



50 Bloomfield Avenue, Hartford, CT 06105
Tel: (860) 233-9897 • Email: firstunitarian@ushartford.com
Office Hours: Tuesday, Wednesday and Thursday 10:00 to 3:00
or call for appointment

USH-Enews ~ May 25, 2016
Worshipping Together Since 1830
Sunday Service 10:30 AM

Revs. Cathy & Heather Rion Starr



Image: <http://joehill-art.com/page4.htm>

Sunday Service 10:30 AM - May 25, 2016 - "It's Not What You Think"

Rev. Cathy Rion Starr - People have all sorts of ideas of what it means to be a Unitarian Universalist – including we who identify as UUs! What makes us who we are? (Hint: it's NOT what you think!) How do we live this faith we love yet struggle to describe? Let's play and puzzle together in this Auction sermon topic chosen by Patrice Fitzgerald and Richard Leslie.

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.

Highlights In This Week's Enews:

Sunday Service Recap | RE News You Can Use

Church Business News: March-April Financial Report Available

Winter/Spring 2016 Programs for Adults and Families

Next Book USH Book Club: June 2nd | Final Great Discussions: June 5 | Next Dinner and a Movie Friday, June 10 | New Summertime Small Group Ministry

USH Performing Arts Series 2016 - Special Event: A Little Jazz, A Little Broadway....June 4th

Upcoming Special Events and Other News

Celebrate USH Going Solar June 4th | USH Bake and Plant Sale: June 5th |

Come Tour USH Member Gardens: June 5th | USH Annual Picnic Sunday, June 12th - Volunteers Needed | Sound System Training: June 14-Open to All | Spring is Sprung! USH Garden Garden Volunteers Sign Up Available

Events of Note in the Larger Community

Educational Grant Application Until May 31 | Meet Your Muslim Neighbors | My Sister's Place 5K Event | Muslim Coalition Event: A Taste of Ramadan June 19 | Check out our online Calendar for Upcoming Events:

<http://www.ushartford.com/events/>

To submit a Calendar Request, please cut and paste the FORM at the end of the E-News into an email and send to calendarchanges@ushartford.com

(Please double check the calendar for your event 1 to 2 weeks prior to make sure it's correctly posted. Please email corrections to calendarchanges@ushartford.com -Thank you!)

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





Photos: Harriet Gardner

Time to Renew - "How is it with your spirit in these turbulent times? Have you set your compass/GPS/paper map to return to mental, spiritual or emotional health?" These were among the questions Rev. Heather asked during the May 22, 2016, service at the USH.

Our truth-talking minister reminded us there are 169 days (24 weeks) left until the 2016 presidential election, and we face the "inevitably complex summer months ahead to speak and prepare ourselves." How is faith impacting your life? What is the guiding rubric to help you through hard times? were additional thought-provoking questions she asked.

We come here, Rev. Heather said, looking for movement, connection, inspiration. Here we can relax, be ourselves and talk about everything "from the trivial to the transformative." But we should not come here to get stuck in our ruts, to stifle our growth by surrounding ourselves only with those who agree with us, although this is often the easier way. We should step out of our familiar groups and neighborhoods. There is a loving way of being that embraces differences and enables us to accept other people's humanity on their terms, not ours.

Rev. Heather introduced us to James W. Fowler's 1981 book, "Stages of Faith," in which he offers six stages of faith development. An American theologian and a United Methodist Church minister, Fowler's stage 5 ("conjunctive") concerns reworking and reclaiming the past and becoming alive to paradise, contradictions and commitment to justice. Fowler writes that we each go through similar journeys, questioning and reevaluating our beliefs about what is right and true. This is important, Rev. Heather said, because this continuous renewal "prevents

us from becoming complacent and cynical.” Faith is an important part of our lives, from birth to death.

Other good stuff.

“Anyone who wants to be certainly can be dedicated into this community,” Rev. Cathy reminded us, as we all took part in another great Unitarian tradition—the dedication of our children. We do not perform baptisms, she told us, because we believe our children, when old enough, should choose their own faith. Sunday, we welcomed Jonathan and Amelia Bleck with our appropriate symbols, a thornless red rose (older children get their roses with the thorns intact) and a lit candle, then read responsive reading 714 “Congregational Blessing for Child Dedication. “May you know the unfolding beauty in life,” Rev. Cathy told Jonathan and Amelia.

