



50 Bloomfield Avenue, Hartford, CT 06105
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Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ May 19, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM
Revs. Cathy & Heather Rion Starr



Image: [patheos.comhttps://t.e2ma.net/click/6sr2r/iyn4up/uv516d](https://t.e2ma.net/click/6sr2r/iyn4up/uv516d)

Sunday Service 10:30 AM - May 22, 2016 - "Time to Renew" - Rev. Heather Rion Starr - As with any aspect of our lives, it's time for a check-up, now-and-then. Drawing upon James Fowler's "Stages of Faith," we will consider together how our beliefs, principles and values are influencing our lives. What feeds your spirit? What is the guiding rubric that you use to help you through hard times, to help you understand and empathize with other people, to help you

make sense of your own yearnings, fears, hopes, and joys, to enable you to find and keep finding your way in this world?

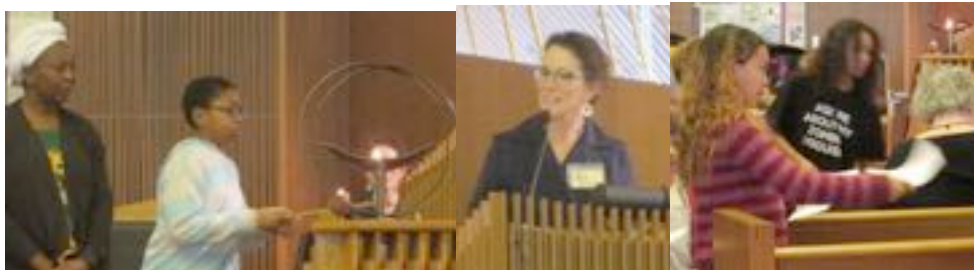
The Chancel Choir will present the 2nd piece by our 2016 Composer-in-Residence, Gala Falgello, which sets to music words of long-time Hartford resident, writer, and abolitionist Harriet Beecher Stowe.



Gratitude & Media for #LovesUnstoppable - In response to the 13th theft of our Black Lives Matter lawn signs, we gathered before Flower Communion worship on Sunday to give flowers to those stuck in traffic on their way to the University of Hartford graduation. We attached Love Letters to the flowers calling on all political parties to condemn hate and embrace racial justice as part of a national call to action for mostly White faith communities called Love Is Unstoppable by Showing Up for Racial Justice (SURJ), a group that organizes White people to show up for racial justice.

We had a blast! We had lots of kids and families, young adults, and not-so-young adults. We gave out over 300 flowers that were well received (though lots of folks were reluctant to open their windows to talk with us!). We also got terrific media.

Sunday Service Recap, Sunday, May 22, 2016 by Kayla Costenoble



Photos: Harriet Gardner

Flower Communion: Beauty in the Rubble - “What a morning!” were Rev. Cathy’s almost-shouted opening words at the May 15, 2016, USH service. But the day’s activity had really started a few hours earlier, when many members showed up to participate in “Love is Unstoppable,” a public witness on our front lawn calling on political parties to embrace love and justice this election season. Participants held large “Black Lives Matter” and “Showing Up for Racial Justice” signs; cars that had to stop for traffic were offered flowers attached to colorful explanation cards. There was police presence aplenty, as the officers directed the multitude of cars heading for the University of Hartford graduation and also made sure our demonstration remained calm and peaceful. It did.

But, as Rev. Cathy explained during the service, our Black Lives Matter signs have been stolen 13 times from our lawn; the 13th theft was just yesterday! She told the RE kids participating in her story illustrating the thefts, even when you disagree, are frustrated and disrespected, you should respond with love. Her theme throughout the morning was “No matter what, you are loved, beautiful, and powerful enough to change the world.”

One of the loveliest of our UU rituals is the Flower Communion. Norbert Capek, founder of the Unitarian church in Czechoslovakia, is also founder of this symbolic ritual, created to cheer up his community and bring people together during terrible times. Rev. Capek, killed in Dachau in 1941, was very much with us on Sunday. We sang the words he wrote (Hymn 78: “Color and Fragrance”) as the RE kids brought in the multitude of flowers:

In human eyes burns the soul of living;
illuminates altars of loving giving: greeting, we meet, seeing light brightly glowing.

Then, after we lined up to pick our flower (but not the one we had brought), we said the Flower Communion Blessing, adapted from Rev. Capek’s words:

Infinite spirit of life, we ask your blessing on these messengers of fellowship and love...May we be strengthened by the knowledge that the spirit of love unites us, and may we work together for a more joyful life for all.

