sustain care services and support research for much of the next year.

Image from web.alsa.org

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 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) 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

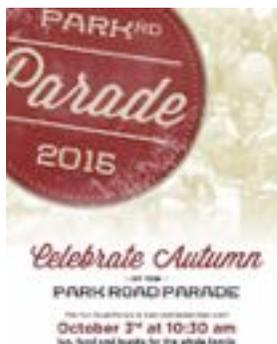
Saturday, November 14, 10am-12noon

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.



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

www.parkroadct.com/events/2015/10/3/park-road-parade-2015

Performing Arts Series Announced!

Bargain Price extended to Saturday night

performance!

Only \$75 Early Bird rate for a whole year of USH entertainment.

Regular series price \$90.



BALLROOM DANCE - Next session begins on October 1 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](mailto: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 RETREAT in NOVEMBER - The theme for the ALLIANCE Retreat this year is:

Contemplative Practices: Rev. Cathy will lead us in several contemplative spiritual practices with our voices, with our hands, and with our bodies. These practices will help us center down deep and remind us of who we are and how we wish to be in the world. These will take place Friday

evening and Saturday morning.

We will also create "Wish Boats" from natural materials surrounding Senexet, and share them with memories.

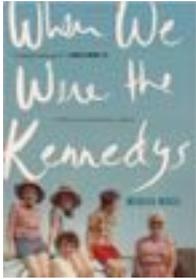
The Saturday evening discussion will be Current Women's Issues including the "Pink Tax".

All this, plus hiking and gourmet food! What more could you ask for.

The retreat from November 6-8 will cost \$175 per person. This is for two night, Friday and Saturday, and five meals beginning with supper on Friday. One night with three meals is \$100.

(Scholarships available. Talk to Rev. Cathy.) Come for silence and contemplation, come for deep sharing, come for rejuvenation, come for fun. Sign up at the Adult Program table beginning September 27.

USH Book Club Thursday, October 1 5:30 - 7:00 PM - Visitors to the Meeting House as well as Members are welcome to participate in the USH Book Club.



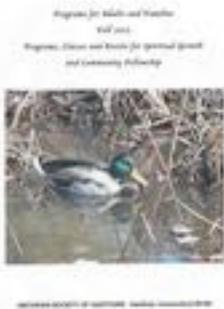
When We Were the Kennedys - Winner of the 2012 Sarton Memoir Award

“Every few years, a memoir comes along that revitalizes the form...With generous, precise, and unsentimental prose, Monica Wood brilliantly achieves this . . . *When We Were the Kennedys* is a deeply moving gem!”—Andre Dubus III, author of *House of Sand and Fog* and *Townie*

Mexico, Maine, 1963: The Wood family is much like its close, Catholic, immigrant neighbors, all dependent on the fathers' wages from the Oxford Paper Company. But when Dad suddenly dies on his way to work, Mum and the four deeply connected Wood girls are set adrift. *When We Were the Kennedys* is the story of how a family, a town, and then a nation mourns and finds the strength to move on.

“On her own terms, wry and empathetic, Wood locates the melodies in the aftershock of sudden loss.”—*Boston Globe*

“[A] marvel of storytelling, layered and rich. It is, by turns, a chronicle of the renowned paper mill that was both pride and poison to several generations of a town; a tribute to the ethnic stew of immigrant families that grew and prospered there; and an account of one family's grief, love, and resilience.”—*Maine SundayTelegram (from Amazon.com)*



2015 Fall Programs for Adults and Families - If you're planning to attend Visualize Your Life's Journey Through The Arts starting Monday, September 21 or Your Written Legacy Wednesday, September 23, be sure to stop by the Programs Table to register.

Coming in October, a new session of USH Ballroom Dance Lessons will begin on the first, Green Sanctuary is sponsoring a Saturday workshop, Active Hope: Reconnecting With The Web of Life and Making A Difference, and Diana Heymann is offering a weekend workshop Healing Arts of Emei Qigong.

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. Stop by the Programs Table to register and for more information about these and other programs offered at USH. 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.

USH Book Club: Thursday, October 1, 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.

Building Your Own Theology: Tuesdays, 7:30 – 9:00 PM, January 12 – March 29.

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.

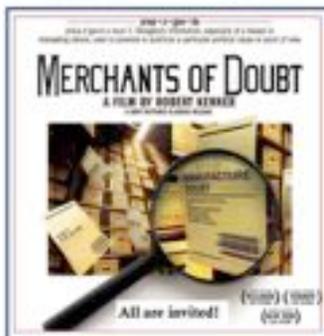
Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM. Will resume September 16.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM. Will resume September 16.

Free Movie

Friday September 25 at 6:45 PM
U.U.S.E.* Main Meeting Room



MERCHANTS OF DOUBT takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin. Filmmaker Kenner, who produced and directed “Food, Inc.,” lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities – yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change. Popcorn and refreshments will start at 6:45, with the movie beginning at 7:00 PM. Discussion will follow. *153 W.Vernon St., Manchester

Authority & Power Then and Now -

A closer look at issues of race in our community.

Thursday, October 29th, 6:30pm

A discussion facilitated by Michele McFarland including Chief Paul Hammick, Bloomfield Police Department, Marie Robinson and Rev. Dr. Alvan Johnson, Jr.

All are invited to the conversation. Co-sponsored by the Bloomfield Interfaith Association. Prosser Library, One Tunxis Avenue, Bloomfield, CT 860-243-9721
www.prosserlibrary.info

The deadline for USH-Enews submissions is Wednesdays at 8:30 AM

Email to: ushenews@ushartford.com Please note in the subject line, USH-Enews

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.