As we enthusiastically sang our gathering song, “Now Let Us Sing,” Rev. Heather was dancing on the pulpit while Robin, in a second row pew with Rev. Cathy, was standing and dancing there.

During the offering, the choir premiered the second piece written for us by our composer in residence Gala Flagello. Written using words by author and social activist Harriet Beecher Stowe, it was a mixture of words and music performed without accompaniment. It told us to “Never. Never. Never. Never give up. The tide will turn. Be truly novel and heroic. The past, present and future are one.”

And Pi-Hsun’s always-incredible musical interlude again introduced a new (for me, that is) American pianist, George Winston and “Longing.” Winston has been described as a rural folk piano player and one of the earliest new age musicians. A reference suggested listening to him “if you’re looking for music that will touch your soul, and take you to a peaceful place.”

RE News You Can Use! This week the nursery will be available from 10:15-11:45 for infants and toddlers during the worship service.

There will be a Time For All Ages followed by a one room activity for those in Kindergarten to 8th grade. The high school youth group will also be meeting. **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.



Image: uufgp.org

Church Business News



The March-April financial report is available for viewing on the USH Members Section of the website here: <http://www.ushartford.com/members/reports/financial-reports/>

If anyone needs the user name and password please contact Linda Clark at ushlindaclark@gmail.com. -Thank you.
-Image: clipartpanda.com



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 ½ 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 staff 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**



2016 Winter/Spring Programs for Adults and Families

Sunday, plan to stop by the Programs Table during Fellowship Hour to register for the Saturday Morning Salon: What moves us, June 11 and the Friday Pizza and Movie Night on June 10. If you're looking for a book about Unitarian Universalism, you might find it at the Book Cart located next to the Programs Table.

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

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

Authentic Connection & Communication:

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

Summertime Small Group Ministry - For those looking for a place where deep sharing & listening happens, there will be a summertime SGM offered which will meet at the Meeting House (in Servetus). This will start on July 12, 2016; meetings will be in the evening from 7 to 9 pm. There will be a total of 4 sessions facilitated by Ron Friedman. If you are interested in signing up for this small group ministry series, please sign up



at the programs table in fellowship hall or contact Janice Newton at 860-677-1121 or email her at Janicenewton(at)gmail.com. There will be a \$5 registration fee. Don't miss out on this SGM opportunity during the summer!

-Submitted by Esther McKone Image: www.smallgroupministry.net

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)**

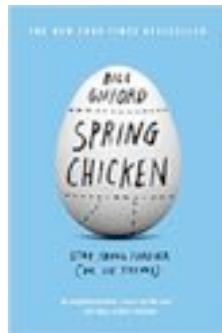
GREAT DECISIONS Meetings – Final discussion June 5th

Topic: 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. 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

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!



Unitarian Society of Hartford Celebrates its Solar Installation - Saturday

June 4 - An array of 132 solar panels installed at the Unitarian Society of Hartford's iconic building in Hartford's west end is now generating electricity sufficient to power the entire building.

Please join us to celebrate:

- The date is Saturday, June 4, at 7:30pm
 - USH Fellowship Hall, 50 Bloomfield Avenue, Hartford, CT.
 - The singers are Patrice Fitzgerald and Richard Leslie. The music is cabaret.

Some of the fun:

- A reception with wine and cheese
 - Eat a sun cake.
 - Wear sunhats, bring sunny parasols, wear sunglasses or even wear a bathing suit.
 - Patrice and Richard will sing "Come Rain or Come Shine," "Summertime," "Stormy Weather" and "Sunny Side of the Street" and invite the whole audience sing "You Are My Sunshine" at the end of the concert. The words will have a whole different meaning!

Plant and Bake Sale - PLANT LOVERS & GARDENERS – REMEMBER JUNE 5

Dig up your excess stock and divide those huge clumps of perennials to bring for our sale on Sunday June 5. A great way to benefit USH.