Another annual ritual at the USH is the Litany for Leaders, to honor board members whose terms are ending: Virginia de Lima, Louise Schmoll, John Clapp, Tina Davies, Bill LaPorte-Bryan, Patrice Fitzgerald, Janice and David Newton. Rev. Cathy called this ceremony a “reminder of endings and beginnings” and thanked them for a long list of what they’ve done, saying “It is healthy to leave and it is a beginning of a time of renewal.” She invited the congregation to “say yes” to serving at the USH.

It was a very well arranged day at the USH. Professional ASL (such a beautiful language) interpreters translated the service. Following the service, we trooped out to the side lawn for a group picture of, yes, all of us. Then we were directed

to Fellowship Hall for the usual coffee AND the Annual Meeting to discuss the 2015-2016 Annual Report and elect members to the Board.

Some highlights: Our new solar array generated 4500 kilowatts in April vs. 1 3729 kilowatts used. Our social justice commitments include, among others, AIM (Accessibility Inclusion Ministry), Black Lives Matter, and a just-arrived Syrian family. As of today, we have 213 members of the USH, including 21 new members. As of April 30, 2016, we have received a little over 80 percent of pledges, the highest ever received. \$270,000 in pledges has been received; we hope to reach our goal of \$300,000 by the end of June so we can raise the hours and pay of our RE director, raise the music salaries, and reduce the draw on the USH endowment.



Photos: Harriet Gardner

An unusual and interesting part of the Annual Meeting was hearing from four newer members on what joining the USH has meant to them. They were Stephanie Briggs, Harriet Gardner, Gloria Francesca Mengual and Mike Sereda. Here's a sample of what we heard. Community of like-minded people. Found so much more than what I expected. Taking advantage of what church has to offer in terms of time, talent, treasures. Wonderful welcoming community. Found us when needed community to deal with death, divorce, illness, depression. John Brancato, president; Katharine Ann Buck-Anderson, president-elect; Phil Gardner, treasurer; Margaret Leicach, secretary; Hank Murray, chair, administration; Chris Wilt, chair, community within; Gloria Mengual, chair, social justice and Martha Bradley, chair, spiritual life were elected unanimously by the enthusiastic members to serve on the USH Board.



Photos: Bob White

RE NEWS News You Can Use! - This week, the nursery will be available from 10:15-11:45AM for morning worship service.

This Sunday we will be having a child dedication. If you are interested in having your child dedicated, please contact the DRE. After the dedication, there will be age appropriate classes.



There will also be after care for any children under the age of 10 for parents who wish to attend the all church calendaring event. **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.



Church Business News



Stewardship Campaign Approaches Finish Line!!! - Since we launched our Stewardship season 123 members and friends have pledged \$270,000 to support the work of this Society. We want to thank each and every one of you who has made a pledge - for your generosity, and your commitment.

There are people from whom we have not yet heard and some who have told us they are not able to make a pledge at this time. We are proud to be members of this Society where the size of your heart is what matters, not the amount of your pledge.

Within the next week or so we expect to receive several more pledges that should bring us to \$280,000, exceeding last year's total by \$17,000, a 14% increase. This is a wonderful mirror of the enthusiasm, energy, and positive spirit at the Meeting House.

However, we have not yet arrived at our destination of \$300,000. If our Society were running the Boston marathon, we've made it over Heartbreak Hill, where some people give up due to exhaustion. We are at the 24 ? mile mark, with less than two miles to go. We can just about see the finish line!

If we stop moving forward now here's what's at stake.

We will **not** be able to raise the hours and pay for our Children's R.E. Director who has built back a program that was on life support a few short years ago.

We will **not** be able to raise our music salaries and hours to attract the highly skilled leadership to which we are so accustomed.

We will also **lack the funds** to have four choral scholars in the choir and paid guest musicians like we had on Music Sunday.

We will **not** be able to reduce our draw on the Endowment or raise the amount we budget for the B&G committee to maintain our building.

It's this last \$20,000 that will make the difference whether we are able to do these things.....or not.

The USH Stewardship Committee: Peter Meny, Chair; Ginny Hedrick, Laurie Kelliher, Deb Meny, Joe Rubin



Help Map Out the 2016-2017 Meeting House Calendar!

Join us on Sunday, May 22, from 11:45a-12:45p (or so) Under-the-Stairs to plan out significant events for the coming church year. When will the Auction be? Performing Arts Concerts? Annual Meeting? Newcomer Potluck? other All-Congregational Events so they're not at the same time or on back-to-back

weekends? This is great place to bring your ideas and energy for something you'd like to make happen at USH, and get a placeholder on the calendar for it. Come to share your interest and help it to logistically dovetail with other programs and happenings at USH. All are welcome. --RevHeather, who so loves to calendar and plan (way) ahead....

