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

USH-Enews ~ July 6, 2016  
Worshipping Together Since 1830  
Sunday Service 10:30 AM  
Revs. Cathy & Heather Rion Starr

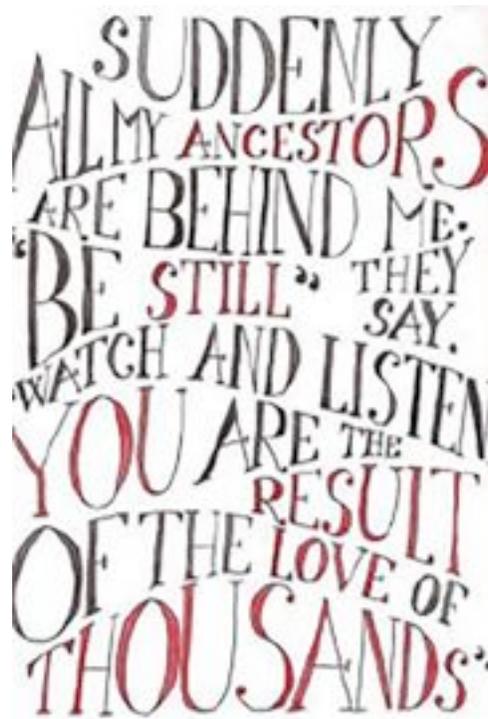


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Sunday Service 10:30 AM - July 10, 2016 - "Cradle of Our Dreams"  
Service Leader: Nina Elgo and Music by Pi-Hsun Shih and Caroline Kriesen

This service will explore how our spiritual home is shaped and influenced by our Unitarian and Universalist ancestors, and how their wisdom and courage can inform and inspire us as we confront the challenges of today.



**September 18, 2016, 10:30am: "I Am One Thing. I Am Many Things. I Am Water. This is my dance through our world."**

--Thomas Locker.

Join our Revs., Heather and Cathy, for our Annual Ingathering and Water Ceremony

Service. Remember to gather some water representing your summertime reflections and refreshments, whether they be at your own sink, a nearby park, or someplace far away, symbolic, or particularly meaningful. What's important about this service is our returning to be with one another again after summer breaks from routine, and our sharing with one another about how our spirit has been touched and nourished. Join us. All are welcome.

Image: [www.stevenwrubleski.com](http://www.stevenwrubleski.com)

**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:**

Summer At USH | Upcoming Services at USH this Summer | Sunday Service Recap | RE News You Can Use

2016 Programs for Adults and Families

Dinner and Movie Nominations Deadline: Friday, July 15th | The Future of the USH Book Club

Upcoming Special Events and Other News

The Latest on the Archives | Knox Garden Party August 11th

Events of Note in the Larger Community

New World Trio Concerts featuring Pi-Hsun | World Peace Diet | The Next LGBT Movable Senior Center

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](mailto: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](mailto:calendarchanges@ushartford.com) -Thank you! )

### **Summer at USH - The Revs will be at General Assembly, Vacation & Study leave June 20 – August 30th**

Once back from the General Assembly we begin our vacation and study leave with our annual trip to Oregon to see RevHeather's family. We'll be back in town from July 12th onwards doing a combination of play, rest, study, office cleanup, and more that we don't get to do during the flurry of the church year.

During this time, Rev Cathy will be completely off of email, and Rev Heather will be checking email periodically ([revheather@ushartford.com](mailto:revheather@ushartford.com)). Please do contact us by phone if someone is in the hospital or otherwise significant things come up, and please hold your non-urgent communication until we're fully back August 30th.

If you'd like Caring Network support or have a joy or sorrow to be shared in worship while we're away, please contact Caring Network Co-Chairs Eve Pech ([elpech@sbcglobal.net](mailto:elpech@sbcglobal.net), 860-379-5035) or Janice Newton ([janicecnewton@gmail.com](mailto:janicecnewton@gmail.com), 860-335-3742).

### Summer Worship & Religious Education: Six Sources Summer

Worship and Religious Education will continue every Sunday at 10:30am. Our summer is organized around the Six Sources of our faith (a companion to the 7 Principles). As UUs, we draw inspiration for our faith not just from one sacred text, but from direct experience, prophetic justice seekers, various world religions, Christian & Jewish teachings, humanist teachings, earth-centered traditions, and more. We have an incredible line up of guest speakers, including our kids, our young adults, our crones, and a few terrific guests (an atheist chaplain, a Jewish storyteller, and a Shin Buddhist teacher). Meanwhile, our children will be exploring the sources through interactive activities and play in the garden. Pi-Hsun Shih will be our Summer Accompanist. If you're in town, you won't want to miss these Sundays!

