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 Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
 or call for appointment

USH -Enews January 27, 2016
 Worshipping Together Since 1830
 Sunday Service 10:30 AM
 Revs. Cathy & Heather Rion Starr



Photo: president.blogs.uua.org

Sunday, January 31, - Rev. Cathy Rion Starr - We're All Beginners, and All Experts - Unitarian Universalism values lifelong learning and worthiness of every child and adult. We'll share stories from our burgeoning Religious Education ministry and reflect together on the role of both learning and teaching in our lives.

E-News Contributors Please Take Note: The deadline for USH-Enews submissions is Tuesday at 12 Noon. Thank you for helping us get the E-news out in a timely fashion.

Check our online Calendar for Upcoming Events:

<http://www.ushartford.com/events/> (Please double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Form for Calendar Requests at end of Enews Email corrections to calendarchanges@ushartford.com -Thank you!

Please Note: The fundraiser for My Sister's Place, organized by the 3-5 grade religious education class that had been scheduled for last Sunday, has been rescheduled for this Sunday, January 31st. Donations of baked goods, household items and cash can be brought to Fellowship Hall following the service.

January 24, 2016, Sunday Service Recap, by Kayla Costenoble



Photo: Flickr.com

The Greatest Gift: Living Generously. - "Weather permitting" are two words you add to all plans you make during a New England winter. Thankfully (except for those who welcome the stuff), Emma, our first major winter 2016 snow, treated most of us in Hartford County gently. Even so, there were more empty pews during the January 24, 2016, service than we've seen for many a moon. Pulpit guest Rev. Mary Katherine Morn was wise enough to arrive here from her home in the Boston area yesterday (Saturday) and will, hopefully, make it to her appointment in Philadelphia tomorrow (Monday).

Rev. Morn has been Director of Stewardship and Development for our Unitarian Universalist Association (UUA) since 2014. During her previous nine years as minister of the UU Congregation of Fairfax, Virginia, she and our co-ministers became friends and, she told us, it is "so great that they have found you." We think so, too.

A reading of Mary Oliver's *The Messenger* preceded Rev. Morn's sermon. Some words from it:

"My work is loving the world...

Are my boots old? Is my coat torn?

Am I no longer young, and still not half-perfect?

Let me keep my mind on what matters, which is my work,
which is mostly standing still and learning to be astonished...

Which is mostly rejoicing, since all ingredients are here,

which is gratitude, to be given a mind and a heart

and these body-clothes, a mouth with which to give shouts of joy to the moth and the wren...telling them all,

over and over, how it is that we live forever."

The most difficult aspect of generosity, Rev. Morn said, is how to receive it more generously. If we can open ourselves to the "chorus of good intentions," we can affirm the goodness of life, open ourselves to love and embrace abundance, so we don't hoard spirituality. In the deep connection of each to all we have the ingredients for gratitude. Living generously in the world doesn't come easily, but in our religious community, it is important to cultivate the generosity of spirit so "we can call out the best in each other."

Rev. Morn stressed the importance of living generously every day we are given, to receive the gift of life and to share with others in the goodness, beauty, fragility and abundance of life. "Gratitude and trust in life's abundance frees us to the joy of giving," she said.

In her Time for All Ages. Rev. Morn told the kids gathered around her, and us, a variation of the miracle story in the Bible where Jesus turned five loaves of bread and two fish into enough to feed the thousands gathered around him. In this version, Jesus realized that the people, in preparing for the journey, surely had brought provisions with them (and don't we always?) and asked them to form into groups, talk to one another, not be afraid, and share what they had. And the miracle was that there was even food left over.

Early in her sermon, Rev. Morn described what the UUA is, for those who greet the words with a blank stare. All of us who belong to a UU congregation, she said, are members of the UUA. In addition, the UUA creates a structure to fulfill the mission of our larger faith by offering meaningful support, working for justice in the world, and protecting our history and our future. She congratulated the USH for contributing its full fair share to the UUA the past ten years. "Generosity has always been my theme as a preacher," she concluded.