Image: www.clipartsign.com



2016 Winter/Spring Programs for Adults and Families

The Saturday Morning Salon: What moves us is May 28 and the next Friday Pizza and Movie Night will be June 10. There will not be a Programs Table May 22.

You may call Janice Newton (860.677.1121) or email her at [janicecnewton\(at sign\)gmail.com](mailto:janicecnewton@sign.com), for more information.

The Winter Spring 2016 Programs for Adults and Families catalog is 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.

PROGRAMS:

Saturday Morning Salon: What Moves Us: Saturday, May 28, 10:00-12:00 Noon, June 11, 10:00 AM – 1:30 PM.

Friday Pizza and Movie: June 10, 5:30 PM, featuring Love and Mercy.

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

Great Decisions: First and Third Sundays, 9:00 – 10:00 AM.

USH Book Club: Thursday, June 2, 5:30 PM.

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

Tai Chi: Wednesdays, 5:30 – 7:00 PM.

Emei Qigong Cultivation: Tuesdays and Wednesdays, 5:00 – 6:00 PM. Contact Diana Heymann(860-461-0908). (no classes week of May 16 and week of May 23)

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

Authentic Connection & Communication:

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

Twenties-Thirties Sunday Brunch - The 20's/30's Group will be hosting their new weekly brunch, open to existing members, friends, newcomers, and visitors in their 20's and 30's. Food will be provided but guests are encouraged to bring something additional to share. *Please let me know by Friday afternoon if you plan to join us so that we can be sure to have enough food for everyone. -

Stephanie Briggs (stephanie.e.briggs@gmail.com / (860) 716-1920)

GREAT DECISIONS Meetings – Final discussion schedule:

May 22 (moved from May 15th): The Koreas - Sherry Manetta and Brian Harvey, Discussants

June 5: Mideast Alliances - Mike Winterfield, Discussant

http://www.fpa.org/great_decisions/?act=gd_topics

Unitarian Meeting House: www.ushartford.com

-Submitted by Ed Savage Image: <http://www.fpa.org/>

**USH BOOK CLUB THURSDAY – June 2**

5:30 PM at the home of Jean and Richard Groothuis

Spring Chicken: Stay Young Forever (or Die Trying) by Bill Gifford

SPRING CHICKEN is a full-throttle, high-energy ride through the latest research, popular mythology, and ancient wisdom on mankind's oldest obsession: How can we live longer? And better? In his funny, self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness right down into the innermost workings of cells. We visit cutting-edge labs where scientists are working to "hack" the aging process, like purging "senescent" cells from mice to reverse the effects of aging. He'll reveal why some people live past 100 without even trying, what has happened with resveratrol, the "red wine pill" that made headlines a few

years ago, how your fat tissue is trying to kill you, and how it's possible to unlock longevity-promoting pathways that are programmed into our very genes. Gifford separates the wheat from the chaff as he exposes hoaxes and scams foisted upon an aging society, and arms readers with the best possible advice on what to do, what not to do, and what life-changing treatments may be right around the corner.

An intoxicating mixture of deep reporting, fascinating science, and prescriptive takeaway, *SPRING CHICKEN* will reveal the extraordinary breakthroughs that may yet bring us eternal youth, while exposing dangerous deceptions that prey on the innocent and ignorant. From Amazon.com -**Submitted by Janice Newton**

**Unitarian Society of Hartford Performing Arts
50 Bloomfield Avenue, Hartford, CT 06105**

A Little Jazz, A Little Broadway – A Cabaret - Please don't forget to put Saturday, June 4th, 7:30 PM, on your calendar for a concert that John Clapp and his wife bought at the auction. Jazz pianist Alex Nakhimovsky will tickle the (electronic) ivories downstairs in Fellowship Hall and Richard and Patrice will sing. It's already paid for, but any contributions for the USH General Fund are welcome. This is the final moment to get your donation matched after five years of beneficence from our anonymous donor.



We're also honoring the folks who brought us the Solar Panel Project with a bit of melodic sunshine. It's going to be fun, and you'll get a chance to sing too! Refreshments and adult beverages served. **Contact Person: Patrice Fitzgerald - Patrice Fitzgerald for the Performing Arts Sub-Council**

Upcoming Special Events and Other News



Tree of Life Presentation - Israel/Palestine: An Inclusive Vision will be the theme of a presentation by Hatim Kanaaneh and Robert Gelbach at the Unitarian Society of Hartford on Sunday, May 22, 2016, from 6:00 PM – 8:00 PM. Hatim and Robert will discuss the underlying roots of the ongoing Israel/Palestine conflict, the terrible toll that it is taking on the civilian populations, and the proactive steps that must be taken to establish a durable peace and equal justice for all. We will allow ample time for an interactive Q&A session.