What are the Sources?

Here is the text about our sources. You can also find this in your Order of Service and at the front of the hymnal.

Unitarian Universalism (UU) draws from many sources:

\* Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;

\* Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;

\* Wisdom from the world's religions which inspires us in our ethical and spiritual life;

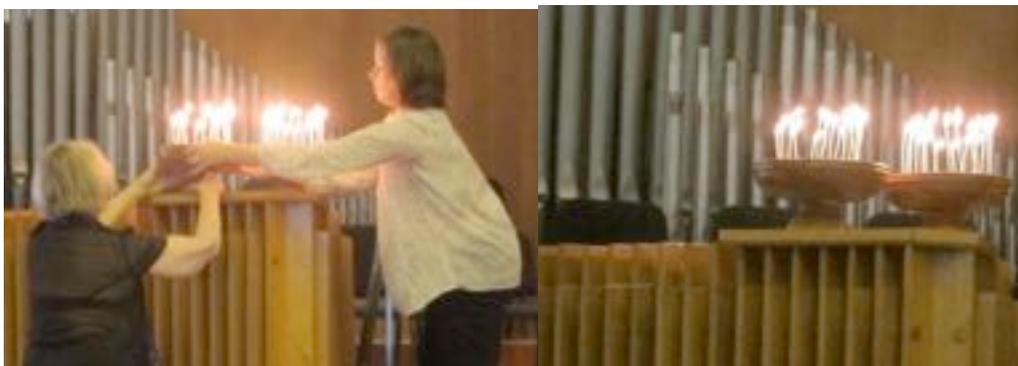
\* Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;

\* Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.

\* Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

These principles and sources of faith are the backbone of our religious community.

**Sunday Service Recap, Sunday, July 3, 2016 by Kayla Costenoble**



**Photos: Harriet Gardner**

**Moving Toward a Renewal of Spirit** - It wasn't my imagination. It was a deliberate slowing down during our first lay-led summer service at the Meeting House on July 3, 2016, to allow us "to be open and present and see what mystery arises."

These were the words of Service Leader Lisa Galinski, who, with Worship Associate Margaret Leicach, used the six sources of religious pluralism Unitarians draw on as the foundation for our Seven Principles to lead a service that should convince our co-ministers that their congregation is, indeed, in good hands.

These sources were printed in the Order of Service (OOS), are in the brochure wrapped around the OOS each week, and were read by Margaret during her welcome. Lisa said she and Margaret wanted to go "deeper into the rituals we practice every Sunday" and this is what we did.

Before we read the Great Covenant, Lisa compared it to the silk that joins congregations, communities and individuals together. She called it a "holy signpost" that shows us where we're headed and how. Before the Offering, Lisa told us that she was writing her final check today to complete her first annual pledge (she came to the USH in 2014) and this made her realize what she has received from us. "Recall what has moved you in this place," she suggested.

Before we got in line to light a Candle of Memory and Hope, Lisa urged us to move to the front slower and more thoughtfully, to reflect on the light of the candle, to be more aware as the candles are lifted to "honor each other's unique experience" and to "make this a ritual of intent." Before we began the Turning Inward/Silent Meditation/Prayer part of our weekly service, Lisa said she and Margaret wanted to "bring a little more silence" to today's service. She asked us to slow down and really pay attention to what we do. So we put our feet on the floor, breathed deeply, closed our eyes and spent a longer time in meditative silence.

As good speakers are wont to do, Lisa used her own story to make her point. In March of 2012, she was at a Sonoma, California, retreat center participating in a 10-month leadership program. Her story today was about a 24-hour period of silence—no phones, watches, reading, writing, eye contact or other distractions. At first, she was bored, took several naps, spent time wondering what the next meal would be and "didn't feel my awareness opening up much." Later in the day, she began to feel almost as if the silence in her mind had been swept away, the boredom dissolved, and the world around her started opening up as she became present to it.

"In the open field of my awareness," Lisa said, she could feel the energy and the location of others in the retreat who were not even near her. In her mind, she transported herself to a higher, broader view. She felt "open and connected to the web of life all around me." Slowly, the others in the retreat gathered, and sat in silence on the porch in relaxed openness, sharing a softening sense of

connection with fellow human beings and an “open-hearted moment of pure love.”