Our wonderful USH Choir did justice to Give Me Your Tired, Your Poor, the Statue of Liberty inscription written by Emma Lazarus and put to music by Irving

Berlin. It reminded me of my husband's Earl's father, who was brought to the U.S. as a German prisoner of war, and my Russian mother, who entered the U.S. through Philadelphia, not New York. Both wonderful people studied and earned their citizenship in the country they loved . - **Kayla Costenoble**



Image: blogspot.com

Construction Begins for Solar Panels! - After several months of planning, negotiating, applying for a zoning variance that became unnecessary, fund raising and related activities, we are pleased to note construction for our three solar arrays behind the Meeting House began on Wednesday 1/27. Depending on the weather, we may see a functioning system in a month or so to the benefit of USH and our Planet.

RE News You Can Use! - This week, Sunday, January 31st, the nursery will be available from 10:15-11:45AM for infants and toddlers.

Please note that after service childcare will be available on the 1st and 3rd Sunday of each month for meetings and other activities. This is for children of all ages. Please contact the DRE for additional information. There will be a Time For All Ages during morning worship service this week followed by age appropriate classes.



Please Note: The fundraiser for My Sister's Place, organized by the 3-5 grade religious education class that had been scheduled for last Sunday, has been rescheduled for this Sunday, January 31st. Donations of baked goods, household items and cash can be brought to Fellowship Hall following the service. **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.





Dear Friends,
 Welcome to our second Thirty Days of Love: Towards Racial Justice message lifting up the inspiring, creative and movement-making work happening throughout the country. This

week, we are excited to share the profound and important work of the North Carolina NAACP.

Below hear a little more directly from our hosts, Carey McDonald and Elizabeth Nguyen. Then check out fourteen tips from Rev. Dr. William J. Barber, President of the NC NAACP, with Jonathan Wilson-Hargrove. The suggested steps can be found in their new book, *The Third Reconstruction*, that can be found here. We are also excited to share a Discussion Guide on *The Third Reconstruction* that complements and lifts up many of the themes lifted up in the book available here.



[Click here to watch](#)

America's Third Reconstruction depends on a moral movement, deeply rooted in the South, emerging state by state throughout the nation. No single leader or organization can orchestrate such a movement, but we who have seen the power of fusion organizing in North Carolina in 2014 established an education center, Repairers of the Breach, to share the lessons of Moral Mondays and invest in equipping leaders for other state-based coalitions. In order to move forward together, we've outlined fourteen steps to mobilize in the streets, at the polls, and in the courtroom.



**HEARTS &
SPARKS**

AUCTION

**At the
Meeting House**

**Tickets
on sale
NOW!**



**Saturday
Feb 13, 2016**
Silent auction from 7-8 PM
Live Auction at 8pm.

\$10 Admission
includes refreshments

SAVE THE DATE!!!
MORE DETAILS COMING

**Don't miss this fun night and
major fundraiser for USH**

We need your help in many ways. We are looking for hors d'oeuvres for the evening of Feb.13. Any finger snack food is fine. Just let us know what you prefer to bring. It will be an exciting, successful evening if we all pitch in and do what we can. Contact Louise Schmoll to offer your favorite thing.
rdschmoll@comcast.net

Of course, we will also need auction assistants, runners, scribes, etc. We are sure there is something you can contribute in addition to articles or services for sale. So stop at the Program Table, sign up to attend and let us know what you will do to help. This is our major fund raising effort for the year and we need the help of everyone to make it a success.

Not sure what to donate? How about Tickets to a symphony, play or museum; drive to a medical appointment; Handyman service for two hours; Weekend in the country; Computer tech help; Paint a room; Babysitting. All items must have a minimum value of \$25.

Donation forms are available at the Meeting House or cut and paste the information below into a new email and send to Ginny Allen at: fiddlenurse1@gmail.com. Please mark your calendar now and send in your donation form soon. 100% of funds raised at this event will qualify for matching grants by our anonymous donor, so be generous!

HEARTS and SPARKS DONATION FORM

“Hearts and Sparks” Auction

Saturday February 13, 2016 at 7 PM

Auction Donation Agreement

Note: Minimum value is \$25

Name of Organization/Person Making Donation:

Description of Donation as you would like it to be publicized:

Value of Donation: \$ Minimum Bid that you will accept: \$

Contact Name:

Address:

Telephone:

E-mail:

PLEASE RETURN FORM asap but no later than FEBRUARY 1, 2016

Upon the sale of your donation, you will receive a letter of acknowledgement for tax purposes

No tag sale items please

Items donated that have not been sold the night of the auction must be removed from the Meetinghouse by Sunday, February 14, 2016

For more information or if you have any questions please contact: Ginny Allen, 860.604.5964, fiddlenurse1@gmail.com or Vanessa Gonzalez-Rivera, 816-651-2978; vanessa.gonzalez.rivera@gmail.com THANK YOU!