Presenters:

Hatim Kanaaneh was born and raised in the Palestinian village of

Arrabeh in Galilee. He was appointed as Sub-district Physician, heading the region's governmental health office which serves over 50,000 Palestinian citizens of Israel. In his efforts to institute and expand community health services, Mr. Kanaaneh (now retired) found himself at odds with the Israeli central authority, which led to his establishing an NGO, the Galilee Society for Health Research and Services.

Robert Gelbach, Professor Emeritus (Political Science, SCSU), Co-Chair of the New Haven Chapter of Jewish Voice for Peace, and former Executive Director of Trauma Recovery. Trauma Recovery brought a new evidence-based trauma therapy to teach to Palestinian clinicians. Its goal is to bring sustainable capacity to the occupied territories for the treatment of child and adult PTSD. \$10 suggested donation / Free for students. Light refreshments will be served. Information and reservations: Contact Ron Friedman (860-523-1105) or Mike Winterfield (860-232-5528)

Don't Miss the New Member / Newcomer Potluck on Friday, May 27th – 5:30 PM at the Meeting House.

If you became a member of USH during the past 5 years or are a regularly attending newcomer to our congregation, you should have received an email invitation to our annual New Member / Newcomer Potluck. Please take the time to fill in the information and RSVP today, if you haven't already done so. If you didn't get an invitation, then please contact Richard Groothuis (rgroopofus@comcast.net) or Brian Harvey (bharvey@ushartford.com) so you can still be part of this fun evening of games, food, laughter and getting to know some of the other interesting and friendly folks at the Unitarian Society of Hartford. Don't let this fun opportunity pass you by. Childcare will be provided. – The Membership Sub-council



Plan to bring items that are served at room temperature or have their own warming devices (such as Crock-Pots).

New Member & Newcomer Potluck

Friday, May 27, 2016 - 5:30 pm

A very special evening to celebrate all our new members and newcomers from the past 5 years.

A fun time that includes outstanding food, conversation and laughter. Always a great night!

Sponsored by the Membership Sub-Council

Save the Date!



Celebrate USH's Solar Project! Saturday, June 4, 7:30pm
Gather with family and friends and enjoy wine, cheese and cake and sing sunshine songs! All are welcome.

BAKE and PLANT SALE - JUNE 5 is your chance to boost our Matching Grant for next year. Sale will be successful only if YOU bring your items for sale!

PLANTS - pots of things from your garden, ready to find a new home. As you divide perennials, or thin out your beds, package them up and bring them in for others to claim. You might even find something new to take home.

FOOD – any home made items you prefer, in small packages, please. Specify if nuts included, or gluten free.



This ALL-SOCIETY event is coordinated by the Women's Alliance and will help us reach our Matching Grant goal for this fiscal year. Drop off your items before the service on June 5, and come back at 11:30 prepared to buy!

P.S. We can use some help at our sales tables on June 5. **Please let me know if you are available. Louise Schmoll, 860-242-2953** -Photo: Harriet Gardner



USH Annual Picnic
 Sunday, June 12, 2016 - 11:45 am

**Food.
 Games.
 Fun for All Ages.**

Mark Your Calendar.

Volunteers needed: Contact bharvey@ushartford.com



USH OPEN GARDEN DAY

A few USH congregants who are avid gardeners are opening our gardens to any and all visitors on **Sunday, June 5, (NOTE DATE CHANGE!)** after the service. We're inviting you to stop by any time that afternoon, have a cool drink, and take a look at the gardens, which should be at a peak of loveliness at that time. Participating gardeners are:

Diane Cadrain and Joe Rubin,
 West Hartford, CT 06119
 Toni Gold, Hartford, CT 06105

Jean and Richard Groothuis, Avon, CT 06001
 Susan and Don Hope, West Hartford, CT 06119

Thank you! If you have any questions about this, please contact me. Thanks again! -**Submitted by Diane Cadrain**



Fellowship Hour Supplies – The supplies for Fellowship Hour are kept in the refrigerator (half and half and lemonade), in the metal cabinet by the kitchen door into Fellowship Hall and in the cabinet in the storage room. We are having problems with items being there when we leave on Sunday and not being there the next Sunday.