OR
Donate your baked goods to sell and purchase goodies to stock up your freezer.



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 MEMBERS OPEN GARDEN DAY - A few USH congregants who are avid gardeners are opening our gardens to any and all visitors on **Sunday, June 5**, 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

Toni Gold, Hartford, CT

Jean and Richard Groothuis, Avon, CT

Susan and Don Hope, West Hartford, CT

These members addresses are in the latest USH Directory, please contact Diane Cadrain if you are unable to find an address.

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



**Tuesday evening June 14 6-7pm in the Chapel and Sanctuary:
 Sound System Training (or ReTraining)**

For old hands or newbies, this is a chance to familiarize yourself with the USH Sound Systems (Sanctuary and Portable) so that you are able to run the sound system for an event, worship service, or program. Rev. Heather and Stu Spence are coordinating. **All USH Members and Friends are welcome.**

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. 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, June 29, starting at 10:00. All who are interested are welcome.

USH Community Garden Plot: YOU can now SIGN UP for a day or two or twenty of gardening! Please get some gardening time in your summer calendar, now! Just go here:

<http://www.signupgenius.com/go/20f094cafa92ba1f49-ushgardeners>

If you are uncomfortable using SignUpGenius or just having trouble with it, you can also e-mail RevHeather to add you on the days you choose. --RevHeather

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@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!



Educational Grant Applications Until May 31 - The USH Alliance Ministry to Women is proud to announce that applications are now available for the Women's Alliance Educational Grants. Applicants should be pursuing education at a post high school level, with priority given to those with minimal scholarship aid or loan sources.

Grants are small (generally under \$500), but may be used for expenses such as tuition, books, child care, and transportation. Affiliation with USH is not required, though will be considered.

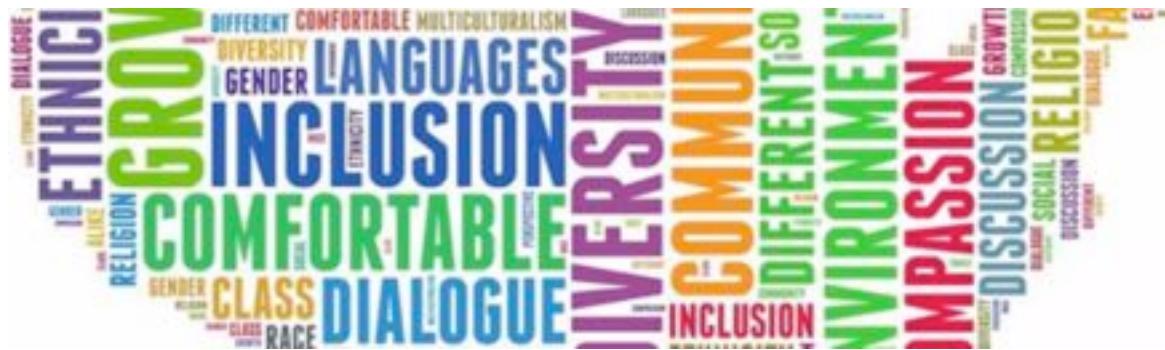
Events of Note in Our Larger Community

Applications, by postal or email, are due May 31. Applications are available at the Programs Table in Fellowship Hall or call 860-693-4269 and leave a message with any questions.

In past years, these grants have been welcomed by those pursuing graduate and undergraduate study, members and friends of USH.

Applications and grants are confidential. The Alliance has been awarding these grants for many years and is pleased to be able to continue doing so, realizing that these small monetary awards help women in pursuit of their educational goals. - Nita

Meet Your Muslim Neighbor event - June 11th



In the Love Letters to

politicians that many of you signed on Flower Communion Sunday, we asked our legislative leadership to attend this event hosted by our neighbors at the Bloomfield Muslim Community Center, with whom we have worked on the refugee resettlement project. Rev. Cathy will be there, and we hope some of you will attend as well!