2016 Winter/Spring Programs for Adults and Families

USH Calendar of Events: www.ushartford.com/events/

You may want to stop by the Programs Table Sunday to register or find out more about the following programs.

For those of you interested in foreign policy, Great Decisions will be starting Sunday, February 7. A new offering – The Guru In You – Experiencing the Transcendent Self, facilitated by Judy Robbins and Rick Tsukada, will begin Wednesday, March 30. Reverend Heather's SaturdayMorning Salon:What Moves You, will meet February 13 and a Small Group Ministry "Transitions" will begin April 2.

The new Winter Spring 2016 Programs for Adults and Families catalog is now available online. Go to <http://www.ushartford.com/>. At the top of the page, click on Building Community and then Adult & Family Programs. In the bottom right corner, click on Catalog Winter Spring 2016.

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.

Programs:

Ballroom Dance: Thursdays: Monthly enrollment, 6:00 – 8:00 PM.

Great Decisions: Sundays, starting February 7, 9:00 – 10:00 AM.

Saturday Morning Salon: What Moves You: Saturday, February 13, March 26, April 23, May 28, June 11, 10:00 AM – 12 Noon.

The Guru In You: 5 Wednesdays starting March 30, 6:00 – 8:00 PM.

Drum Circle: 3rd Tuesdays, February 16, 6:45 – 7:45 PM.

Tai Chi: Wednesdays, 5:30 – 7:00 PM.

Emei Qigong: Tuesdays, Beginning Learners: 6:15 PM, Cultivation, 6:30 PM,
Deeper Learning and Understanding: 7:15 PM. Contact Diana Heymann (860-461-0908).

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

Contact Diana Heymann (860-461-0908).

Meditation and Dharma Gathering: Wednesdays, 5:45 – 7:00 PM.

Authentic Connection & Communication:

An NVC Practice Group, Wednesdays, 7:15 PM.

Dinner & Movie, Fri, Feb 12
ETERNAL SUNSHINE / SPOTLESS MIND

Sound familiar? "The Eternal Sunshine of the Spotless Mind" was an all-star ensemble cast science fiction/drama crowd-pleaser in 2004. Jim Carrey, Kate Winslet, Kirsten Dunst, Mark Ruffalo, and Elijah Wood star in this "comical and poignant look at breakups, breakdowns, and breakthroughs."*



"A smart, sexy, and seriously funny comedy!"*

"One of the great movie love stories ever told!"*

"The best work Jim Carrey has ever done!"*

"Over 50 four-star rave reviews!"*

You can watch a trailer here - <https://m.youtube.com/watch?v=1GiLxkDK8sl>. This movie is rated R for language, some drug use, and sexual content and is nearly 2 hours long, with subtitles.

We will gather on Fri, Feb 12, for popcorn and libations at 5:30 PM, with pizza and salad dinner at 6, movie at 7, followed by optional discussion.

You can reserve (\$10 each) at the Programs Table during Fellowship Hour with cash, check, or credit card. Indicate your choice of pizza topping - vegetable or meat. Alternatively, you can call Janice at 860-677-1121 by Wednesday, Feb 10. Leave a message on the answering machine, being sure to tell number of reservations and choice of veg or meat pizza topping for each person. Then you can pay with cash or check at the event.

Remember, you can invite non-USH folks to attend with you.

If on Friday, Feb 12, you find you cannot attend, please call before noon and leave a message on my cell phone -860-380-7062 - so the pizza order can be adjusted.

Weather cancellation policy: If I cancel, I will send a cancellation email to all on the D & M email list by Fri noon. Questions? Call my cell, 860-380-7062.

*From DVD case

Submitted by Nita H.

Ginny Allen will facilitate a Small Group Ministry (SGM), 8 sessions, beginning March 7, 2016 at the home of Laurel Goodgion in Newington.

This is where deep sharing and deep listening happens. Meetings will be on Monday evenings from 7 - 9 pm. It is important to attend all (or most) sessions. If you wish to sign up for this SGM, please sign up at the programs table during coffee hour on Sunday or contact Janice Newton, janicecnewton@gmail.com, phone - 860-677-1121 or if you have questions, email or call Esther McKone, ESTmckone@aol.com, phone 860-677-6682. There is a \$5 registration fee.