This week we found that the new large unopened box of hot chocolate packets that was in the storage room cabinet last week was not there this week. We also find that coffee, lemonade, half and half, plates, cups, napkins, etc. are being used during the week. We have no problem with you using some of these supplies, but PLEASE replace them before the next

Sunday. That way we will not arrive on Sunday morning to find we do not have what is needed for Fellowship Hour! Thank you for your cooperation! -
Janice Newton Image: pinterest.com



Archives Update: The Archive team of Rev Heather, Kayla Costenoble, and Larry Lunden assembled on Apr 27 to continue organizing.

Kayla worked on the E-News editions from the last few years. We found the ones that we thought were lost, just filed in a drawer.

Larry worked on looking over the new acquisitions that have been left for whoever. That turned out to be us as the successor to Margaret Sax and her great work keeping the archives up to date. As soon as we discover where the new material should be filed, we will put it away.

Rev Heather wrote our annual report to chronicle our successes. We also looked over some of the old Order of Services, and marveled on how they were run back then. Did you know we have them all (well maybe most of them) going back to the 1800's? In the early years they were bound into books.

Our next meeting will be Wednesday May 25 starting at 10:00. All who are interested are welcome.

SPRING IS SPRINGING! And we are so excited to get a better head-start on our USH Garden Plot in the Watkinson Community Garden (at the base of our parking lot) this year. Our plot is right at the front-and-center of the Garden--you can see it just by walking into the Garden from the parking lot. This year we have asked our neighbor, Landscaper and Labyrinth Designer Cynthia Dodd, to help us create a "growing labyrinth" that will incorporate plants and give us a spiritual path to walk together as a community. The idea is that we will use Cynthia's design and then divide that up into 8 sections that groups within the congregation can each take responsibility for. If you would enjoy helping with this wonderfully earthy project, as a Gardener, Coordinator, or Labyrinth Keeper, will you please let RevHeather know? We need You to get this dream from paper into plantings! revheather@ushartford.com or 541-390-6052





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>

The USH Wish List

Hello Everyone!

There are 4 items that we could really use at USH:

A Functional 21st century computer that could be used for volunteer tasks

2 Floor Length Mirrors

New collapsible functional easels

1 Coat rack tree

Staples gift cards

Please contact Linda Clark at ushlindaclark@gmail.com or 860-233-9897 x100 if you have one of these items and would like to donate it to USH. **Thank you.**



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 [at] gmail [dot] 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!



Events of Note in Our Larger Community



Don't miss your chance to learn more about these new services!

Expanding Services for Adults

Often the children we serve live with adults affected by their own mental health challenges. By addressing those issues, we can improve outcomes. Learn more about this exciting evolution at The Village.

Remarks and Q&A with Steven Moore, PhD
Vice President, New Business Development

Thursday May 26, 2016, 8:30-10:00 am (Program begins at 9:00 am)

The Village, Trumbull Robinson Auditorium
1680 Albany Avenue, Hartford, CT
Breakfast will be available.

Kindly respond by Friday May 20 to Kris-Ann Race at krace@thevillage.org or 860-236-4511 ext 3348

We are looking for 6 volunteers that are able to work with Foodshare and Walmart's Supercenter on 495 Flatbush Avenue, Hartford. Due to the wonderful volume of donated food from this store we have 3 pickups each week - Monday, Wednesday, and Friday. Ideally, we would like a team of 2 volunteers to be available for one day each week.

Please let us know if you can volunteer in any of the 3 slots below:

- * Two volunteer slots every Monday from 9:00 am to 10:30 am;
- * Two volunteer slots every Wednesday from 9:00 am to 10:30 am; and
- * Two volunteer slots every Friday from 9:00 am to 10:30 am.

The volunteer work involved is a little different than Foodshare's typical Retail Pickup assignment. Due to the volume of food from Walmart, the volunteer will not have to deliver the food. Rather the volunteers will gather the food from the various departments within the store and assemble it onto pallets which are picked up by the Foodshare driver, who will deliver the food. The Retail Pickup volunteers will need to be comfortable interacting with the many staff levels at Walmart. If you like to get to know people quickly without slowing them down in their work - you will be well suited for this volunteer assignment. Foodshare will provide training and will explain all the details of this unique assignment.

**Please contact Gaye Sgamboti at gsgamboti@foodshare.org if you are interested in this volunteer opportunity or call Jim Palma, Community Network Builder for Foodshare
860-286-9999 x124 jpalma@foodshare.org
We can transform Greater Hartford, one meal at a time.**

For Access to the Members Only Section on the Web Page:

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 will be provided you must arrange it with the DRE.)

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

The deadline for USH-Enews submissions is Tuesday at 12 Noon.

Email to: ushenews@ushartford.com

Please note in the subject line, "USH-Enews". Thank you for your submission!

**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 to 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.

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