When the 24 hours were up, a talking stick was passed around and it was “clear that everyone’s heart had just broken open,” Lisa said. One member summed it up in just four words: “Life is so beautiful.” Although the blessing of forced silence helps to open us to what is, we don’t need silence “if we choose to get outside our usual routines and be present to the people, the world and the great spirit around us,” Lisa concluded.

We read Unitarian minister Kenneth Patton’s responsive reading 437, “Let Us Worship” for the service’s opening words. Its final words seem a fitting way to end this report.

**“Life comes with singing and laughter, with tears and confiding, with a rising wave too great to be held in the mind and heart and body, to those who have fallen in love with life. Let us worship, and let us learn to love.”**



**RE News You Can Use!** - The nursery will be available from 10:15-11:45AM this Sunday morning for infants and toddlers.

There will be NO Time For All Ages. The children will head directly to the classroom off the Fellowship Hall for Summer RE. We will be working on our August 21st service and studying the sources of our UU Faith.

The DRE is looking for some summer help. Both in and out of the classroom. If you are available to work with the children on Sunday mornings from 10:30-11:30AM or be an assistant, please let her know. **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: whuuf.net

## 2016 Programs for Adults and Families



Ballroom Dance is running a summer special during July and August – \$25 per month or \$10 per session. The July classes will feature the Salsa and the Hustle and in August the Swing and Cha Cha. For questions contact Ron Friedman (860.523.1105) or rsfriedman41(at sign)gmail.com.

We wish everyone an enjoyable summer. During the coming months, there may be an occasional Sunday Programs Table. We look forward to seeing you in the fall. You may call Janice Newton (860.677.1121) or email her at janicecnewton(at sign)gmail.com for program information.

### PROGRAMS:

Ballroom Dance: Thursdays, 6:00 – 8:00 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.

20s/30s Brunch: Sundays after worship ~ Meets at 12 pm in the USH Library,

Open to existing members, friends, newcomers, and visitors in their 20's and 30's.

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

**FUTURE OF THE USH BOOK CLUB** - As we review this year's Book Club meetings and attendance and look forward to whether to continue it for the next church year, please read and react to the following--



Any Book Club requires a mainstay of dedicated attendees who read the books chosen and are willing to discuss them. Unfortunately, Unitarian Universalists like to read the words ahead of the music to see if they agree with the words before they sing them. By then, the song is over.

This herd of cats seems to want to choose what they read (or not), which is inconsistent with the idea of a book club to broaden one's reading and discuss even a book one doesn't like to see why some one else thinks it wonderful.

We have tried for some years to instill a sense of commitment to the idea of reading what we agree to read, and attending a discussion of that book in order to understand why some like it and others don't.

This has not worked. Our people are inconsistent in both reading and attendance.

Some suggestions include-

Signing up for book club, as other church events at the beginning of the year, having at least 10 members committing to attend on a regular basis (this, in practice would result in each of us attending 6 or 7 of the 9 sessions)

Paying a \$5 administration fee to the church-- this defrays duplication costs at the Program Table and would instill commitment.

Showing up!

We need your guidance on what it will take to make the book club work, whether you will commit to participate on a regular basis....

Or whether we should let the Book Club pass into the night?

Your thoughts please

**AND, IF YOU WOULD LIKE TO BE A COMMITTED MEMBER OF THE BOOK CLUB, PLEASE LET US KNOW - Submitted by Richard Groothuis, 860-678-1030 / Rgroopofus@comcast.net**



**Hey, movie fans!** What movies would you like to see in our monthly Dinner & Movie series, October 2016 - June 2017?

Classics, noir, comedies, mysteries, sci-fi, docs, musicals, adventure, romance, foreign, or. . . ? Past, present, and future D & M participants can nominate 5 titles each. If you haven't recently or ever attended our showings, but if you are

interested, you can still nominate. Nominate by emailing your 5 titles (include your name) to [pickmovies@ushartford.com](mailto:pickmovies@ushartford.com) by using postal mail to D & M, 50 Bloomfield Ave, Hartford 06105 - by Friday, July 15. Voting on the nominated titles will follow; if you wish to receive a ballot by postal mail rather than email, please indicate this and include your address with your nominations. Questions? Leave a message at 860-693-4269. - **Contributed by Nita H.**