Transitions: A New Small Group Ministry - Are you at a turning point in your life? A place where the old way is not working but you're not sure what would be better? Do you feel restless? Stuck? Confused? Trapped?

On eight consecutive Saturday mornings starting April 2, Judy Robbins will lead a Small Group Ministry for people who feel they are in transition. We will inspire and learn from each other while at the same time paying special attention to our own inner guidance.

Sessions will be held at the Meeting House Library from April 2-May 21;9:00-11:00 AM.

The group is limited to ten participants. The first session is mandatory and a commitment to all sessions is strongly encouraged. We expect this group to fill quickly so sign up soon at the Programs Table in Fellowship Hall after Sunday service or call Janice Newton at 860-677-1121 or email her at janicecnewton@gmail.com.

Judy Robbins PsyD, is a psychologist, nationally certified life coach and long-time UU. She and her husband Rick Tsukada live in Glastonbury and are members of USH.

GREAT DECISIONS 2016 Meetings – February TOPICS - We're pleased to announce the topics for Great Decisions 2016 discussions, an eight-meeting series continuing each Spring at the Unitarian Meeting House for more than 25 years. The first month's topics are as follows:

* Feb 7 - The United Nations - Ed Savage, discussion lead

* Feb 21 – (Tentative) Cuba and the U.S. – Paula Jones & Kevin Gough, discussion co-leads

We will meet in Servetus from 9:00 am to around 10:00. Registration for the meetings and briefing books is \$25. and folks are welcome to drop in for a session, although at least glancing at the on-line resources is recommended as preparation.

The United Nations Development Goals and Realities

Briefing Book : By Stephen Browne and Thomas Weiss

On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next UN leader is bound to have quite a lot on his or her plate going into office.

Online added resources at http://fpa.org/great_decisions/

Cuba and the U.S.

Briefing Book : By Michael Shifter and Ben Raderstorf

The U.S. announced in December 2014 that, after decades of isolation, it has begun taking major steps to normalize relations with Cuba. The announcement marks a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War — the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship, once defined by antithetical ideologies, into the 21st century.- **Submitted by Ed Savage**

The Guru In You - Experiencing the transcendent

Self - Transpersonal Psychology acknowledges the spiritual and transcendent in human experience and integrates these into modern psychological practice. It presents us with a model for living as fully mature body-mind-spirit beings. Our culture emphasizes the body-mind and has sorely neglected the innate spirited part of us that we are calling the inner guru. In this 5-session class, we will investigate the nature and usefulness of the inner "guru," the part of us that taps into universal peace, wisdom, love and joy. Using lecture, discussion, and lots of participatory exercises, we will have some fun exploring the guru, the source of our inspiration and inner guidance. Class is limited to 10 and we strongly encourage attendance at all sessions.



Facilitators: Judy Robbins is a psychologist whose doctorate is in Transpersonal Psychology, the field that integrates the spiritual aspects of human experience within the framework of modern psychology. Rick Tsukada is a clinical social worker who has worked as a psychotherapist and workshop leader for decades. Rick and Judy, both long-time UUs, are married and members of USH.

Schedule: Five two-hour sessions. A commitment to attend all 5 is strongly encouraged. Wednesday evenings beginning March 30 6:00 – 8:00 PM in SERVETUS. Suggested Donation: \$25

Participant Limit: Because of the experiential nature of this group, the class is limited to ten (10) participants. **Submitted by Programs for Adults and Families** Image: www.pinterest.com



**The USH Book Club Meets in David's Den
On the first Thursday of the month From 5:30 PM - 7:30 PM**



Please talk to Richard Groothuis if you have any questions.

860-678-1030;rgroopofus@comcast.net

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.

USH BOOK CLUB - THURSDAY, FEBRUARY 4th, 5:30 PM: Atul Gawande's Being Mortal: Medicine and What Matters in the End

One reader noted: The subject is end-of-life. But this isn't a book you suggest for your friends or family members that are exclusively experiencing the difficult decisions that come with end-of-life care. The book is appropriate for all adults— young, middle, or elderly. Gawande sheds light on the deeper meaning of life by example of how we treat patients in America at the end of their lives.