Meet and Greet Program for Saturday, June 11th

1pm – Meet Imam Sammy Aziz & Senior Imam Ahmet Baykar

1:15pm – Presentation on Islam 101 by Imam Sammy Aziz while drinking Turkish Tea

3:00pm – Tour of Building

RSVP and More Info. Here.

Please RSVP at <http://lh4h.org/2016/04/19/meet-muslims/> or email sammyaziz@gmail.com

MY SISTERS' PLACE

5k Run 2 Mile Walk & Free Kids Fun Run

Presented by Hartford Toyota Superstore

Join us for a race to create
**A SAFE RIDE TO
AFTER SCHOOL PROGRAMS**



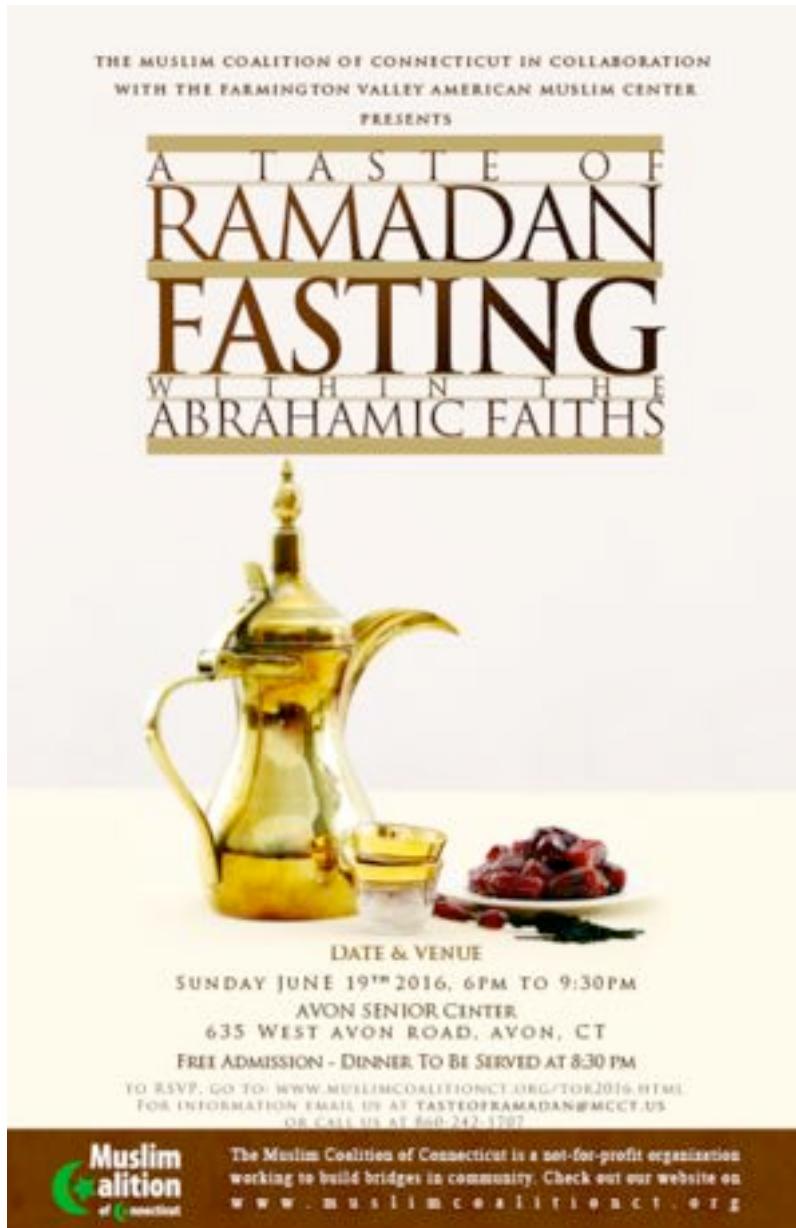
Sunday, June 12 | 9:00 am
University of Hartford Campus
200 Bloomfield Avenue
West Hartford

The funds raised at this event will provide children living at MSP safe places to learn and play such as summer camp, after school programs, sporting events and more!



MY SISTERS' PLACE

REGISTER ONLINE
www.mysistersplace5k.com



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.

www.ushartford.com