### Upcoming Special Events and Other News

**Archive Update:** Larry Lunden and Zac Mirecki met on June 29 to continue work on arranging and weeding new additions to the archives in the Margaret Fuller Room. They were happy to file and condense meeting minutes and financial records from 2004-2006 as well as weed and recycle many duplicates that were found. We have removed the box on the floor in the office to keep the central Archives "mailbox" on the wall as to cut down on the additions to the archives. We would kindly ask depositors to put any relevant document in the mailbox, but only one or two copies at most. The files we found from 2004-06 sometimes had 8-10 copies of the same document which is much more valuable for scratch paper or for recycling. Moving forward we hope to slowly merge files and rearrange the files in the archives to fall under one single organizational scheme. The central issue we are noticing is that many files are arranged chronologically or topically and there are numerous copies of the same records in multiple locations without being collocated to make it possible to know what we have and where it is. Our next meeting is tentatively scheduled the last Wednesday in July at 10 a.m. Curious to learn and see some amazing history from our dynamic congregation? Please join us!-**Submitted by Zac Mirecki**



**Garden Party @ Twilight – 50th Anniversary**  
**Thursday, August 11, 2016 • 6 – 10 pm**

50 Green Years: 1966 – Today. A half century of leading the horticulture and urban agriculture movement in Hartford.

Immerse yourself in the local food scene. Enjoy a night under KNOX's signature tent. Sip wine and relax with live music. Local celebrity chefs showcase their Hartford flare. Tasting-size dishes served from the griddle to your plate. Ingredients sourced from Connecticut (and KNOX) farms. A silent and live auction highlights Hartford's culinary, environmental, and entrepreneurial scene.

Take a tour of our Watkinson Community Garden and meet some of KNOX's community gardeners. This garden is twice the size of a football field, and rarely toured by the public. With a history spanning over 40 years, the soil holds the history of urban agriculture.

At the Garden Party @ Twilight,

it's all about the local food and the people behind it.

For more info. go to: <https://www.knoxhartford.org/knox-events/garden-party/>



**Hello USH Gardeners!** Thanks to all those of you who have done some weeding and tending so far, of any of the USH Gardens--the Memorial Garden, Pet Memorial Garden, or Community Garden plot.

Please sign up on the SignupGenius if you wish to help out with the garden:

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

Cynthia Dodd, our Labyrinth Designer, will come paint the labyrinth design onto the landscape fabric which has been installed. She will also indicate areas to be cut out for plantings.

I will be gone with my family visiting Oregon family from June 29-July 12. If you are around at all during that time, please sign up on the SignUpGenius page so that I can point Cynthia to who is around who she can show next steps.

We are moving forward, bit-by-bit! Thanks to all for your patience and participation. **Warmly, Heather**



**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 some items that we could really use at USH:

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

- Donated - Thank you!

2 Microphone Stands (like this one pictured)

2 Floor Length Mirrors

New collapsible functional easels

Staples gift cards

Please contact Linda Clark at [ushlindaclark@gmail.com](mailto: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](mailto: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!