Upcoming Books:

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

-Submitted by Richard Groothuis



Have UU Got Talent? Once again we have an opportunity for you to perform! Do you play the zither? Tell jokes? Mime? Sing, dance, recite poetry?

On Sunday, February 21st, down in Fellowship Hall, after the service and during coffee hour (a Soup Day!) we will be presenting our much-loved and sorely-missed-last-year "Family Share Talent/No Talent Show." And you can be in it!

Acts of four minutes or less are welcome. Be in touch with PatriceFitzgerald at gmail dot com to get yourself in the lineup. No pressure, just fun. We particularly encourage the young or young at heart to participate. FREE, of course, for all attending or performing!

Notes on Music

We have some exciting music coming up for you throughout the rest of the church year! This is just a taste of what's in store, but watch this space for more details in the upcoming weeks.

Mark your calendars for Sunday, May 1st, our projected Music Sunday. The USH choir will be swelled by the ranks of the folks at the Universalist Church in West Hartford (where we will be singing during their service the week before) as we bring you "Missa Gaia/Earth Mass," a beautiful piece featuring instruments, choir, vocal soloists, and the calls of wolves, whales, and other animals.

We're also delighted to be working with our new Composer-in-Residence, Gala Flagello, a senior composition student at The Hartt School, this semester. We'll be hearing three or more of her compositions in the months to come... and there is nothing more exciting than singing brand new music composed with our congregation and choral strengths in mind. We are looking forward to a wonderful musical year at USH, due in large part to the support of you--the members--who contribute via both your annual pledge and dedicated contributions to the Friends of Music fund on Music Sundays. **Thank you!** -
Patrice Fitzgerald for the Music Committee

Coming Up Soon!

March 5, 2016 – **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, 2016 – **Classical and Broadway Vocal Concert**

immediately after the service 12:30 P.M. Come hear some great vocal music... including some performed by our choral scholars and featuring our new accompanist.

April 16, 2016 - **Jacques Lamarre Play Reading Premiere**

Don't miss another exciting new play premiere penned by USH friend and supporter Jacques Lamarre.



Also Coming Up: Saturday, May 21st - Clara Barton UU Choir Festival (tentative)

Performing Arts events are \$15. Students with ID are \$10. Children are free.

But please don't let the ticket price keep you away. Come anyway and pay what you can... or come for FREE! Fill the pews... all are welcome.

Saturday night events begin at 7:30. **Patrice Fitzgerald for the Performing Arts Sub-Council**

Who are your Fav's? A Short Survey

We are half-way through the arts calendar for the year and would like to think ahead.

- * Who are your favorite local performers – music, drama, dance, stand-up & all?
- * Might you be interested in bringing them to the Meeting House in the future?
- * What could you do to help them get on our stage?

Please put your ideas into an e-mail and send

to: <mailto:edsavage@ushartford.com>. Thanks for pitching your fav's !

Upcoming Special Events and Other News

**UU
USH
&
YOU**

**A Path to
Membership**

**3 Sunday sessions
(Feb 7, 21 & Mar 6)
12:00-1:30 pm**

Followed up with a
Membership Sunday on May 1st

Join us in our three-session workshop and examine how Unitarian Universalism and the Unitarian Society of Hartford relates to your spiritual growth, sense of community, and everyday life.

Free child care provided.

Rev. Heather will be present for all three sessions.

Sign up at the Programs Table or contact Brian Harvey at bharvey@ushartford.com

Council on Community Within Fair - Come visit the Council on Community Within Fair on Sunday, February 21 in Fellowship Hall after the service. Get a cup of hot soup made by the Youth Group, visit our information tables of the sub-councils of the COCW, and enjoy the Performing Arts Family Share Talent/No Talent Show. Information will be available explaining the activities of the sub-councils and ways you can become involved in making our community at the USH Meeting House more welcoming, caring, informed, and vibrant. Come join us! - **Submitted by Tina Davies, Chair, Council on Community Within**

ART NEWS - Too few of us were able to visit the beautiful exhibit of fiber art in Hartford. Diane Cadrain, multi-gifted creator, generously has brought her gift to us. Hopefully we will have opportunities to hear how she produces these awesome pieces. - **Sara Sturges**



Refugee Resettlement Initiative - The USH Board has endorsed our church's commitment and involvement in an interfaith refugee resettlement effort. We are working with Bloomfield Muslim Community Center, First Congregational Church of Bloomfield, Flagg Road UCC, Church of the Latter Day Saints and First Church of

Windsor.

A number of USH members have already volunteered to work on various tasks: renting an apartment, furnishing the apartment, health and educational support, teaching English, case management, finances, locating employment, clothing, transportation and funding. Teams from the various churches will be assembled. We are hoping to be ready to welcome a family in the Spring.

**If you would like to learn more or be involved please contact Richard Groothuis, rgroopofus@comcast.net.
Image: t1international.com**



Foodshare hunger projects for 2016

– from the North Albany Hunger Action Team Leader, Jim Palma. Note

that they are looking for a couple of volunteers to act as program coordinators.

I am very happy to report that there are several significant projects designed to help reduce Hunger in the Upper Albany neighborhood! They are:

- A. eWIC - beginning in February 2016, converting the WIC paper vouchers for healthy food for new Moms and the babies over to a debit card that will enable the purchase of food to occur at multiple stores and multiple trips to the food store over 3 months. Managed by the Hartford WIC office - Devonne Edwards (HAT member).
- B. SNAP Up! - a new program (began 1/11/16) for SNAP recipients who purchase \$10 of produce at Bravo Supermarket, 1291 Albany Ave. will receive a free \$5 coupon for more produce at the same store. Managed by Hartford Food System & Wholesome Wave.
- C. Increase Produce Sales at Smaller Food Stores in Hartford - developing a business plan to provide small quantities of fresh/healthy produce at the wholesale level to smaller Food Stores which would enable them to sell more produce at a lower retail price. Managed by Upper Albany & Northeast HATs, reSET, ACA Food Market & HPC Foodservice, (Need coordinator)
- D. Concrete Gardens - growing healthy produce year-round for 15 families using 3 Aeroponic towers. Managed by Gardner House - Maggie Gardner (HAT member)
- E. Increase Summer Meals participation, including Weekend Meals. Managed by Upper Albany HAT (Need coordinator).
- F. You have your own idea which you want to bring to the Upper Albany HAT for consideration and support.

Foodshare Projects, Your Involvement, and Monthly meetings

What I would like from you (each HAT member) is to send me a short email that responds the following statements:

1. Yes, I want to remain a member of the Upper Albany Hunger Action Team and I would like to assist with Project A, B, C, D, E or F; (please indicate which one in your email).
2. I cannot assist with a project at this time, but want to remain on the email list.

3. Please remove me from the Upper Albany HAT email list.
4. The best time I can make a monthly meeting is (morning - 9 or 10, afternoon - 1, 2 or 3, or early evening - 5, 6 or 7).
5. The best day I can make a monthly meeting is ...

Knowing who is interested in assisting with each project will help schedule meetings and agendas, and provide focus for the entire HAT. We always welcome new ideas, just call or email me and I will get you on the next agenda.

Thank you very much and please respond by Friday, January 29, 2016. Jim

Jim Palma, Community Network Builder

Foodshare

450 Woodland Ave, Bloomfield, CT 06002

860-286-9999 x124

jpalma@foodshare.org<mailto:jpalma@foodshare.org>

[FS Logo URL]<<http://www.foodshare.org/>>

Building and Grounds Plans an Indoor Clean Up Day: January 30th - Have you noticed, sometimes our Meeting House rooms begin to look like everyone else's extra room? Full of stored items never to be used again, or perhaps, among the... "we will need it someday" stuff, a few isolated items that will actually get used.

Folks, the time has come for a general clean up effort for our Meeting House rooms on January 30th. That will be the day when the spaces will be cleaned out of accumulated debris. And, here is where you come into the picture. We want all useful items in various spaces that actually get used to be labeled by the owners. As for the remaining items that have no labels come January 30, they will likely disappear forever. Mark your calendars, as it will be useful if you can assist on January 30, but if not, there is homework to be done. **David Newton, for B&G**



Please let Stu Spence know if you'd like to claim these paintings, the frames are in really good shape and could be re-used if you don't want the pictures. They must be out of the building by January 30th or they will be donated to good will.

Also available is the piano, it's in good working condition and needs a new home. Please let Stu Spence know if you have use of it. **-Thank you.**



Having Fun Sorting Things Out in Preparation for Clean Up Day!