### Events of Note in Our Larger Community

**New World Trio Concerts  
Exotic Romanticism and Classical  
Elegance**

**Thursday, July 7, 2016 • 7:30 pm**

**Piano Trios of Cassado, Hohvanness, and  
Mendelssohn**

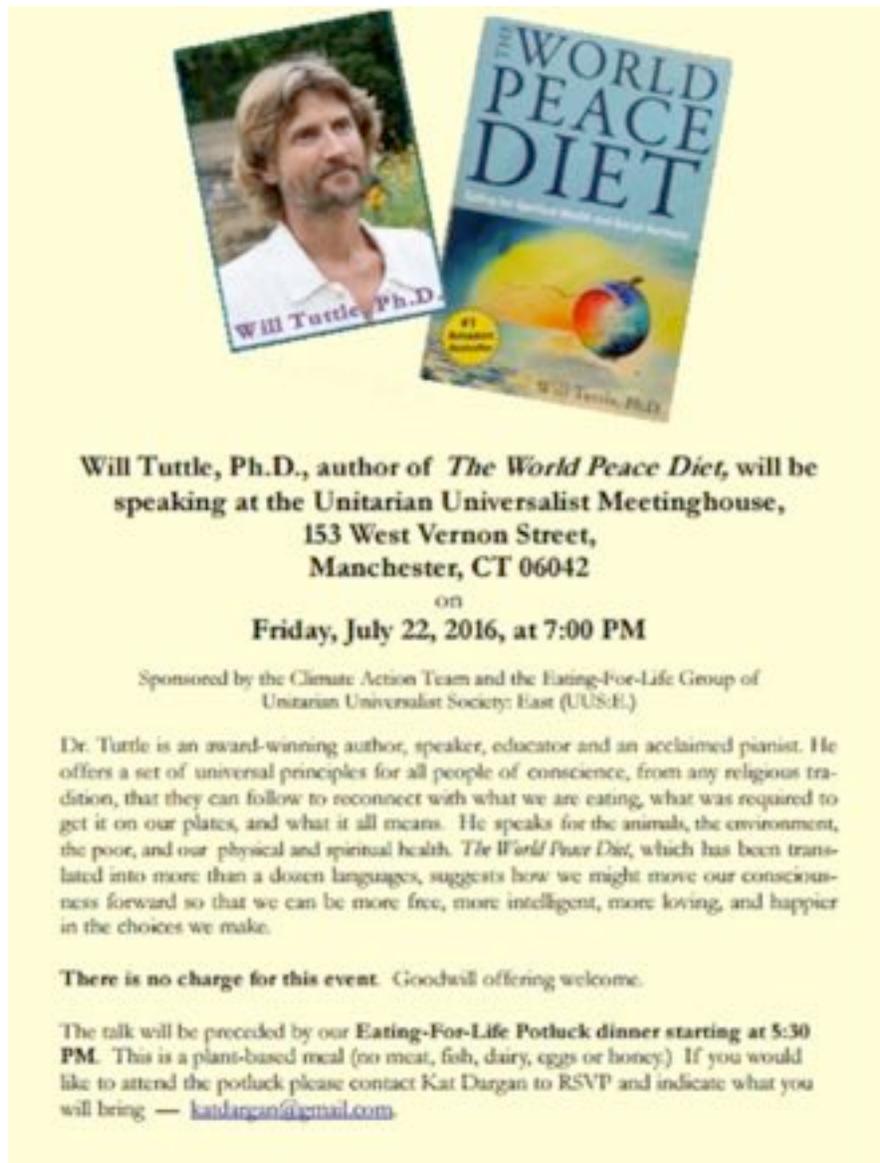
**Colors in Sound Thursday, July 28, 2016 • 7:30 pm**

**Trios of Tchaikovsky, Higdon, and Duo by De Falla Sarah Porter Memorial  
Hall First Church of Christ, Congregational, 75 Main Street, Farmington, CT**

Sarah Porter Memorial Hall is on the corner of School and Main Street (Route 10) in Farmington, CT, to the left of First Church of Christ, Congregational. Parking is available on the side streets. (Church Street, just south of the church, leads to the parking lots at the library and Noah Wallace School) Parking is available on the side streets.

For information about tickets and performers (violinist and cellist), please visit our website at <http://www.newworldtrio.org/> or call NWT at (860) 586-8579 or obtain tickets at the door: Series Subscription \$60 General Admission \$25

Students with ID \$15 Children 12 and under, free **Hope to see you there.** - **Pi-Hsun**



**Will Tuttle, Ph.D., author of *The World Peace Diet*, will be speaking at the Unitarian Universalist Meetinghouse, 153 West Vernon Street, Manchester, CT 06042 on Friday, July 22, 2016, at 7:00 PM**

Sponsored by the Climate Action Team and the Eating-For-Life Group of Unitarian Universalist Society: East (UUSE.)

Dr. Tuttle is an award-winning author, speaker, educator and an acclaimed pianist. He offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plates, and what it all means. He speaks *for* the animals, the environment, the poor, and our physical and spiritual health. *The World Peace Diet*, which has been translated into more than a dozen languages, suggests how we might move our consciousness forward so that we can be more free, more intelligent, more loving, and happier in the choices we make.

**There is no charge for this event.** Goodwill offering welcome.

The talk will be preceded by our **Eating-For-Life Potluck dinner starting at 5:30 PM**. This is a plant-based meal (no meat, fish, dairy, eggs or honey.) If you would like to attend the potluck please contact Kat Dargan to RSVP and indicate what you will bring — [kardargan@gmail.com](mailto:kardargan@gmail.com).

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](mailto: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](mailto:calendarchanges@ushartford.com) Thank you.

The deadline for USH-Enews submissions is Tuesday at 12 Noon. Email to: [ushenews@ushartford.com](mailto: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](http://www.ushartford.com)