Update on the USH Archives - Our last Archives meeting was held on Jan. 13 with Rev. Heather, Larry Lunden, Kayla Costenoble, and myself present. We revisited our most pressing issues with the condition of some of the unboxed archival materials (architectural drawings and some scrapbooks) and planned two upcoming dates to re-inventory the collection. This meeting was productive as we discussed the possibility of creating a record retention schedule for the entire congregation (i.e. what records we must keep and for how long as well as determining what to do with said documents at the end of their business use) as well as looking into purchasing a thermometer-hygrometer to track the temperature and humidity in the Margaret Fuller room. Archival boxes were purchased to store records from Rev. Kathy Lee, Rev. Dave, as well as a box to keep for documents from Revs. Cathy & Heather. A list was created of the necessary acid-free storage tubes to buy for the architectural drawings recently donated to USH from Roy Cook; the nature of blueprint paper is either a thicker wax paper, or that of thin onionskin, the latter being very very fragile. Moving into the Spring, our group hopes to meet at least monthly to work at the arrangement and description of the archives and to build upon the



Inventory of the Archives Margaret Sax created in 1997. We hope to bring a synthesis to records created in the church office, paired with what we currently have in the Margaret Fuller Room to what may be lingering in members' basements or attics to bring the history of USH to the present. Over time, we hope to incorporate all the archival materials (including many formats of audio-visual materials) to make them accessible to all so we can freely share our story.

Would you like to join us in this endeavor? We are next meeting on Feb. 10 at 10 for general processing and then from 10-2 on February 24 to begin to inventory the collection. Bring your lunch and come and see how archives are not typically white-gloved affairs, as we delve into our rich past. Please contact me at 860-916-9014 or Zmirecki@comcast.net or Rev. Heather if you'd like to help out.

Thank you, Zac Mirecki



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

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

Food and fellowship build communities. - Please consider signing up to supply snacks for an occasional coffee hour following our Sunday service.

Any food item you would like to share would be welcome. Bring something that would give you joy in sharing it with others. You don't have to please everyone.



The youth group will continue to serve soup on the third Sunday of the month; no additional snacks needed that day. And our wonderful Sunday Sexton, Crystal, will continue to provide coffee & beverages. We're just looking for some extra snacks for those who would like! Sign up by clicking on the link below~

<http://www.signupgenius.com/go/30e0c4faeae2ea3f58-sunday>

Once you sign-up, you will receive an email reminder two days before your scheduled Sunday. **Questions or Comments? Contact Kathy Payne at kthpayne@gmail.com**

A Call for Office Volunteers! - Could that possibly be YOU? We are in need of volunteers to maintain a friendly office presence. Easy work - or bring a book, knitting and a smile for any visitors or phone calls the office may receive. Please contact Linda Clark (at: ushlindaclark@gmail.com) or phone the office

at 860-233-9897 and let her know if you can spend a few hours a week in the USH Office to help us keep our friendly and efficient office going.



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. More Black Lives Matter Signs are available in the Library with a suggested donation of \$20.00. Please stop in during office hours to pick one up: Tuesday, Wednesday and Thursday from 10am-2 pm. Or pick one up on Sunday after the service.

ASYLUM HILL CONGREGATIONAL CHURCH
PRESENTS

WONDERFULLY MADE

Affirming Transgender Identities

Sunday, January 31, 3 - 6pm



Donna Shubrooks: "Trans 101"
Learn terms, etiquette, and more.
Donna is a PFLAG Mom/Stonewall speaker and nurse at The Hartford Gay & Lesbian Health Collective Inc.

and



Tyler Ford (www.myfriendtyler.com)
shares their gender journey and will answer questions



USH Website: For the username and password for the Members Only section, please email Linda Clark at ushlindaclark@gmail.com

Special Note: Hi Everyone! Please check the online calendar to make sure the Room and Time you wish to reserve is still available before you make a request. This will help in planning your event. **Thank you! Linda Clark, Office Administrator**

For events for the online calendar please include the following information:

(Cut and Paste from the E news will work)

Put in the Subject: 'Calendar'

Event Title:

Room:

Time:

Date(s):

Contact Person:

A Short Description:

Cost: (if applicable)

Is Childcare Provided?: (Note if childcare is provided please confirm with the DRE.)

Email Calendar Events to: calendarchanges@ushartford.com Thank you.

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.